

Influence Inventory



“Therefore be careful how you walk, not as unwise men but as wise, making the most of your time, because the days are evil. So then do not be foolish, but understand what the will of the Lord is.” – Ephesians 5:15-17

Consider how these engender sinful desires or encourage you toward Christlikeness.

What do you watch?

- Shows/Movies | Netflix | Amazon | Disney+ | Others
 - _____
 - _____
 - _____
 - _____
 - _____
- Youtube | Instagram | TikTok | Facebook | X (twitter)
 - _____
 - _____
 - _____
 - _____
 - _____

What do you listen to?

- Music | Podcasts | Audio Books | Radio | TV
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____

What do you read?

- Online News Providers
 - _____
 - _____
- Newspapers | Magazines
 - _____
 - _____
- Fiction | Novels | Comics
 - _____
 - _____
- Non-Fiction | Biographies | History
 - _____
 - _____

How do you spend your time?

- _____
- _____
- _____
- _____

Who do you spend your time with?

- _____
- _____
- _____
- _____

Notes



“All things are lawful for me, but not all things are profitable. All things are lawful for me, but I will not be mastered by anything...All things are lawful, but not all things are helpful. All things are lawful, but not all things build up.” - 1 Corinthians 6:12, 10:23

Does it benefit?
Does it bind (control)?
Does my body belong to Christ?
Does it bless others?

A series of horizontal dotted lines providing space for handwritten notes, organized into two columns.

“Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.” - Philippians 4:8

“I am afraid that as the serpent deceived Eve by his cunning, your thoughts will be led astray from a sincere and pure devotion to Christ” - 2 Corinthians 11:3