



INFLUENCE PEOPLE

In this video, we address three questions that need to be answered before we spend time with someone. It might surprise you to know the extent to which you are influenced by those with whom you spend time.

INTRODUCTION (00:00)

You will become the combined average of the five closest people in your life — especially in health, attitude, and income. Along with friends and family, this can also include people we read, follow, listen to, and watch (e.g., sermons, books, podcasts, music, social media “influencers”, YouTubers, etc.)

1. *Who are three people you consider yourself closest to?*
2. *Who are three people you read, follow, listen to, or watch the most?*

WHO IS INFLUENCING YOU? (03:20)

The people we intentionally give access to in our lives will influence us to most — especially how we talk, dress, or interact with others.

3. *What admirable characteristics, attitudes, or behaviors would you like to implement in your life?*
4. *Who around you demonstrate those characteristics, attitudes, or behaviors?*

WHO ARE YOU INFLUENCING? (06:22)

Who we influence is based upon our access into that person’s life — this includes both our proximity and status to them. Therefore, we have the potential to influence anyone with whom we may come into contact.

5. *Who was the most positive influence in your life growing up?*
6. *What about this person did you admire or appreciate?*
7. *With whom do you need to be more intentional in how you are influencing them?*

HOW ARE WE INFLUENCING? (07:38)

Our intentionality comes in how much time we spend with someone and how we are spending our time with them. This includes what we are doing and saying with the person along with what we might be communicating with our unintentional behaviors and attitudes.

8. *What would you consider yourself an expert in? (This can include abilities, ways of thinking, healthy habits you’ve built, unhealthy habits you’ve broken, your experience with something, etc.)*
9. *How might you intentionally communicate or teach your expertise to the person you desire to influence?*

ACTIVATION (08:40)

Do you have any habits or characteristics you would like to build or improve on?

- 1) Find people doing these things well.
- 2) Be intentional with your time with these people.
- 3) Limit your time with those hindering you from building these qualities.