

Influential Model

This tool assists us in identifying the major voices of influence in our lives that have shaped how we see ourselves or affected how we relate to God and others.

List people who were a key influence on you during these stages of life. Spend some time reflecting on the positive or negative effect they may have had on your view of yourself, others, or God. Pray and ask the Holy Spirit to reveal anyone you may not think of on your own.

Note: While most voices of influence will include people that were much older than us, it may also include older siblings or people that were not significantly older than we were, yet had a significant voice of influence in our lives.

Formative
name (+/-)

High School
name (+/-)

Young Adult
name (+/-)

Career
name (+/-)