

Welcome to Quest2019!

We're thrilled you've joined this journey to envision and map your best life and work with the hundreds of other Business Artists, creatives, and entrepreneurs who have signed up. To ensure you get the most out of our time together we've asked our Quest members from previous years, for their best advice in preparing for and making the most of this journey – because we accomplish the most when **#WeQuest** together.

1

Create Space

Beyond creating calendar reminders, you'll want to cultivate a space that reminds you of the reason you are on this journey. A cozy corner in your bedroom. A seat outdoors beneath your favorite tree. The table by the window in your local coffee shop. Find a space that invites you, draws you in each week and allows you to be fully present throughout Quest.

Recommended tools for your space: a favorite pen, a notebook or a blank canvas of your choice.

2

Recognize Tension

Is there tension that exists between where you are now and where you want to be? Recognizing this tension in your life - with work, parenting, or relationships - for example - helps to shape the outcomes of the journey. Not all tension is bad. In fact, tension can lead to creative breakthroughs. Being open to what it may bring up is a key to the Quest experience.

Write it down: once you identify your tensions, try framing how you will overcome them by writing goals.

3

Set Your Devotion

Devotion is a "profound dedication." It's what separates the fantasizers from the actualizers. It's what happens when you stand in love with a dream that really matters. It's a quality that grants you the courage, the heart fuel, to surmount unpredictable difficulties. Setting a devotion or what you are devoted to allows you to stay more focused throughout this journey.

This year I am devoted to: _____

4

Join the Community

No one goes through this creative life alone. At Tracking Wonder we firmly adhere to a Do-It-Together #DIT model of collaboration and community. There are many ways to engage with the growing Quest community online and through face-to-face with regional meetups.

Introduce yourself: join the [Quest Community](#) and say "hello!" to your fellow #WeQuest members.

5

Do-It-Together

When We Quest together, movements are born and dreams are realized. If you know some business professionals, entrepreneurs, creatives, and thought leaders whom you'd like to Quest with this year, please invite them to join us.

#WeQuest Together: reach out to 2 colleagues or peers who you'd like to Quest with and invite them in: quest2019.com

