

Reflections on Oh, Grow Up

A Companion Journal ¹

This journal accompanies 'Oh, Grow Up – A Guidebook to Mature Wisdom' and invites you into deeper reflection. Each section corresponds to one of the Ten Tasks and additional insights from Dr. Michael Obsatz. Use these pages to explore your journey inward and outward.

1. Unhook from Family Definitions

- What labels or roles were placed on you in childhood?
- How have those shaped your self-view?
- What new identity would you like to claim for yourself now?

2. Let Go of Childhood Defenses

- What defenses did you use to survive emotionally as a child?
- Which ones are still active in your adult life?
- Where and with whom do you feel safe being your true self?

3. Challenge Cultural Pressures

- What cultural messages have defined your worth?
- How do you respond to feelings of 'not enough'?
- What would living from internal validation look like for you?

4. Discover Inner Beauty and Purpose

- What brings you deep joy and a sense of meaning?
- What have others consistently said you're gifted at?
- What is love calling you to do in this season of life?

5. Release Abusive and Controlling People

- Who in your life drains or controls your energy?
- What boundaries could you set to protect your well-being?
- Who are your soul-supporters—your spiritual family?

¹ Dr. Michael Obsatz's YouTube link of Oh, Grow Up – Ten Tasks for Mature Wisdom 2020 video: <https://youtu.be/BLgXEaXqeH0> This reflections journal was created by David Tillman using the YouTube video transcript, 2017 article, and ChatGPT. – October 2025. Oh, Grow Up 2017 article link: <https://lifesjourney.us/oh-grow-up/>

6. Create Financial Stability with Integrity

- What is your current relationship with money?
- How does your work reflect your values and gifts?
- What would 'earning with peace' look like for you?

7. Dedicate Your Life to Love and Peace

- What cause or issue stirs your heart?
- Where can you start small to bring healing or hope?
- What does it mean for you to live a life of meaning?

8. Honor Your Body and Sexuality

- How do you care for your physical body daily?
- What are your beliefs about sexuality?
- Where might shame or judgment still need healing?

9. Parent Without Control

- If you're a parent, what do you most want to pass on?
- How can you support others' growth without control?
- What was missing from your own upbringing that you now seek to give?

10. Live, Play, and Be Grateful

- What brings you spontaneous joy?
- What are 10 things you're grateful for right now?
- How might you make space for more play in your life?