

Influence is the power of something or someone to affect or be controlled by them.

"Influencers" have been around since ancient Rome when gladiators endorsed products.

Wedgwood China was introduced in the 1700's when Wedgwood made a tea set for King George III. Wedgwood pedalled this as "royal approval."

Coco Chanel was most known for her innovation of the woman's suit and introduced tweed to women. She was also known for the little black dress and her perfume, Chanel No. 5. This is the first multilayered fragrance with over 80 ingredients.

She influenced fashion, scent, and even how women saw themselves.

Society, family, close friends, loved ones, race, culture, location, opportunities, media, interests, appearance, self-expression, and life experiences are some of the things that influence us all daily.

I believe the beginnings of any journey to a better life, an up-leveled, curated, and vibrant life, is to choose your influence.

And understand as well that EVERYTHING is an influence, not just the social media influence you roll your eyes at - everything!

No one is naturally immune to influence. That's why we were concerned about who our kids hung out with - would they be a good influence or a bad one?

Worry can be a tough influencer - from financial woes, kids, health, and jobs - it all takes a toll.

We tend to blame anything and everything ("These influencers!") on why our life or goals are stuck.

But the main influence really is your social environment.

We take on our friends' thoughts and belief systems as our own, and it's done (for the most part) UNKNOWNLY.

What if I told you the people you loved most were the greatest influence on everything in your life?

What if I told you that chances are pretty strong that they are the biggest saboteurs of your dreams?

Trying to eat healthily? Your husband brings home _____, or it's your friend's birthday at work, and there's your favorite cake.

Trying to fast? Your BFF tells you you're "starving" yourself and that you'll lose muscle.

Trying to start a business? Your pastor tells you to get a job at H&R Block instead. True story, it happened to me. SavingDinner.com would have never been born had I listened to this "influencer".

Trying to feel good about yourself? Your "friend" says they'd rather be dead than "slowly die a long, fat death because of obesity." TO. YOUR. FACE! Not my story, but it happened to a gal whom I'm in a FB group with. Can you imagine??

While we are all prone to influence, we need to CHOOSE our influence wisely.

Jim Rohn said, "You are the average of the 5 people you spend the most time with."

If we want some aspect of our lives changed, then it's CRUCIAL to check where the influence is coming from- and CURATE it.

How do we do this?

1. Your spouse: educate them, but not in the form of lectures or finger-pointing. Rather, tell them "this is what I need," and show lots of appreciation afterwards.

2. Your friends: are they part of the rising tide or bringers of pain and conflict?

3. Your environment: curate the heck out of it
ACCORDING to what you want.

4. Your thoughts - this is a biggie. There's so much attached to them - we unpack them all tomorrow!