

## Childhood Influences

### **Influences on Your Worldview or Core Beliefs About Life**

As children, we are influenced by many things, including the country and community we grow up in, our cultural heritage, and the media we're exposed to. Start by writing down these influencing forces:

My Country:

My Community:

My cultural heritage:

The top 3 TV shows I watch:

Where I get my news:

Top 3 websites I visit:

Top 3 sources of social or other media:

However, what has the most direct influence on us is the people we are closest to. For a young child, the primary caretakers have the greatest imprint.

Your parents or caretakers (basically anyone who helped raise you) each had their own belief systems and views about life. Like we've discussed, these influential people's actions and beliefs were the building blocks on which you built your own view of the world and yourself. How you see yourself and what you believe about the nature of the world is a combination of the influences of these people.

**Identify the 2 to 3 people (or more)** who had the greatest direct impact on you (your caretakers) and answer the following questions.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Use a copy of the following page for EACH of your caretakers.

**Caretaker Name:** \_\_\_\_\_

Positive Qualities/Traits	Negative Qualities/Traits

- **Circle** the qualities from each that you can see within yourself.
  - Which caretakers influenced your current personality, beliefs, and lifestyle the most?
  - Did you know you wanted to be like this person or did it happen by default?

**What are this caretaker's core beliefs about life?** This could be things they tended to say about work, people, politics, religion, etc.. What was their view of the world?

- For each, circle any beliefs that you have taken on as your own.
- Put a line through any beliefs or views that you have not adopted or that you reject.

**Next, for each, ask yourself what you would say his or her life "purpose" or mission is.** What were they passionate about? What did they seem to be trying to accomplish in the world?

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**AFTER completing the above activity for each caretaker, complete the following questions:**

Notice where your caretakers views about life differ. Do you lean dramatically toward one person's viewpoints over another's?

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Are there any viewpoints where you have adopted a belief that is somewhere in between?

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Are any of your views dramatically different, almost in opposition to, your caretakers'?

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In what way did the missions of your caretakers inspired your current ambitions and values?

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Did you feel drawn to grab one of their torches and carry the flame? Or, did you feel the need to snuff one out and ignite a new, brighter fire?

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