

Your Next Quest Journal Sparker™

*—to help you take the next step
on your journey to where you want to be*

(now the ears of my ears awake and
now the eyes of my eyes are opened)

—e.e. cummings

It's good for the soul to have a dream and why not work to make that dream come true? Take one step at a time. Keep reading about what you want. Start working on it. It's so much fun. Then the ball starts rolling and you see things falling into place.

—Janet Riben, *Life in Italy*, (www.lifeinitaly.se)

Janet observes that “diving deeper into what I wanted to do helped me to stay on track. I kept investigating and doing research on all the places I wanted to see and learned as much as I could about them.”

Think of your quest. What would you like to investigate? For Janet, it was Italy. If you're just starting out, think of an activity, an interest or a place that you love. Can you describe it?

This month, become an explorer. Dive deeper and learn three new things about what you just described. Here are some ideas about where to dig:

- your public library (reference librarians are knowledge detectives at heart, they'd love to point you in new directions and it won't just be books!)
- the Internet (the information highway is just a click away)
- a movie (be swept away to another place)

Write down the three new things that you learned right here.

1. _____

2. _____

3. _____

If they were balls, which one could you start rolling to move you closer to your dream?

I can help you get to where you want to be. Contact me at 781.583.7185 or at info@yournextquest.com.