

HOW THOSE
AROUND YOU

**SHAPE
YOUR
LIFE**

INFLUENCES
WORKBOOK

BY ASHLEY VEENEMA & TRAVIS HELLSTROM

INFLUENCES WORKBOOK

BY ASHLEY VEENEMA
& TRAVIS HELLSTROM

INFLUENCES WORKBOOK
BY ASHLEY VEENEMA & TRAVIS HELLSTROM

”

If I have seen
further, it is by
standing on the
shoulders of
giants.

ISAAC NEWTON

A NOTE FROM THE AUTHORS

Thank you for exploring our **INFLUENCES** Workbook! At this time, we have successfully designed and implemented a 13-week course on Influences. This workbook is used as a reflective and exploratory resource for our participants.

You will notice there is a tremendous amount of blank space in the workbook. This is for participants to use as they wish during the exploration of the questions. The space can be filled in with anything that comes to mind, from diagrams and notes to paragraphs and brainstorming lists. Ultimately, we find that the workbook naturally evolves to fit the needs of the participants as the questions become more interconnected.

The 13-week **INFLUENCES** course and this workbook are divided into four sections:

1. Influences of Your Past
2. Influences on Your Present
3. Influences on Your Future
4. Your Influences on the World

We hope you enjoy the workbook either on its own or in conjunction with the **INFLUENCES** course curriculum. To ensure proper implementation, it is highly recommended that the course curriculum material be purchased, reviewed, and facilitated as instructed. Please find this, along with other resources at exploreyourinfluences.com.

Thank you!
Ashley & Travis

”

My mother said to me,
'If you are a soldier, you
will become a general.
If you are a monk, you
will become the Pope.'
Instead, I was a painter,
and became Picasso.

PABLO PICASSO

INFLUENCES OF YOUR PAST

”

Until a person can say deeply and honestly, ‘I am what I am today because of the choices I made yesterday,’ that person cannot say, ‘I choose otherwise.’

STEPHEN COVEY

THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE

INFLUENCES
WORKBOOK

**HOW HAS THE INFLUENCE OF OTHERS
GOTTEN YOU WHERE YOU ARE?**

”

Sow a thought, reap an
action; sow an action,
reap a habit; sow a
habit, reap a character;
sow a character, reap a
destiny.

STEPHEN COVEY

THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE

INFLUENCES
WORKBOOK

**HOW HAVE YOU DEVELOPED AS A PERSON BY
THE INFLUENCE OF PEOPLE AROUND YOU?**

”

What an astonishing thing a book is. One glance at it and you're inside the mind of another person, maybe somebody dead for thousands of years. Across the millennia, an author is speaking clearly and silently inside your head, directly to you. Writing is perhaps the greatest of human inventions, binding together people who never knew each other, citizens of distant epochs. Books break the shackles of time. A book is proof that humans are capable of working magic.

CARL SAGAN

INFLUENCES
WORKBOOK

**ARE YOU, YOU? OR, ARE YOU REALLY JUST A
COMBINATION OF EVERYONE YOU HAVE EVER
COME TO KNOW OR BE AROUND?**

”

You are the average
of the five people
you spend the most
time with.

JIM ROHN

INFLUENCES

ON YOUR PRESENT

”

Proactive people focus their efforts on their Circle of Influence. They work on things they can do something about. The nature of their energy is positive, enlarging and magnifying, causing their Circle of Influence to increase.

STEPHEN COVEY

THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE

INFLUENCES
WORKBOOK

**WHAT IS THE HIDDEN POWER OF OTHER
PEOPLE'S INFLUENCE ON OUR LIFE?**

”

We are travelers on a cosmic journey, stardust, swirling and dancing in the eddies and whirlpools of infinity. Life is eternal. We have stopped for a moment to encounter each other, to meet, to love, to share. This is a precious moment. It is a little parenthesis in eternity.

PAULO COELHO

THE ALCHEMIST

INFLUENCES
WORKBOOK

**WHAT ARE THE HABITS OF SOMEONE WHO
UNDERSTANDS AND LIVES A LIFE AWARE OF
THE INFLUENCES OTHER PEOPLE HAVE ON
THEM?**

”

I believe that the
purpose of life is to
be happy.

THE DALAI LAMA

INFLUENCES
WORKBOOK

**WHO ARE THE 5 BIGGEST INFLUENCES IN
YOUR LIFE?**

”

I like the dreams of
the future better
than the history of
the past.

THOMAS JEFFERSON

INFLUENCES

ON YOUR FUTURE

”

When you want
something all the
universe conspires
in helping you to
achieve it.

PAULO COELHO

THE ALCHEMIST

INFLUENCES
WORKBOOK

**HOW COULD YOU MAKE YOUR LIFE
REMARKABLE WITH GREAT FUTURE
INFLUENCES?**

”

Follow your bliss
and don't be afraid,
and doors will open
where you didn't
know they were
going to be.

JOSEPH CAMPBELL

THE HERO'S JOURNEY

INFLUENCES
WORKBOOK

**HOW COULD YOU USE THE WORLD'S
GREATEST WISDOM TO INFLUENCE YOUR LIFE
IN A POSITIVE WAY?**

INFLUENCES
WORKBOOK

**HOW CAN YOU MAKE YOUR FUTURE A
COMBINATION OF THE INFLUENCES YOU
WANT IN YOUR LIFE?**

”

We're here to make
a dent in the
universe.

STEVE JOBS

YOUR INFLUENCE
ON THE WORLD

”

To be yourself in a
world that is
constantly trying to
make you something
else is the greatest
accomplishment.

RALPH WALDO EMERSON

INFLUENCES
WORKBOOK

**HOW WOULD YOU LIKE TO INFLUENCE
OTHERS TO MAKE A BETTER WORLD?**

”

The privilege of a
lifetime is being
who you are.

JOSEPH CAMPBELL

INFLUENCES
WORKBOOK

**HOW CAN YOU BE AUTHENTICALLY YOU AND
HOW DOES THAT INFLUENCE THOSE AROUND
YOU?**

INFLUENCES
WORKBOOK

**WHO ARE YOU, AS IT RELATES TO
AUTHENTICITY AND ALL 4 MODULES?**

INFLUENCES
WORKBOOK

10 FAVORITE INSPIRATIONAL TEDTALKS

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

INFLUENCES
WORKBOOK

10 FAVORITE INSPIRATIONAL BOOKS

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

INFLUENCES
WORKBOOK

10 FAVORITE INSPIRATIONAL PEOPLE

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

QUOTE LIBRARY

QUOTES ON SUCCESS

“IF” BY RUDYARD KIPLING

QUOTES ON HAPPINESS

YOUR FAVORITE QUOTES

QUOTES ON SUCCESS

Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.

ALBERT SCHWEITZER

As you grow, you'll realize the definition of success changes. For many of you, today, success is being able to hold down 20 shots of tequila. For me, the most important thing in your life is to live your life with integrity, and not to give into peer pressure; to try to be something that you're not. To live your life as an honest and compassionate person, to contribute in some way. So to conclude my conclusion: follow your passion, stay true to yourself. Never follow anyone else's path, unless you're in the woods and you're lost and you see a path, and by all means you should follow that.

ELLEN DEGENERES

Always bear in mind that your own resolution to succeed is more important than any other.

ABRAHAM LINCOLN

Be patient with yourself. Self-growth is tender; it's holy ground. There's no greater investment.

STEPHEN COVEY

Ultimately, we all have to decide for ourselves what constitutes failure. But the world is quite eager to give you a set of criteria if you let it. Failure means a stripping away of the inessential. I stopped pretending to myself to be anything other than what I was, and began to direct all my energy into finishing the only work that mattered to me. Had I really succeeded at anything else, I might never have found the determination to succeed in the one arena where I believe I truly belonged. Rock bottom became the solid foundation on which I built my life.

J.K. ROWLING

The fact that there is always a positive side to life is the one thing that gives me a lot of happiness. This world is not perfect. There are problems. But things like happiness and unhappiness are relative. Realizing this gives you hope.

THE DALAI LAMA

Success usually comes to those who are too busy to be looking for it.

HENRY DAVID THOREAU

Try not to become a man of success, but rather try to become a man of value.

ALBERT EINSTEIN

Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it. And, like any great relationship, it just gets better and better as the years roll on. So keep looking until you find it. Don't settle.

STEVE JOBS

Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails.

Explore. Dream. Discover.

MARK TWAIN

If you don't design your own life plan, chances are you'll fall into someone else's plan. And guess what they have planned for you? Not much.

JIM ROHN

“IF” BY RUDYARD KIPLING

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise:

If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my son!

QUOTES ON HAPPINESS

Happiness is like a butterfly, the more you chase it, the more it will elude you, but if you turn your attention to other things, it will come and sit softly on your shoulder.

HENRY DAVID THOREAU

Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.

BUDDHA

If you want happiness for an hour — take a nap.

If you want happiness for a day — go fishing.

If you want happiness for a year — inherit a fortune.

If you want happiness for a lifetime — help someone else.

PROVERB

It isn't what you have, or who you are, or where you are, or what you are doing that makes you happy or unhappy. It is what you think about.

DALE CARNEGIE

Happiness is when what you think, what you say, and what you do are in harmony.

GANDHI

Some cause happiness wherever they go; others whenever they go.

OSCAR WILDE

A table, a chair, a bowl of fruit and a violin; what else does a man need to be happy?

EINSTEIN

Life is really simple, but we insist on making it complicated.

CONFUCIUS

I'd far rather be happy than right any day.

DOUGLAS ADAMS

That man is richest whose pleasures are cheapest.

HENRY DAVID THOREAU

Most people are about as happy as they make up their minds to be.

ABRAHAM LINCOLN

[illegible]