DETOUR JOURNAL

A NOTEBOOK FOR WHEN LIFE GETS REROUTED

CAM TAYLOR

DETOUR JOURNAL

A Notebook For When Life Gets Rerouted

Cam Taylor

Detour Journal

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Published in Canada by Infocus Publishing (camtaylor.net/publishing) 3731 Millar Court Abbotsford, BC V2S 7K5 "Writing is medicine. It is an appropriate antidote to injury. It is an appropriate companion for any difficult change."

-- Julia Cameron

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"Journal writing is a voyage to the interior."

— Christina Baldwin

"I don't want to live in a hand-me-down world of others' experiences. I want to write about me, my discoveries, my fears, my feelings, about me." — Helen Keller

Introduction

Chances are, you are already convinced that journaling has some value. But in case you have your doubts, or need a deeper "why," I want to strengthen the case for journaling — especially if you are on a detour of some kind.

I have journaled for many years and see tremendous value from the practice. When the road I was traveling on ended because of a serious motorcycle accident, I used journaling as an important structure to process what was going on in my life. That story is told in the book, *Detour: A Roadmap For When Life Gets Rerouted*.

The journal you are reading now is designed as a companion resource to go with the book. The value, benefits, and tips for effective journaling are explained in the next few pages.

To purchase a copy of *Detour: A Roadmap For When Life Gets Rerouted* in paperback or as an ebook, check out my website (www.camtaylor.net) for several ways to secure your copy.

In the next few pages, I describe the value of journaling, what it is and isn't, the benefits, a strategy on how to journal, and a list of journal prompts you can use to make your journaling experience engaging and life changing.

Your detour companion,

Cam



The Value of Journaling

Journaling is a tool you can use to support your growth and enhance your life. It is used in many different arenas but has particular value and benefit for those going through a detour experience.

What journaling is and isn't

Journaling is a place to see and track the progress you are making. It's a place to state your daily activities so they line up with your longer range goals and dreams.

Journaling is a way to check in with yourself at the end of the day so you can see if you succeeded or not. It's a structure to help you gain momentum and a positive impact from the progress you made. It's a place to capture your personal story.

Journaling isn't limited to pen and paper. It can done electronically by typing or speaking your words. It isn't a publicly shared record but a conversation you have with yourself and even God.

Journaling is a place to write down what happened, what you felt, what you did, what you experienced, and what you learned. It isn't just about writing ordinary sentences but a place to draw pictures, diagrams, write poetry, or draw mind maps.

20 Benefits to Journaling

- 1. It provides future encouragement
- 2. It improves physical health, especially after you have had a traumatic experience
- 3. It enhances psychological healing and growth
- 4. It releases pent-up emotions
- 5. It counters anger and frustration

- 6. It helps you reduce and overcome stress
- 7. It helps detach from past events in order to let them go
- 8. It is a place to articulate and clarify your thinking
- 9. It facilitates healthy self-talk and neutralizes self-sabotaging conversations
- 10. It reinforces learning and increases retention of anything heard or read
- 11. It identifies values and provides opportunity to more powerfully align with them
- 12. It helps you see options which empower action
- 13. It promotes honesty and cuts through denial and self-deception
- 14. It gives a place to listen to the voice of wisdom and God's direction
- 15. It provides a place to discover purpose and an answer to "What's next?"
- 16. It promotes freedom of expression
- 17. It develops the writer within you
- 18. It gives a way to track improvement and visualize personal progress
- 19. It provides a fun, yet safe place to express wild and crazy ideas
- 20. It assists you in the process of brainstorming and problem solving

Final thoughts

The key to journaling is to make the process your own. You can glean ideas from others and learn from those who have been down the road ahead of you, but ultimately, this practice is for you. Journaling will enhance your life, strengthen your character, and help you on your journey.

Strategies for Effective Journaling

There are many different ways to journal. The key is not to find the one right way, according to the experts, but to find the right way for you. What follows is a number of strategies that have worked for others and may work for you.

If you are new to journaling, or would like to consider some fresh ideas to improve the practice of journaling you already have, you will find this section helpful. The goal is to take baby steps that build momentum and make journaling a habit. If you're just getting started, it's normal for a new practice to feel awkward at first, but over time become natural and comfortable.

A road map for the practice of journaling

These are the steps to go from "I do not journal," to "I love journaling!" These steps do not happen precisely in this order but are the ingredients in a recipe. When are mixed together, they provide a tasty meal of nourishment and growth.

1. Select the journal of choice

The *Detour Journal* comes in two formats — paper and a fillable pdf document. The way to begin is to choose the method you will use. If you're unsure, try one approach for a while, then the other. After experimenting with both, choose the one that better serves you.

The size of the paper journal is designed to be small enough to take with you but big enough to hold enough content to make it worthwhile. A key question: Which journal type will you choose?

2. Determine the focus of your journal

If you are going through a detour, the focus of your writing might be on random thoughts, feelings, and reflections. If you are using the journal for personal development, you might use the pages to record ideas and thoughts you don't want to lose. If you are using the journal as a tool for spiritual growth, you might write down Bible verses, impressions you have, and a place to record your prayers. A key question: What will the focus of your journal be?

3. Set up a regular place and time — free from distractions

For journaling to become a practice that facilitates deeper change, it needs to be regular. Find a time and place to practice it five to seven days per week.

Pick the time of day when you won't fall asleep but be alert in mind and heart. Find a place that supports reflection and deeper thinking. Turn off your phone, eliminate unnecessary noise, and go where interruptions are unlikely. Three options could be a restaurant, a secluded place in the house, or alone in your car. A key question: Where and when will you journal each day?

4. Integrate journaling into other activities for maximum impact

Journaling is a great compliment to activities like reading, listening to music, watching movies, meditation, problem solving, blogging, and conversations with friends and family. The practice gives you a structure and place to capture insights that hit you while "doing life."

When your thoughts, ideas, questions, memorable quotes, insights, or random information are written down, you have something to go back to later. A key question: What activities could you integrate with your journaling?

5. Use the structure and prompts to facilitate your writing

When you sit down with a blank page in front of you, it's sometimes hard to know where to start. That's why this journal provides prompts, quotes, and structure to help you. The prompts make the writing process easier to start and maintain.

When you sit down to journal, start with the date for later reference, then say thanks, record feelings, thoughts, ideas, and lessons you've been learning. Add your own categories as you

become more comfortable with the practice. A key question: What journaling prompt do you find most helpful?

6. Write from the heart with honesty, creativity, and openness

For journaling to have the greatest impact, you need to show up with honesty and a willingness to write down the full range of emotion, thought, and questioning. The more honest and open you are, the more it will open the door to greater self-awareness, deep change, and growth.

When journaling, tap into your heart, use various writing styles such as lists, poetry, free association, mind mapping, and art work. A key question: On a scale of 1 (low in honesty) to 10 (high in honesty), how honest are you willing to be in your journaling?

7. Share key insights with close friends and family

One way to deepen your personal learning and strengthen your growth is to share what you're learning with others. Start by picking the people carefully — find supportive people who have your best interest in mind.

Once you have your people, share your learning and insights. In return, let them provide valuable feedback and encouragement. When we open up our lives to the right "others," growth, comfort, strength, and deeper learning often results. A key question: Who are the safe people in your life?

8. Read over what you've written

One of the reasons to journal is to have a record of your life on any given day. As things change, you forget the details of your earlier days and experiences.

If you are journaling during a detour, going back and reading your rambling thoughts and feelings can encourage you by seeing the progress you've made. Looking back can also give you insight into the growth that still remains. A key question: What value does remembering history have in your life?

9. Keep writing and don't give up

Wisdom says it takes three weeks to form a new habit and three more weeks for that habit to become comfortable. It's important to remember you need to be patient with yourself and not give up when the going gets tough. Stick to the practice for at least six weeks before evaluating.

When journaling, if you need a break for a day or two, take it and don't beat yourself up. But once you've had your day or two break, keep going and trust the process. A key question: Why is it worthwhile for you to keep journaling?

Journal Prompts

This journal is designed to be used as a free flowing process – not as a rigid formula to follow. However, it's nice to have some guidance especially as you begin the practice and are asking, "What exactly do I write?"

On the bottom of every other page is a set of journaling prompts. These are designed to give you categories and topic areas to journal about. Below are questions you can ask as you learn the prompts and cultivate your journaling practice.



Thanks - What am I thankful for?

Feelings - What am I experiencing emotionally? What's my mood or heart condition?

Insights – What am I learning, reading, and thinking about? What new idea is coming to me?

Questions - What questions am I asking? What am I curious about? What is unresolved?

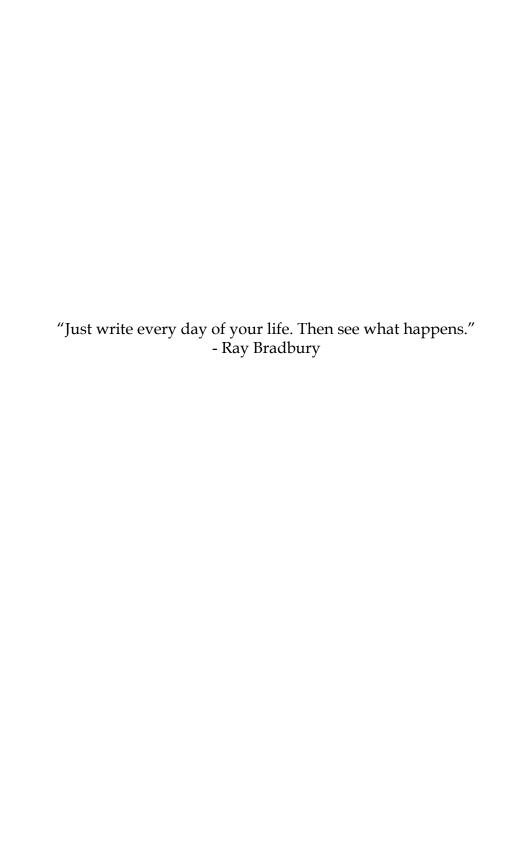
Prayer - What do I want to say to God? What is he saying to me?

Change – What do I need to work on or change in my life? Where do I need to grow?

Action – What action do I need to take or plan do I need to make?

"The unexamined life is not worth living." - Socrates

"My journal is a storehouse, a treasury for everything in my daily life: the stories I hear, the people I meet, the quotations I like, and even the subtle signs and symbols I encounter that speak to me indirectly." – Dorothy U. Seyler



The weak can never forgive. Forgiveness is the attribute of the strong. – Mahatma Gandhi



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Aimee Mullins: In her TED Talk, "The Opportunity of Adversity," Aimee shows how adversity — in her case, being born without shinbones — opens the door for human potential.

How would your life be different if you stopped worrying about things you couldn't control and started focusing on the things you could? — Cam Taylor



Incredible change happens in your life when you decide to take control of what you do have power over instead of craving control over what you don't. — Steve Maraboli

Lord of the Rings: The inspiring trilogy written by J.R.R. Tolkien that tells the story of Frodo's journey to destroy the ring of power.

- Tony Robbins



DATE: DAILY PAGES If you don't like the way something looks, change the way you look at it. – Wayne Dyer

Brenebrown.com: Author of several books and a TED talk speaker covering subjects like vulnerability and courage.

Man can live 40 days without food, three days without water, eight minutes without air, but only one second without hope. — Author unknown



Hope prevents us from clinging to what we have and frees us to move away from the safe place and enter unknown and fearful territory. — Henri Nouwen

Leading at the Edge: A book by Dennis Perkins of leadership lessons from the extra-ordinary saga of Shackleton's Antarctic expedition.

The miserable have no other medicine but only hope.
 William Shakespeare



DATE: DAILY PAGES Extreme hopes are born of extreme misery. — Bertrand Russell

Man's Search for Meaning: A book by Viktor E. Frankl describing his life in Nazi death camps where he finds meaning and purpose.

Always do your best. What you plant now, you will harvest later. — Og Mandino



When your road ends abruptly, you need to complain. I used to think of complaining as something negative and to be avoided but now I see it in a new light. — Cam Taylor

The Seven Habits of Highly Effective People: A book by Stephen Covey that has stood the test of time and discusses foundational habits for life.

therefore no point in carrying on. — Viktor E. Frankl



The only way to get positive feelings about yourself is to take positive actions. Man does not live as he thinks, he thinks as he lives. — Vaughan Quinn

Endurance: A book by Alfred Lansing that recounts Ernest Shackleton's incredible voyage of grit in the face of insurmountable adversity.

With the past, I have nothing to do; nor with the future. I live now. — Ralph Waldo Emerson



Living the past is a dull and lonely business; looking back strains the neck muscles, causing you to bump into people not going your way. - Edna Ferber

Cslewis.com: C.S. Lewis was one of the greatest authors and thinkers of the last century and wrote on a range of topics including grief and pain.

When one door closes another door opens; but we so often look so long and so regretfully upon the closed door, that we do not see the ones which open for us. — Alexander Graham Bell	



DATE:	DAILY PAGES
Your big opportunity may be right where you are now	. – Napoleon Hill

The Proverbs: This book of wisdom found in the Bible was penned by King Solomon, who was considered the wisest man who ever lived.

The past is a guidepost, not a hitching post. — L. Thomas Holdcroft	



Sometimes opportunity knocks like a loud windburst; more often it arrives like a burglar and disappears before you realize it was there. — Elyse Sommer

Philipyancey.com: Philip Yancey is an author who has written *Where is God When it Hurts?* and *The Question that Never Goes Away: Why?*

Grab today's fruit while it is ripe; if not now, then when? — Hebrew meaning to Carpe Diem



You can clutch the past so tightly to your chest that it leaves your arms too full to embrace the present. — Jan Glidewell

The Good Confession: In this woven fable of failure and forgiveness, Jim Van Ypren uses suspense and humor to teach us how to say, "I'm sorry."

Between stimulus and response is a space. In that space lies the freedom to choose our response. In those choices lies our growth and our happiness. — Stephen Covey



DATE:	DAILY PAGES
We cannot direct the wind but we can adjust our sails.	– City of Hope

A Place of Healing: Joni Eareckson Tada writes about her perspective on what it means to live with joy in the face of daily pain and suffering.

If there's hope in the future, there's power in the present. — John Maxwell



DATE: DAILY PAGES Hope is the foundational quality of all change. - Alfred Adler

Love Does: Author Bob Goff gives a delightful collection of stories from his life that inspires us to embrace a love that "does."

That which does not destroy, strengthens. — Friedrich Nietzsche



Bite on the bullet, old man, and don't let them think you're afraid. — Rudyard Kipling

Ziglarshow.com: The Zig Ziglar podcast continues Zig's legacy of inspiration and true performance, one episode at a time.

and a series of small victories will lay the foundation for eventual success. — Dennis Perkins



Sometimes there's not a better way. Sometimes there's only the hard way. — Mary E. Pearson

Michaelhyatt.com: Michael Hyatt helps overwhelmed high achievers get the clarity, confidence, and tools they need to win at work and life.



DATE: DAILY PAGES If you don't like the way something looks, change the way you look at it. - Wayne Dyer

Gapingvoidart.com/blog: The Gapingvoid blog provides daily insights and inspiration in the form of artwork and words.

Forget past mistakes. Forget failures. Forget everything except what you're going to do now and do it. — William Durant



Opportunity is an appropriate or favorable time or occasion. It is a situation or condition favorable for attainment of a goal. — Dictionary definition

Laraequy.com/blog: LaRae Quy was an FBI undercover agent who blogs on topics related to resilience and developing mental toughness.

yesterd	ay. Realize the past no longer holds you captive. It can only se to hurt you if you hold on to it. Let the past go. A simply abundant world awaits. — Sarah Breathnach



There's a partnership between perceived deficiencies and our creative ability so it's not about sweeping under the rug the challenges but finding the opportunity wrapped in the adversity.— Aimee Mullins

Skipprichard.com: Personal blog of Skip Prichard who shares ideas, information and inspiration on leadership and personal development.

The fox has many tricks, but the porcupine has one big trick. — Eastern proverb



Living one day at a time; enjoying one moment at a time; accepting hardships as the pathway to peace. — From the Serenity Prayer

Bakadesuyo.com: On this blog, Eric Backer brings you science-based answers and expert insight on how to be awesome at life.

Fractures well cured make us more strong. — Ralph Waldo Emerson



DATE: DAILY PAGES Adversity is the mother of progress. - Mahatma Gandhi

Long Walk to Freedom: Nelson Mandela's autobiography and story of a man who not only changed his country but the world.

The gem cannot be polished without friction, nor man be perfected without trials. — Danish Proverb



DATE:	DAILY PAGES
Problems are only opportunities in work of	lothes. – Henry J. Kaiser

Churchill: A Life: A book written by Martin Gilbert who provides rich detail of Winston Churchill's rich history.

even told, "Blessed are that I	e they that n hadn't barga	nourn," and ained for	d I accept it. - C.S. Lewis	. I've got nothing ร



Knowing others is intelligence; knowing yourself is true wisdom. — Tao Te Ching

Full of Heart: In his book, J.R. Martinez tells his inspirational journey from tragedy to triumph.

 He who knows the universe and does not know himself knows nothing. Jean De La Fontane



When you are looking in the mirror, you are looking at the problem. But remember, you are also looking at the solution. — Anonymous

The In-Between: In this book, author Jeff Goins helps his readers embrace the waiting and inspires you to slow down and savor the inbetween.

you follow, the better your chances. — Proverbs 11:14



Self-mastery is the ability to withstand the emotional storms that blow into our lives and is the opposite of becoming "passion's slave." — Cam Taylor

Taking the Stairs: In his book, Rory Vaden builds a case for success as not an escalator ride to the top but the discipline of taking the stairs.

Emotional self-mappropriate fee	nastery works	at finding	emotional	balance. I	t involves
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We are born to cry. Tears exist to make us well. Deep crying relieves the pain and stress we feel inside and is a critical part of the journey of grief — Cam Taylor

Sethgodin.typepad.com: Seth Godin is an entrepreneur and blogger who thinks about the marketing of ideas in the digital age.

Bereavement is useful; full-blown depression is not. — Daniel Goleman



Everywhere a greater joy is preceded by a greater suffering. — Augustine

The Road to Character: Author David Brooks help us rethink our priorities and build an inner life marked by humility and moral depth.

surprising bonus for something I have invested myself in — and most likely include pain. — Philip Yancey



Grief is "keen mental suffering or distress over affliction or loss; sharp sorrow; painful regret." — Dictionary definition

Drcloud.com: Henry Cloud is a leadership expert, psychologist, and best-selling author who provides practical advice to grow by.

closer is God! — Fyodor Dostoyevsky



Only people who are capable of loving strongly can also suffer great sorrow, but this same necessity of loving serves to counteract their grief and heals them. — Leo Tolstoy

You Gotta Keep Dancin': Author Tim Hansel's message is, "No matter what your circumstances, you can always choose to be joyful."

He that conceals his grief finds no remedy for it. — Turkish Proverb



DATE:	DAILY PAGES
Friendship doubles our joy and	divides our grief. — French proverb

The Happiness Advantage: In this book, Shawn Achor discusses what true happiness is and how to get it. Check out his TED Talks also.

abundance. — Psalms 66:12



DATE: DAILY PAGES

Joy comes, grief goes, we know not how. — James Russell Lowell

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90 Minutes in Heaven: In his book (and movie), Don Piper tells the story of his horrific car accident, recovery, and 90 minutes in heaven.

Life is never made unbearable by circumstances, but only by lack of meaning and purpose. — Viktor E. Frankl



Grief drives men into habits of serious reflection, sharpens the understanding, and softens the heart. — John Adams

Grit in Your Craw: Author Robert Luckadoo teaches how to harness eight key strengths to live a life with resilience, tenacity and determination.

No one ever told me that grief felt so like fear. — C.S. Lewis



DATE: DAILY PAGES One joy shatters a hundred griefs. - Chinese Proverb

Mindset: Author Carol Dweck discovers a ground breaking idea after decades of research on the power of mindset.

to live it full of regrets, if onlys and what could have been. — Author unknown



Forgiveness is me giving up my right to hurt you for hurting me. — Source unknown

Acuff.me: Author Jon Acuff helps people get unstuck and live an awesome life. His book *Start* is one example of his work.

jealousies, unforgiveness, selfishness, and fears. — Glenn Clark



A man's wisdom gives him patience; it is to his glory to overlook an offense. — Proverbs 19:11

Live Inspired Podcast with John O'Leary: John is author of *On Fire* and an inspirational speaker.

The weak can never forgive. Forgiveness is the attribute of the strong. — Mahatma Gandhi



Forgiveness is a gift you give yourself. — Suzanne Somers

The Brian Buffini Show: This podcast explores the mindset, motivation, and methodologies behind true success.

chambers of our own heart. — Stephen Covey



You can stand there thinking, "if only," or you can go and take charge and change it. — Author unknown

This American Life: This podcast is a weekly public radio show hosted by Ira Glass.

in spite of difficulties, obstacles, or discouragement. — Definition of perseverance			



DATE: DAILY PAGES Often it is tenacity, not talent, that rules the day. — Julia Cameron

TED Radio Hour: This podcast is a journey through fascinating ideas, based on Talks given on the TED stage.

Constant dripping hollows out a stone. — Titus Lucretius Carus



DATE:	DAILY PAGES
Genius is one percent talent and 99 p	oercent hard work. — Albert Einstein

Vinyl Cafe Stories from CBC Radio: This podcast presents the stories and misadventures of Dave, the owner of the "Vinyl Cafe."

People can't live with change if there's not a changeless core inside them - Stephen R. Covey



DATE: DAILY PAGES When we can no longer change a situation, we are challenged to change ourselves. — Viktor Frankl

Bouncing Forward: Michaela Haas' book looks at the topic of post traumatic growth.

God, grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference. — Reinhold Niebuhr				



Sometimes adversity is what you need to face in order to become successful. — Zig Ziglar

Youversion.com: The best Bible app available.

– Zig Ziglar



If I always do what I've always done, I'll get what I've always gotten. — Author unknown
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Under the Influence: A CBC radio show and podcast hosted by Terry O'Reilly — master story teller in the ad industry.

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Sometimes the hardest part isn't letting go but rather learning to start over. — Nicole Sobon

Onbeing.org: The podcast "On Being" with Krista Tippett tackles big questions of meaning with all kinds of people.

If we see adv	by the pr	resence of it	. – Aimee	Mullins	
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We are all broken and wounded in this world. Some choose to grow strong at the broken places. — Harold J. Duarte-Bernhardt

Ideas: A CBC radio show and podcast that explores a range of topics from culture, the arts, science, and social issues.

The most beautiful people I've known are those who have known trials, have known struggles, have known loss, and have found their way out of the depths. — Elisabeth Kübler-Ross



He didn't mind how he looked to other people, because the nursery magic had made him Real, and when you are Real, shabbiness doesn't matter. — Margery Williams in *The Velveteen Rabbit*

The Current: A CBC radio show and podcast that provides a meeting place of a wide range of perspectives.

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DATE: DAILY PAGES Loss makes artists of us all as we weave new patterns in the fabric of our lives. – Greta W. Crosby

TED.com: TED (Technology, Entertainment and Design) is devoted to spreading ideas of all kinds.

Frodo, I may not be able to carry the ring, but I can carry you! – Sam to Frodo just outside Mordor



You can't exist as a human being in isolation. — Desmond Tutu, describing the term <i>Ubuntu</i>

Evernote.com: Evernote is a tool that lets you capture, nurture, and share your ideas across any device.

I am what I am because of who we all are. — Leymah Gbowee



To share your weakness is to make yourself vulnerable; to make yoursel vulnerable is to show your strength. — Criss Jami

Strava.com: A tool that tracks your running, cycling and walking and connects you with others.

True humility is not thinking less of yourself; it is thinking of yourself less. — C.S. Lewis



But I have found that in the simple act of living with hope, and in the daily effort to have a positive impact in the world, the days I do have are made all the more meaningful and precious. And for that I am grateful.

Elizabeth Edwards

Blinkist.com: Blinkist takes nonfiction books and gives you the key concepts you can read in 15 minutes.

required. — Sir Winston Churchill



Discipline is training or conditions imposed for the improvement of physical powers, self-control; systematic training in obedience to regulations and authority; and the state of improved behavior resulting from such training or conditions. — Dictionary definition

Toastmasters.org: Toastmasters helps people speak with confidence and develop leadership skills.

hinking is hai	rd work. That's why so fe	w people do it. — Henry Ford



Forget past mistakes. Forget failures. Forget everything except what you're going to do now and do it. — William Durant

Goinswriter.com: Jeff Goins teaches people how to find their voice and be a writer.

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Do what you can, with what you have, where you are. — Theodore Roosevelt

Canva.com: Canva is an online tool for designing impressive graphics.

Being in control of your life and having realistic expectations about your day-to-day challenges are the keys to stress management, which is perhaps the most important ingredient to living a happy, healthy, and rewarding life. — Marilu Henner		



We were promised sufferings. They were part of the program. We were even told, "Blessed are they that mourn," and I accept it. I've got nothing that I hadn't bargained for. — C.S. Lewis			

Pexels.com: A great place to find free stock photos.

The problem is not that there are problems. The problem is expecting otherwise and thinking that having problems is a problem. — Theodore Rubin



It isn't what you have or w doing that makes you hap	who you are or where you are or what you are opy or unhappy. It is what you think about it. — Dale Carnegie
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The Power of Habit: A book by Charles Duhigg on why we do what we do in life and business.

We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have. — Frederick Keonig



You may have a fresh start at any moment you choose, for this thing tha we call "failure" is not the falling down, but the staying down. — Mary Pickford

Into the Storm: A book by Dennis Perkins about teamwork learned from the Sydney to Hobart Ocean Race.

Sustainability is about survival. The goal of resilience is to thrive. — Jamais Cascio



DATE: DAILY PAGES Change your opinions, keep to your principles; change your leaves, keep intact your roots. - Victor Hugo

Today We Are Rich: A book by Tim Sanders that will show you how to be rich in positivity and gratitude.

What soap is for the body, tears are for the soul. — a Jewish saying



Crying flushes excess and toxic stress hormones from your body. — William Frey

Being Well When We're Ill: A book by Marva Dawn on how to have wholeness and hope in spite of infirmity.

Tears communicate, lubricate, elicit sympathy, change mood, reduce tension, and help us cope with a multitude of losses throughout life. The therapeutic value of crying is clear: accept, encourage, and nurture crying in yourself as well as those you support in times of change. Don't rush for the Kleenex. Let a good cry happen. — Dr. Lou LaGrand



The time to repair the roof is when the sun is shining. — John F. Kennedy
— John F. Kennedy

The Problem of Pain: A classic book by C.S. Lewis that is a deep dive on the issue of pain and suffering.

do. The body will always give up. — General George Patton



Education is the great engine of personal development. It is through education that the daughter of a peasant can become a doctor, that the

son of a mine worker can become the head of the mine, that a child of farm workers can become the president of a great nation. — Nelson Mandela

The Long Run: A book by Matt Long and Charles Butler that tells of Matt's triumphant comeback from a bike crash.

To know and not to do, is really not to know. To learn and not to do is not to learn. — Stephen R. Covey



We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses. — Abraham Lincoln

Unbroken: A story of survival, resilience, and redemption by Laura Hillenbrand in book and movie format.

By failing to prepare you are preparing to fail. — Benjamin Franklin



What we do upon some great occasion will probably depend on what we already are; and what we are will be the result of previous years of self-discipline. — H.P. Liddon		

The Ben Ripple: The story of Lisa Elliott's journey with her son's battle with cancer.

work is activity in achieve a p	volving mental or p ourpose or result. –	onysical effort done in order - Dictionary definition	to



The greatest thing in this world is not so much where we stand, as in what direction we are moving, — Goethe		

Up: An animated movie by Pixar with both heart and humor.

The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well. — Ralph Waldo Emerson		



People change when they <i>hurt</i> enough that they have to, <i>learn</i> enough that they want to, or <i>receive</i> enough that they are able to. — John Maxwell

The Chronicles of Narnia: A 7-part fantasy series written by C.S. Lewis full of adventure and rich meaning.

There's a difference between interest and commitment. When you are interested in doing something you do it only when it is convenient. When you are committed to something, you accept no excuses. - Ken Blanchard



You are what you are and where you are because of what has gone into your mind. You can change what you are and where you are by changing what goes into your mind. — Zig Ziglar		

It's a Wonderful Life: A classic Christmas movie about George Bailey's wonderful life that took the angel Clarence to help him see it.

No one is going to pick you. Pick yourself. — Seth Godin



rewarding joy if there were no limitations to overcome. The hilltop hou would not be half so wonderful if there were no dark valleys to traverse— Helen Keller		

Faith Like Potatoes: A movie about a South African farmer who endures adversity on his quest to discover the power of faith.

Perhaps there is just a touch of yearning at times; but it is vague, like a breeze among flowers. — Helen Keller



In the game of life, we all receive a set of variables and limitations in the field of play. We can either focus on the lack thereof or empower ourselves to create better realities with the pieces we play the game with — T.F. Hodge			

To the South Pole and Back: TED Talk by Ben Saunders telling the story of his 1,800 mile trek to complete Captain Scott's failed 1912 expedition.

the turn. — Author unknown



If you want to achieve your goal, don't focus on how far you have to go. Focus on the next step of getting there. Just the next activity. — Henry Cloud

Danpink.com: Daniel Pink writes books about business, work, and behavior including *Drive*, *To Sell is Human*, and *A Whole New Mind*.

Don't follow your passion. Find work that serves people and learn to love your work. — Rabbi Lapin



We need solitude. But isolation is a cancer to the soul. Get enough proactive solitude and avoid defensive isolation. They are different. — Henry Cloud

Heathbrothers.com: Chip and Dan Heath teach on business and write compelling books like *Switch: How to Change Things When Change is Hard.*

A surgeon doesn't suddenly yell, "Oh crap! He's bleeding!" He knows it's part of getting to a good outcome. Don't let a little pain scare you! — Henry Cloud



Fry one new thing to been too afraid to do	o. Notice the f	ear did not l	kill you and the	o, but hav n see what
	you learn.	Henry Clo	oud	
			,	

Leadershipfreak.
blog: Daily blog for leaders by Dan Rockwell written in
 $300~\rm words$ or less.



Stopping at limits are for those who lack a well-harnessed imagination. — Brandon Trean

The Art of Work: A book by Jeff Goins bringing fresh thinking about work and ways to embrace work and become a better version of you.

In the game of life, we all receive a set of variables and limitations in the field of play. We can either focus on the lack thereof or empower ourselves to create better realities with the pieces we play the game with. - T.F. Hodge



Discipline is not a microwave; it's a Crock-Pot. — Dave Ramsey

The Icarus Deception: A book by Seth Godin that inspires and challenges the reader to find the courage to treat their work as a form of art.

What's Next?

I trust this process of journaling has been helpful to facilitate personal growth, resulted in greater self-discovery, and increased your hopefulness and healing.

Now that you have filled up this journal with notes, thoughts, and reflections, I encourage you to see it as just the beginning to the lifelong habit of journaling. If you are wanting to continue, pick up a blank journal from a local store or order another copy of my *Detour Journal* from my website – camtaylor.net/detour.

Go sign up for my regular updates at camtaylor.net. I provide regular content that inspires, gives focus, and builds resilience for people like you. I welcome your comments on what you learned while journaling or where you may need additional support. Send me a note at camtaylor.net/contact.

If you haven't already, pick up a copy of my book, *Detour: A Roadmap For When Life Gets Rerouted*. It's my story of my long recovery journey after a serious motorcycle accident. You'll find options for where to purchase at camtaylor.net/detour.

