

## Who is your leader? Who do you follow?

You might say that you are your leader, that you lead your own life and don't necessarily follow anyone.

That may be somewhat true. However, someone has impacted and influenced you in a way that leads you to follow their example.

I suggest to pause and write down the names of those people who have had the biggest effect on your life. List them in order of impact they have had. Feel free to keep reordering the list as you reflect on what they did, said and wrote that connected and shaped who you are today.

You might say: why do this? There are several reasons that can bring us an appreciation for those who have led a life we admire and we are inspired by. We can readjust how we are living now by examining our list in this exercise. We can correct our intentions and direction we go towards family members, neighbors, co-workers and strangers.

Your list of who has had the biggest impact and influence on your life will likely include family members including extended and from past generations, as well as friends, coworkers, people in business, sports, entertainment, as well as government people (believe it or not!). Several people on your list might be someone you never met but the story of their life, their effects on others, what they did, said or wrote puts them on your list.

If you do this list, you will be contacting important memories and experiences that have shaped who you are and the possibility of resetting your everyday life will become evident and a natural outcome.

Interesting will also be the reasons they are on your list. They cared about you personally. They were courageous in the face of adversity, they were compassionate to others, they allowed you to think in a new way, they made you want to be like them, do what they did, thus become a leader whose example you are willing to follow.

Our life is ours to decide what to do with it. However, we are wired to live in relationship with others and to be a benefit to those in our lives.

Everyone is a leader and also a follower. Someone is following your example's daily. For parents this is a big responsibility but something worth considering. Kids follow what we do more than what we say.

If we find we have been going in an unhealthy direction with our lives, we can always redirect, correct and change the direction. This may involve some humility on our part and maybe an apology. But, the change of direction to something better will always have good results in us and through us to others as we set ourselves to follow the examples of those who have inspired us.

Let us lead on in this life well.

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