



# UNDERSTANDING THESELF

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# THE SELF

## ASPECTS

PHYSICAL

ECONOMIC

SPIRITUAL

POLITICAL

DIGITAL

includes

includes

includes

includes

includes

AVERAGE  
PHYSIQUE

ENTERPRISING  
& INSATIABLE

CHRIST-  
CENTERED &  
SERVER OF GOD

INFLUENCER &  
ACTIVE

MODEST &  
INACTIVE

influenced by

influenced by

influenced by

influenced by

influenced by

influenced by

influenced by

influenced by

influenced by

influenced by

LETHARGICNESS

SOCIAL MEDIA

FOMO

CATHOLIC SCHOOL

FRIENDS

"TOXICITY"

TASTY FOOD

NEW PRODUCTS

FAMILY

OBAMA INFLUENCE

SOCIAL STANDARDS