

# People Who Influence your Dreams

Adapted from “3 Types of People Who Can Influence Your Dream” published by The Full Life Ahead Foundation.

**Neutral people:** One who is sitting on the fence. He doesn't support you. She doesn't get in the way.



**These are normal people who have good intentions.  
Be careful how much of your heart you share with them.  
Let them share in your successes, not the doubts.  
Allow them to contribute after you have defined your goal.**

**Think about who these people are in your life.**

**Name some.** \_\_\_\_\_  
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**Toxic People:** People who dwell on the obstacles and can't see any way around them. She discourages you. He doesn't support your dreams.



**Who are they? They could be people like your BEST friend. Or a family member or service provider.**

**Toxic people say “NO.” “He’ll never.” “She won’t.”**

**Name some.**

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**What do you do with them?**

**Get them out of your life.**

**But you say, “I can change them.”**

**HEAR THIS: Toxic people DO NOT CHANGE!**

**Just don't listen to them**

**Call on your cheerleaders to help!**

**Cheerleaders:** People who see beyond the barriers. The ones who encourage you towards your dreams. He is always there for you.



**How will you know them?**

**Your cheerleaders are:**

- Positive**
- Personal**
- Supportive**
- Encouraging**
- Empathetic**
- JUST PLAIN THERE!**

**Name as many as you can. These are people you want around you.**

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**What is their role in your life?**

- Bring them close to you.**
- Share your hopes; let them encourage your dreams.**
- Trust them.**
- Let them help.**