

Guide to Having an Impact

We all want to have a positive impact in our lives. I am convinced that everyone also wants to contribute to something greater than themselves. Many people talk about wanting to make a difference or to help people. This bodes well for our future, but how do we go about having this impact?

Based on my experience and research with the Impact Lab and Professor [Adam Grant](#), these three elements (FAR) are key for achieving a positive impact:

- Focus
- Action
- Refine

Focus: In order to have an impact you need to know who you want to impact. Helping people is very general, so, you need to get specific. What group do you want to impact? How do you want to serve them? What do you know about them? The answer to these questions will help you determine where to target your energy and action.

Action: No impact happens from continuous planning. You have to do something to make a difference. Even if your idea isn't perfect or with the right target group, it is better to get started and experiment than to just think about how you can help. The important idea is to just begin.

Refine: If you are serious about having an impact, you have to evaluate your actions. Are you having the desired effect you want? What do the beneficiaries of your intended action need? Do you enjoy this type of activity? Self reflection is crucial to your development, and will help propel you to become better at what you do and have the impact you desire.

Remember FAR to help guide your actions.

If you are interested in having a greater impact, reflect on the questions listed below. Writing answers to these questions can be your first step to getting clear on how you can have the impact you desire.

Having an Impact

What does having an impact mean to you?

Why it is important for you to have an impact?

What area of impact is most important to you? (Select one)

- Entertainment Health Social Welfare Education
Physical Environment Emotional/Spiritual Physical Appearance Other

What are you currently doing in this area to have an impact?

Now that you have completed these questions, I hope you've gained a sense of clarity around how and where you would want to have your impact. If you would like to have a greater impact in your life, send [me](#) your answers to these questions or get in touch with [me](#). I'd be honored to share this journey with you.

In any event, please stay connected by [subscribing to my blog](#) or connect on [Facebook](#).

-David