

# Quest

e-newsletter

*Information, insight and inspiration for your quest*

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## This issue Making Healthy Choices

- The *Quest* Challenge
- Seven “Q Starters”
- Eighteen Powerful Affirmations

Greetings Q Reader,

It's been said that all the wonders you seek are within yourself. This year, *Quest* is turning its attention inward. During 2003, various issues of *Quest* will challenge you to look deep within yourself. It will be a year of introspection and exciting discoveries.

I believe that our mission in life, our daily purpose, and the strategies we need to accomplish both are stored inside each of us. The challenge: investing the time to discover these essential elements, understanding each and taking action.

To help you on this journey of self-discovery, I will provide “Q Starters.”™ These tools are designed to give you a jumpstart so you can begin the process of exploring your innermost thoughts, feelings and attitudes. “Q Starters” will also offer a framework for developing an action plan.

For the next two months, *Quest* will focus on “Making Healthy Choices.” We make dozens of choices daily and thousands of choices throughout our lifetime. Some are subjective, while others are objective. But all of our choices work together to shape our lives.

January's *Quest* will introduce you to “Q Starters” by helping you examine the consequences of your daily choices and how to tackle decisions that we tend to put off. You will also find a list of powerful affirmations regarding choice.

Next month, *Quest* will outline key elements that contribute to making healthy choices and will offer useful life management strategies.

Let this year be the year you move beyond “surface living.” Let this be the year you dig deep and explore all the wonders you seek ... within yourself.

Many successful quests,

Jennifer

## This month's “Q Starters”

You will find January's “Q Starters” on page 2. With a notebook or journal in hand, consider each statement carefully and write down your thoughts, ideas and feelings.

If additional questions or ideas come to mind, be sure to write these down. Remember to be honest ... the goal is to move below the surface and discover your genuine feelings, thoughts and attitudes. And lastly, resist editing while you write, let the words flow freely and without judgment.

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## Daily Choices

- **What choices are you making daily that are adversely impacting your health, relationships, financial standing, spiritual growth, overall well-being, safety or emotional state?** (e.g. what you eat, how you spend money, how you distribute your time, who you spend time with, where you spend your time, what you listen to, what you read, what you say, how you think)
- **Review the above list and circle one item you are willing to change. Now, list all the potential benefits of making a different choice.** (e.g. improved health, increased mental clarity, less stress, improved financial status, greater buying power for the future, peace, better relationships)
- **Knowing the potential benefits, how will you choose differently tomorrow?**

## Delayed Decisions

- **What decision(s) have you been putting off?** (e.g. making a career change, continuing your education, moving to a different part of the country, mending a damaged relationship, taking better care of yourself)
- **What's keeping you from making a choice?** (e.g. fear, finances, the expectations of others, your own expectations, the lack of information/facts/a plan/confidence/energy or a support system)
- **What actions could move you closer to making a choice? Be sure to address each of the factors you listed above.** (e.g. reexamine your goals and priorities, talk with the appropriate people, conduct research, start a designated savings account, look for additional resources, establish a timeline)
- **Of the actions you've listed, which ones can you do *now* to move you closer to a choice?**

*"Q Starters" are a trademark of CommuniQuest, Inc.*

## Daily Affirmations

Here's a list of affirmations to help you reinforce your life strategy. Review the list and select those statements that are the most meaningful to you. Repeat your selected affirmations throughout the day (verbally or silently) or review during your meditation, prayer or inspirational reading time.

**I choose to be truthful about how I really feel.**

**I choose to love myself.**

**I choose to have an attitude of gratitude.**

**I choose to learn from the situations of life instead of being beaten down by them.**

**I choose to love people where they are.**

**I choose to smile more and share a kind word with others.**

**I choose to cry and mourn when I need to.**

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**I choose to pray more.**

**I choose to see the needs of others and respond.**

**I choose to follow my inner voice.**

**I choose to find time to be silent each day and renew my spirit.**

**I choose to look at everyone with love.**

**I choose to speak out for injustice.**

**I choose to speak up for myself.**

**I choose to learn more about myself.**

**I choose to slow down.**

**I choose to enjoy the present moment.**

**I choose to be my authentic self with everyone.**

## **Speaking to Women**

You can catch me on February 19 in Dayton, Ohio as the keynote speaker for the YWCA Professional Women's Lecture Series. I'll be sharing life management strategies from my forthcoming book on success. For more details, call the YWCA at 937-461-5550, ext. 169 or visit the web at [http://www.ywcadayton.org/Special\\_Events/special\\_events.html](http://www.ywcadayton.org/Special_Events/special_events.html).



Jennifer is a professional speaker, author and president of CommuniQuest, Inc. Through her seminars and keynotes, she delivers fresh insight and proven techniques on how to work smarter and live a more satisfying life. For more information on her workplace strategies and inspirational programs, visit [www.communiquest.com](http://www.communiquest.com) or call 1-888-866-0821.

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