Mapping Your Influence™

My Influence Map™

Step 1: Identifying What's Going On

1. What aspects about myself would I like to change?
2. How do I deal with stress and pressure?
3. How do I overcome failure?
4. How well do I attract people?
5. What do I value most about myself?
6. How do I manage difficult emotions?
7. How do I face life's challenges?
8. What don't I like about my current behavior?
9. How could my life change in the future?
10. What do I expect of myself?
11. What would I like to believe about myself?
12. What are the qualities of people I spend the most time with?

Step 2: Which 2 Traits Influence Each Question?

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Step 3: Explore the Seven Influence Traits™

Courage

Transform
- No to Yes
- Drama to Reality
- Tale to Truth
- Fear to Fuel
- Cowardice to Courage

Commitment

Are You Playing Too Small?
- I make 'safe' commitments
- Risk is scary
- My main goal is to please others
- My life has too many conflicts
- I can never decide
- Waiting for something better to come along

Confidence

Answer
- When I make a mistake I…
- When I look in the mirror, I see…
- My response to problems is…
- The little voice in my head says…
- In reacting negative criticism I…
- In new situations I…

Empowering

Do I…
- Encourage participation?
- Let go?
- Share knowledge?
- Invest in others?
- Remove perfection?
- Maximize potential?
- Trust the process?

Likeability

I Choose To Be...
- Forgiving
- Sincere
- Real
- Truth-telling
- Inspire
- Listen
- Make a difference

Passion

Living With Passion Means...
- Connecting to my purpose
- Living my core values
- Taking a leap of faith
- Impacting the lives of others
- Paying attention to my gut
- Celebrating my success

Trustworthiness

My Mindset
- I practice open communication
- My innovation is to serve and give
- I'm consistent in my decisions & actions
- My character is indispensable
- I trust even under pressure
- Truth is my best friend