

Designing Your Ideal Influences

(optional activity)

Objective: This activity helps you to take proactive steps to cultivate positive influences and minimize negative ones, fostering an environment that aligns with your goals and values.

Instructions:

1. Review Your Map:

- Look back at the influences you identified in the Mapping Influences activity.
- Reflect on the positive influences you'd like to strengthen and the negative influences you'd like to reduce or eliminate.

2. Visualize Your Ideal Future:

- Imagine your ideal life 5–10 years from now. Consider:
 - Who would you like to have in your support network?

- What core principles and beliefs would steer your decisions and actions?

- What kind of environment would you want to be in?

- Write a brief paragraph representing this ideal future.

3. Plan Your Changes:

- Identify one specific change you can make in each influence category to align your life more closely with your ideal future. Use the table below for guidance.

Influence Category	Change to Make	Action Steps	Timeline
Family/Friends	E.g., Spend more time with supportive family members	Plan weekly calls or visits	Starting now
Education	E.g., Enrol in a course that aligns with my goals	Research courses and set a budget	Within 1 month
Work/Career	E.g., Seek mentorship from inspiring colleagues	Identify mentors and set up meetings	Within 2 weeks
Media	E.g., Replace negative news with uplifting content	Subscribe to podcasts on personal growth	Starting today

Influence Category	Change to Make	Action Steps	Timeline
Cultural Beliefs ¹	E.g., Deepen connection with meaningful traditions	Attend events or read about chosen culture	Within 3 months

Your Changes

Influence Category	Change to Make	Action Steps	Timeline

4. Strengthen Positive Influences:

- Think of ways to nurture the relationships, activities, or habits that positively impact you.
- For example, if a mentor has been a positive influence, schedule regular check-ins or express your gratitude to strengthen the connection.

¹ This exercise respects diverse experiences and is about personal meaning rather than judgment.

5. Establish Boundaries:

- Identify any influences you want to reduce or remove. Write down strategies for setting boundaries or letting go of these influences. For example:
 - Reducing time spent with critical individuals.
 - Limiting exposure to toxic social media accounts.
 - See also the article [How to Set Boundaries Effectively](#) for more ideas

6. Reflection Questions:

- What is one small change you can implement today to align your influences with your aspirations? (For example, if you identify that you feel pressured by societal expectations, consider prioritising your personal definition of success).

- What challenges might you face when reshaping your influences, and how can you address them? (See also the article [How to Set Boundaries Effectively](#))

- How can you hold yourself accountable for maintaining healthier influences in the long term (such as setting reminders, sharing goals with a trusted person, or using a journal)?