



## Ésprit with SoZoKi Energy Self-Practice Steps Two & Three - Identify Influencer Assessment

### **STEP 2**

#### **IDENTIFY INFLUENCERS CHART DIRECTIONS**

1. Identify those who have the most impact on you and your life.
2. They will be known as your influencers, positive and negative, the GOAL is to identify NOT judge, and ENTER DATA into a graphic.
3. This exercise will help you later in the course to complete your intention chart by identifying why, when, where, and for whom an intention may be needed to sustain your energy flow and will be the foundation of your individualized self-practice.
4. Include the name of the person identified and how you interact with them, e.g., work is boss or teammate, school is classmate or teacher, etc.



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**IDENTIFY INFLUENCERS CHART**

<b>ME</b>	<b>FAMILY</b>	<b>FRIEND</b>	<b>WORK</b>	<b>SCHOOL</b>	<b>FAITH</b>	<b>VOLUNTEER</b>	<b>SOCIAL</b>	<b>CLASS</b>	<b>MENTOR</b>



### STEP THREE

#### IMPACT OF INFLUENCER WITH TRAIT ASSIGNMENT CHART COMPLETION DIRECTIONS.

1. The next step is to use the Identify Influencer and Influencer Personality Trait Charts to develop the Impact of Influencer Chart on the following page. This is not everyone in your life, these are the major players, in person and faraway.
2. A few explanations:
  - a. Life Partner in this context is a person whom you rely upon and who co-exists in most if not all aspects of life (not limited to those in sexual or romantic relationships).
  - b. Family includes extended members: grandparents, aunts, uncles, in-laws, etc.
  - c. Work includes business partner, boss, direct reports, officemates, etc.
  - d. Teacher includes formal in classes, academic or not, as well as life teachers.
  - e. Minister is your formal religious or spiritual leader.
3. As you assigned identified personality traits to those who have the most influence ***you will need to determine if the traits are a positive or negative impact on your energy.*** Does the grouchy curmudgeon touch your heart and lift your spirit? If someone is shy, do you find yourself expending more energy when you interact with them? There is a reason I did not include a positive or negative connotation in the personality chart as we each view/consider these traits differently.



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**IMPACT OF INFLUENCER WITH TRAIT ASSIGNMENT CHART**

<b>INFLUENCERS</b>							
	SELF	LIFE PARTNER	FAMILY	WORK	TEACHER	MINISTER	FRIENDS
Add the trait & who you identified  Consider if they (person and trait) are <b>Positive</b> it gives you energy or <b>Negative</b> it drains your energy							