

WHY DO YOU CREATE?  
FACILITATOR SESSION REFERENCE  
*Session cheat sheet*

Keep this handy during your workshop. All the prompts and reminders in one place.

#### BEFORE THE SESSION

- Go through the journey yourself (you need to know how it feels)
- Create your room and test the join link
- Set up checkpoints if using the checkpoint format
- Prepare the room: devices charged, Wi-Fi info visible, ambient music optional

#### OPENING THE SESSION

##### SET THE TONE

*“For the next 20–40 minutes, you’re going to go through a reflective experience on your own. Put your phone on do-not-disturb. Close your tabs. Give yourself the space to be honest. When you’re done, come back and we’ll talk about what you found.”*

- Everything they write is private
- Be honest — no right answers
- 20–40 min, no interruptions
- They don’t have to share

#### DEBRIEF PROMPTS

##### OPENING

*“What surprised you? What felt different than you expected?”*

##### ON FEAR

*“The journey asked you to name a fear you don’t normally say out loud. What was it like to be that honest with yourself?”*

##### ON PERMISSION

*“Did you already know the answer, or did it surprise you?”*

##### ON THE MANIFESTO

*“How did it feel to read something back about yourself that you hadn’t exactly said?”*

#### USING ROOM DATA

*“Most of the room chose fear of judgment. Why do you think that’s so common among people who make things?”*

Your dashboard shows anonymous category distributions — mediums, fears, permissions, dedications.

#### CLOSING

*“What are you going to make? Not someday. This week.”*

Point them forward: go create, take it again later, forge a project, save the manifesto.

#### REMEMBER

##### Never ask what they typed

Ask about the experience, not the content.

##### Let silence breathe

The first person to speak opens the floodgates. Don’t rush it.

##### Emotions are expected

It means the experience worked. Don’t single anyone out. A quiet nod is enough.