



A **teachable moment** is any event, discovery, opportunity or obstacle in life that causes us to pause and reflect on our next step. Teachable moments happen big and small in our daily lives but most often it's the ones that capture our attention, our heart, our spirit that require a little more intentional discernment.

What do we do when we adventure into a teachable moment? Take a few minutes and work your way through the learning circle above. While it's pretty self-explanatory, let's put a little meat on each of the four points to help us get the ball rolling.

- **DEBRIEF:** Take stock of the moment at hand. Consider your values, your mission, your goals and your current situation in life with a genuine desire to make honest, if not entirely difficult, healthy decisions.
- **DIG:** If there's someone you trust, this is a good time to reach out to them. Whether alone or together, ask yourself probing questions, consider alternatives, write out your pros and cons, spend some time in prayer, reframe the situation from a different perspective. The goal here is to get into the weeds without relying on strong emotions or lusts or the glitter of dreams. Get to the heart of the matter.
- **DISCUSS:** This is pretty important. Again, if you have a trusting friend, partner, coach, manager, or bandmate, take some time and talk through the decision or issue at hand. That said, if you're processing alone, write out your remaining questions and diligently process them before answering.
- **DO:** You've done the dirty work, now make a clear and honest decision with the information you have on hand and commit to following through until the next teachable moment.