



Navigating Detours Worksheet

Have you ever encountered an unexpected detour? It's pretty safe to say that we all have experienced a detour in our lives. Detours are a forced re-route. They take us on a different path to the destination. They show up unexpectedly and guide us into the unknown.

Just like we encounter detours on the road, we encounter detours in our lives. Roadblocks show up in our lives to redirect us. Most of the time, they come from out of nowhere, and they force us to go in a different direction.

These roadblocks can be anything, career changes, children, relocations, illnesses, relationships, etc. I've found that whenever I've been detoured in life, it's been at a time when I needed to be shifted. Either what was coming was too dangerous for me to travel through, the conditions ahead were under construction, or the detour would present an opportunity for me to explore a new path.

Reflect on the last time you experienced a detour in life. What path were you on before the detour showed up? What new direction were you forced to go in? What emotions showed up?

Did you resist the redirection? If so, how did that turn out? What (if anything) did you learn from the redirection?

Whenever something comes our way that shifts our direction, we think of it as less than ideal, especially if we are used to navigating our way through life on a certain path. Our comfort zone is a lovely place, and when something changes our comfort level, we deem it as a source of frustration. Detours usually add more time to our travel, and when we are fixed on being somewhere at an exact time, we miss what the detour is trying to teach us. If we're not married with kids, homeowners, or climbed the corporate ladder by age 30, we feel like we've failed in life...or missed our destination.

When your next detour shows up, how can you embrace the redirect with more awareness, compassion, and patience?
