

Guided Journal: Why Do You Do What You Do? ¹

by David Tillman – March 2025

Welcome to Your Reflection Journey

This guided journal is your space to explore the people and moments that have shaped your life. Set aside time to slow down, breathe deeply, and reflect with openness and honesty.

Each section includes a gentle prompt followed by space to write, doodle, or dream.

Grounding: Let the Memories Surface

Close your eyes. Take three slow, deep breaths. Let your mind drift.

Prompt: Who comes to mind as someone who influenced your path? It might be a family member, a mentor, a friend, or even a brief encounter that changed everything.

Write down whatever you remember first - their name, their face, a moment, a feeling:

Reflect: Understand the Impact

Take your time responding to the following prompts. There are no right answers—just your truth in this moment.

1. **Their Name & Your Relationship** How do you know this person? How and when did they enter your life?
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2. **Essence of Their Influence** What did they give you? What words, actions, or ways of being inspired you?
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¹ Created by using “Why Do You Do What You Do?” meditation by David Tillman and ChatGPT

3. **How You Live That Influence Today** What are you doing now—thinking, creating, pursuing—that connects back to them?

4. **How It Makes You Feel** As you reflect, what emotions do you notice?

 **Connect: (Optional Sharing)**

If you're doing this with others, invite deep listening and respect.

Prompt for Listeners: What did you hear that moved you? What stayed with you after they spoke?

 **Express Yourself Creatively**

Let your creativity speak where words cannot. Draw, write a poem, design a symbol, or create something that expresses this person's influence in your life.

 **Keep Reflecting**

This is just one moment of reflection. Consider revisiting this journal with a new person in mind each time.

Final Prompt: What part of this person lives on in you?

Inspired by "Why Do You Do What You Do?" by David Tillman

For personal exploration or group facilitation.