



LIFE
MANAGEMENT
PRINCIPLES

THIS ISSUE

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Year in Review

A Time to Celebrate

Greetings Q Reader,

Thank you for another wonderful year. This issue of Quest marks the second anniversary of the publication. My greatest appreciation is extended to you for traveling with me on this quest called life.

When I launched Quest, I wondered how I would produce an interesting and valuable piece every month. Fortunately, God has kept me supplied with a steady flow of inspiration. And I've received tremendous words of encouragement from my editorial committee, mentor, and Q Readers.

Recently a friend asked me how I was going to celebrate this important milestone. Honestly I hadn't given it much thought, but she makes a good point. We should celebrate our accomplishments - delight in and observe in a special way.

As I savor the second anniversary of Quest, I encourage you to rejoice in your accomplishments from the past year. How do you plan to celebrate? Let me know. Please send your celebration story to me at jbeavers@communiquest.com.

Quest launches its third year with a new layout design thanks to Nancy Chifala Design. Just one example of how I'm celebrating another wonderful year.

Wishing you many successful quests,

Jennifer



Year in Review

My goal with every issue of *Quest* is to provide Q Readers with information, insight and inspiration for this quest called life. During the last 12 months, *Quest* has covered various topics including procrastination, personal integrity, gratitude, and technology. Here's a recap of the past year. You can read and download previous *Quest* issues by visiting the CommuniQuest web site at http://www.communiquest.com/newsletter_archives/archive_main.cfm.

July 2002

What is the world waiting for you to do? What unique role have you been selected to carry out? Are you embracing your purpose or running from it? What's keeping you from fulfilling it? The answers will liberate you and provide a level of satisfaction like nothing else can.

August 2002

Whether you're a chronic procrastinator or an occasional offender, procrastination can lead to diminished credibility, reduced productivity, missed opportunities and increased stress. If looming deadlines cause you to shift into procrastination mode, discover some strategies to get you moving again.

September 2002

Our personal integrity is judged on how closely our perceived values line up with the way we think, communicate and conduct ourselves. Any inconsistencies can put our integrity into question. To safeguard your personal integrity, check out four proven strategies in this edition.

October 2002

Most of us think we do an adequate job of speaking up for ourselves - that is until we're faced with a situation like discussing a raise with the boss, asking for clarification from our physician, or confronting our hair stylist about an unsatisfactory cut. Learn how you can get your voice heard.



November 2002

Having an attitude of gratitude is an essential life management tool. With it, you have a healthier and more balanced perspective on life. It gives you the ability to think clearer, make better-informed decisions and avoid over-reactive responses. In this edition of *Quest*, discover how to develop and sustain an attitude of gratitude.

December 2002

Too often we focus on the "lack" in our lives and the barriers that stand between our desires and us. We are preoccupied with what we don't have and how to rid our lives of all the things we deem negative. Explore some strategies to help you experience a greater attitude of gratitude every day.

January 2003

We make dozens of choices daily and thousands of choices throughout our lifetime. Some are

Information
leads to
knowledge.



Insight
challenges us
to look deeper.



Inspiration
spurs us on.

subjective, while others are objective. But all of our choices work together to shape our lives. Try a new tool that can help you examine the consequences of your daily choices and how to tackle decisions that you tend to put off. Plus, find a powerful list of affirmations regarding choice.

February 2003

Choice is a marvelous gift, a powerful tool and an awesome responsibility. In this edition of *Quest*, discover seven factors that are important when making healthy choices. In addition, find a variety of strategies for successfully implementing these factors in your life.



March 2003

There is something awe-inspiring about the right quotation at the right time. The results can sometimes be life altering. Through quotations, we can learn valuable life lessons and gain incredible insight. Enjoy 50 of my favorite quotations and find some resources that can help you build your own list of inspirational quotes.

April 2003

Technology has clearly redefined the way we communicate, capture data and manage information. And with the newest wave of wireless technology, that definition is evolving in ways many of us could never imagine. Learn about some of the exciting wireless products that are now available on the market. You will find productivity solutions for both business and home use.

May 2003

When we allocate too much of our discretionary time to television and the Internet, our personal relationships suffer, our minds become cluttered, and we feel drained and unfulfilled. This sedentary lifestyle can also endanger our health. Learn how to break free from TV and the Internet — and “tune in” to more of life. This edition also includes a list of 39 alternatives to TV and the Internet.

June 2003

Most of us know how to write goals, but it's the implementation and completion that can trip us up. Discover how to create an environment where your goals can flourish. Identify five essential factors and learn how to assess your ability to create a goal-friendly environment.



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 or call 1-888-866-0821.

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