



# REFLECTION JOURNAL : LIFE DOESN'T MOVE IN A STRAIGHT LINE

Prompts to help embrace fear, live  
authentically, and move forward.

# A NOTE FROM DR. KATINA



*Welcome!*

Dear Listener,

Sometimes life hands you a boarding pass... and then reroutes your flight.

Years ago, I planned a quick getaway to Pisa, Italy. Bags packed, cousin by my side, itinerary in hand. But we got too comfortable sipping coffee in the wrong terminal—and just like that, we missed our flight.

Now we could've been mad. Frustrated. Blaming each other or the gate agents. But instead, I asked one question:  
“Where do you want to go now?”

And that's how we ended up in Amsterdam—laughing in coffee shops, staying in a hotel older than the United States, and making memories we never could've planned.

The truth is, life doesn't move in a straight line. But that doesn't mean it's broken. Sometimes, the curve is the calling. Sometimes, the detour is the destination. This journal is your space to pause, reflect, and honor the reroutes in your own story. You might find that the thing you thought was a mistake... was actually grace in disguise.

Take your time. Be real. Be soft with yourself. The journey isn't over—it's just taking the scenic route.

With gratitude,

*Dr. Katina*

# REFLECT & WRITE

## 1. Tell your missed flight story.

**When was a time something didn't go according to plan in your life?  
What unfolded instead?**

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## 2. Amsterdam moments.

**What's something beautiful, surprising, or meaningful that  
emerged from a delay, a setback, or something you didn't choose?**

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# REFLECT & WRITE

## 3. Loosening your grip.

Is there something or someone you've been holding onto too tightly—an expectation, a timeline, an image of how things should be? What would it feel like to release it... even just a little?

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## 4. The scenic route.

Have you ever taken the long way—in life, in love, in healing? What did you see or learn on that slower path that you would've missed rushing?

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**Could this be part of your becoming? What meaning might you make from this moment?**

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# REFLECT & WRITE

## FINAL REFLECTION

**A Gentle Reminder:**

**“The detour may not have been on your map—  
but it was always part of your journey.”**

**—Dr. Katina**



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