List the 5 people whose opinions carry the most weight in your life (be sure to list a significant other if applicable)…

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Going through your list person by person, think of who you are when you’re with them:

Is this person a Christ follower? Place a for yes and a X for no…

Do you like the person that emerges when you’re in their company? Place a for yes and a X for no…

Do you often have faith conversations and encourage each other to act out love & kindness? Place a for yes and a X for no…

Would you be happy if your attitude & life looked like their attitude & life? Place a for yes and a X for no…

Do they inspire you? Place a for yes and a X for no…

Have you ever gotten in serious trouble with them? Place a for no and a X for yes…

Has anyone you love & trust ever expressed concern for your relationship? Place a for no and a X for yes…

Review each person and consider the quality of their influence

List the top 3 apps you use, excluding the standard ones (ie phone, text, alarm, etc.)

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Going through your list app by app, think of how interacting with them leaves you:

Does this app make you proud of who you are? Place a for yes and a X for no…

Does this app inspire you to love other people more? Place a for yes and a X for no…

Are you happier and more optimistic after using this app? Place a for yes and a X for no…

Do you love yourself more after spending time here? Place a for yes and a X for no…

Do you ever feel the need to hide the contents of this app? Place a for no and a X for yes…

Do you know anyone who isn’t allowed to have this app on their phone? Place a for no and a X for yes…

If you never interacted with this app again, would your mental health or self-worth suffer? Place a for no and a X for yes…

Review each app and consider the quality of its influence