

Influence is the power to change or affect someone or something. Things, events, people, and memories all influence us in some way. As kids, our parents were always concerned about who we hung out with, and as a parent, you may have experienced this with your own kids.

Why? ...Influence!

What kind of an influence is this person going to have on my child? How will they affect their schooling and how they spend their free time? Will they try to peer-pressure my child into making bad decisions, or will they encourage them to make good ones?

As adults, our belief systems help us make decisions about where to live, what car to drive, and who to marry, but these can all be influenced by our families, our circumstances, and our environments. Even food is an influence in that it gives information to our bodies. Will our cells be able to function optimally or not?

We are conformed by influence- a confluence if you will. In nature, the meeting of two rivers is called a confluence, and together they become a bigger, stronger river. As Lora commented, "There is a roiling of the waters at a confluence creating great energy that changes the landscape. It is the same in our lives."

We need to turn up the filtration systems in our brains in order to keep out the bad influences and let in the good.

How do we do this?

1. We invite influence when ask "Does anyone else...?"
Sometimes it can be good (as in, "Does anyone else feel really good? Share your tips with me!"), and sometimes it can be bad (as in, "Does anyone else feel completely miserable and depressed? Ugghh! I hate my life!") We can choose to either bring people in to support us, or throw a pity party and invite them to bring us down. Declare that you are looking for solutions. Invite them in.
2. Robert Cialdini wrote a book called Influence, and in it he says: "The greater the number of people who find an idea correct, the more the idea will seem to be correct to us." This can be both good and bad. On the one hand, the Holocaust happened because of this type of thinking, but it is also the reason behind the success of many GoFundMe's that have raised money for funerals and hospital expenses. It is important to be discerning when it comes to social proof.
3. We create our own influence by setting up environments that support us. When they don't support us, it becomes doubly hard! Use your quote deck to reinforce positivity in your life; use your Mindful Mug to remember to be present and mindful about your eating.
4. Your habits directly create influence, which in turn creates your identity. James Clear (author of Atomic Habits) calls it Choice Architecture and says, "Power is influence over external events. Peace is influence over internal events."

We need to turn up the filtration systems in our brains in order to keep out the bad influences and let in the good. At any point, we are all being influenced by something. The Diet Industry would like you to believe that you are less than unless you are a certain body size or shape.

This is why we are all about ALL of you- your vibrancy is not dependent on any of that! You are so much more than a jeans size or a shade of lipstick.

You have a purpose, my lovely- don't let anyone influence you into believing you are less than exactly who God created you to be!

How do we do this?