



Person of Influence Exercise

Most of us had someone in our life when we were growing up who had a huge impact on us. It could be a parent (ours, or the parent of a friend), a teacher, coach, neighbor, relative, faith leader, etc. In this exercise you will have the opportunity to think back on those people, to assess the impact they had on your life, and to consider the best way to share that story with your own family.

To begin, please think about one person who was a mentor to you, or who had a significant influence on your life. (You can add more people later.) To begin, please write that person's name here:

Person of influence in my life

Now, please think back on your life, reflect on the questions below, and write down your answers.

- What difference did that person make in your life?

- How are you different today by virtue of your interaction with that person?

• What kinds of things did you learn from them?

• How did you learn from them? For example, by their words, their actions, their teaching, etc.

• In what ways did your experiences with them affect your life?

• Is that person still alive? _____
If so, have you thanked them? _____ If not, could you thank their relatives? _____

• Do your children or grandchildren know the story about this person? _____

• What value would it be to them and to you if they knew the story?

• If you have shared with your children, did you tell them the *lesson* or did you tell them the *story*?

• And, if they haven't heard your story, would it be valuable for them to hear it? _____

• What benefit would it be to them to hear it now?

• Is the story written down? If not, when do you plan to write it?

When you are done

You may find it valuable for yourself and your family to complete these questions for each of the people who have had a significant influence on your life. We hope this exercise helps you to gain more insights personally, and helps your family to better understand who you are, and how you came to become that person. Studies show that people who know their family story in this kind of detail are families who are stronger, more connected and more united than those who don't know their stories. We wish you luck on that journey!

To learn more about how to strengthen your family now, and for generations to come, please visit:

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