

CSB Coaching Insights

“Life’s Backpack,” a fun coaching tool provided by CSB Coaching Insights



Life’s Backpack: What Lessons Have you “packed” to Navigate Life’s Detours?

Think about the times in your life you’ve taken a detour from your planned path—perhaps you followed an academic pursuit you’d never before imagined, pivoted to a new career path, or experienced major changes in your relationships. Perhaps the detour occurred by your choice (like realizing you wanted something different than the dream job you had always worked toward) or as a result of external factors (like forces beyond your control that made you deviate from your chosen path).

Whatever the scenario, most of us have likely experienced twists and turns that we’ve had to navigate in our personal and professional lives. If life is “a journey,” **what lessons or tips have you packed into your “backpack” to help you along the way? What would you tell someone who is experiencing a major pivot to help them navigate confidently to the other side of that change?**

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