

Your Next Quest Journal Sparker

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

Selfhood begins by taking yourself away.

- Joan Anderson

For contemplation, retreating, for broadening what you love



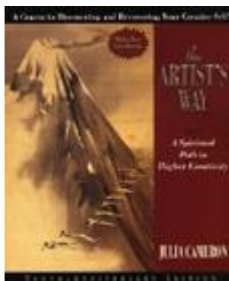
In her 50's Joan Anderson lived a year by the sea, apart from her family and friends. Out of that retreat came her renewal. She now conducts weekend retreats by the sea for women. In this book, she shares what women experience on these weekends designed "to help women rearrange their lives in their own image." In addition to sharing retreaters' stories, she provides reflective exercises from the retreats. Learn more at <http://www.joanandersononline.com>.



I first learned about this book from Quest Maker Mari Omland. Buckingham and Clifton believe that when we enhance our strengths rather than try to overcome our weaknesses, we step into our best selves. When you buy the book, you receive a code to take an online assessment that will determine your top 5 (out of 34) talent themes. After taking the test, I used the questions Buckingham developed for the book included below to help me further explore my strengths.



I came across Buckingham's newest book while doing research for my Your Next Quest book proposal. The author has developed what he calls the Strong Life Test to determine which of nine lead roles represents your core strength. When you know your leading and supporting roles, you can build on those strengths to lead a life that energizes rather than depletes you. Learn more at <http://stronglifetest.com>.



The first time I began The Artist's Way I hit what Cameron calls "the creative U-turn" and abandoned the 12-week program halfway through. Not this time. On my birthday, I made a commitment to myself to see The Artist's Way through to its completion. I am taking what she says to heart: "I have learned, as a rule of thumb, never to ask whether you can do something. Say, instead, that you are doing it. Then fasten your seat belt. The most remarkable things follow." How can I not honor the swans, the eagle and the blue heron that came to me on New Year's morning? Learn more at <http://theartistsway.com>.

A retreat can be whatever time you can carve out to take yourself away. May these books guide you as they are guiding me in the months ahead.

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

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