

# Why Do You Do What You Do?

By David Tillman

## Who influenced you to do what you are doing?

Close your eyes, take a few breaths, and let your mind relax. In your mind, effortlessly allow the name, and/or face, of a person who has influenced the way you live your life. A family member, teacher, spiritual leader, friend, or someone who mysteriously showed up at just the right time.

A person who influenced you to do what you are doing. It could be to go to this school, join this organization, try this thing, read this book, think this way, create art and music, or meet someone they thought you should meet.

When the name of that person comes into your mind, think about how he or she has influenced, triggered, or impacted your life. When you are ready open your eyes and journal. (1-2 minutes)

**Sharing:** Gather together in a small group. One by one, each person shares their response to the first question below. Then go to the next question and so forth. A person can pass.

- 1) Their name, relationship with this person, and how/when you met?
- 2) What was the essence, or key aspect, of their influence on you?
- 3) Looking back, what are you doing today that can be traced back to them and how has that influenced your life?

**Reflection:** As you share your answers notice what emotions and insights are triggered within you. As you listen to others share their answers notice what new or different emotions and insights are triggered within you.

**Options:** You can do this with a friend or by yourself.