

# Detour Reflection Questions

## Chapter 1: Control

Think about times when you thought you were in control but discovered you really weren't.

What part of your life needs to be governed more by *kairos* time than by *chronos* time?

## Chapter 2: Hope

What inspires you to keep hope alive in your life?

What about Nelson Mandela's story encourages you?

## Chapter 3: Complaining

What is the difference between legitimate complaining and unproductive whining?

What structures (methods, tools, or practical aids) could you use to help facilitate healthy complaining?

## Chapter 4: Now

In what way are you letting the past or the future interfere with your present living?

What makes a day valuable to you?

## Chapter 5: Choice

What do you need to say "No" to so you can say "Yes" to what really matters?

How are the choices you are making today going to affect your future?

## Chapter 6: Endurance

What metaphor for endurance resonates with you the most? How can it be applied to your life?

What race are you in the middle of?

Which step listed above will you choose to embrace while you run that race?

## Chapter 7: Perspective

What words would you use to describe your current perspective?

Where in your life do you need a goat for a week? What might that experience teach you?

## Chapter 8: Setbacks

What changes in your life have put you back into transition and have felt like two steps backwards?

What have you done in the past to help you get through future setbacks successfully?

## Chapter 9: Adversity

What does "embracing adversity" mean for you?

What would have to change to make "dancing with adversity" your perspective of choice?

## Chapter 10: Emotions

What emotional puzzle piece do you do well? Where do you need to practice?

What do you do when sadness becomes inappropriate and you find yourself slipping into unhealthy depression?

## Chapter 11: Suffering

How does accepting hardship put you on the path towards peace?

When in your life has pain been your friend?

## Chapter 12: Grief

What in your experience has helped you experience "good grief"?

What has kept you stuck in the process of grief?

## Chapter 13: Forgiveness

What do you do to process the hurt and pain caused by the injuries of others?

Is there anyone you need to give up the right to hurt because of the hurt they caused you? What is the next step you need to take to fully forgive?

## Chapter 14: Perseverance

Where do you need perseverance the most in your life?

What habit do you need to develop in order to strengthen your perseverance muscle?

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## Chapter 15: Attitude

How do you describe your predisposition to life?

What can you do on a daily basis to fan the flame of positivity in your life?

## Chapter 16: Expectations

What unrealistic expectations do you need to lay down so you can pick up realistic expectations?

Of the five strategies for beating the greener grass syndrome, which one do you need to apply to your situation?

## Chapter 17: Waiting

What are you waiting for?

How does your perspective need to change so your waiting can be life-giving?

## Chapter 18: Fellowship

When have you experienced a fellowship of support during a time of suffering or loss?

Who are the people in your fellowship who need to be appreciated for the support they've been for you? Now, go and express your thanks.

## Chapter 19: Discipline

What is the "why" in your life that motivates you to walk discipline's pathway?

Which of the five disciplines best describes where you need to focus your efforts right now?

## Chapter 20: Healing

When have you been broken? What have you done to move from brokenness to a place of healing?

What advice would you give to someone facing the uphill climb of recovery and healing?

## Chapter 21: Preparation

On a scale of 1-10 (1 being totally unprepared and 10 being well prepared), what number do you give yourself on storm preparedness?

What habit needs to be developed so you are better prepared for adversity?

## Chapter 22: Work

What is your definition of work?

What are you busy doing that you would describe as purposeful activity? If it is not purposeful, what needs to change to make it so?

## Chapter 23: Change

What risk do you need to take today that will result in positive change and growth?

Which of the 5 +1 influencers for change needs your attention to increase the potential for successful change in your life?

## Chapter 24: Mindset

How would you describe your mindset?

What is the result of that mindset?

What are some practical ways to balance your limits with a growth mindset?

## Chapter 25: Rhythm

How would you describe the state of your rhythm?

What does it mean for you to focus on "the next step of getting there"?

## Chapter 26: Resistance

What voice seems loudest in your life?

How can you do more talking and less listening?

## Chapter 27: Momentum

Where are you stuck right now?

What is a first step you could take to help you on your climb?

## Chapter 28: Opportunity

What "if only" do you use?

What action can you take today that will open the door to opportunity?

## Chapter 29: Brokenness

What is your story of brokenness?

What part of the story of *The Velveteen Rabbit* can you identify with?

## Chapter 30: Impact

How has your life been changed by the impact of others?

What can you do today to have an impact on someone else?