

Five Ways to Reflect on "Why Do You Do What You Do?"¹

By David Tillman – March 2025

"Why Do You Do What You Do" is a reflective tool to help people explore the personal influences that shape their choices and paths in life. Here are **five ways to reflect on Why Do You Do What You Do?**, whether for personal journaling, group discussion, or guided introspection:

Reflection Prompts (Inspired by the Document)

1. Who Influenced Me Most?

- Close your eyes, take deep breaths, and allow the image or name of a person to come forward.
- Ask yourself: *What was their role in my life? Why did they stand out?*

2. Essence of Their Influence

- Was it their encouragement, example, values, presence, or challenge?
- How did their actions or words shape how you think, act, or live?

3. Tracing Back Their Impact

- What are you doing today—professionally, spiritually, creatively—that can be traced to their influence?
- How would your life be different if you had never met them?

4. Emotional Resonance

- What emotions arise as you recall this person and their influence?
- Are there moments of gratitude, sadness, joy, regret, or awe?

5. Shared Reflection

- If done in a group: What new perspectives or parallels do you notice when others share their stories?

¹ Created by using the "Why Do You Do What You Do?" meditation by David Tillman and ChatGPT

- How do their experiences enrich or challenge your understanding of your own?
-

Solo Journaling Options

- Write a letter to the person who influenced you.
 - Create a timeline showing how your life has unfolded since they came into it.
 - Explore the question: *What part of them lives on in me?*
-

Group Activity Suggestions

Circle Sharing: Each person responds to the three key questions from the document, taking turns. 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?

Silent Reflection + Partner Share: Journal first, then pair up and share one insight or emotion that surfaced.

Creative Reflection: Draw, paint, or create a collage that represents this person's influence on your life.

Ongoing Practice Ideas

- Choose a new person each week or month to reflect on—someone who shaped you in small or big ways.
 - At the end of each reflection, consider: *What values or messages from them do I want to pass on to others?*
-