



## **Vision Quest or Personal Retreat**

Uninterrupted, alone, unplugged, time is an essential ingredient to receiving inspiration about the next step of your transition. We suggest two ways to accomplish this unplugged time below. You can do one or both of these activities. If these ideas do not resonate with you, and you have a way that works for you, keep doing it. The purpose of this activity is to explore values. At the end of this document is a list of 150 values to add you in discovering your top 5 values.

### **Vision Quest**

A vision quest is reminiscent of the journeys that young Native American males took as they discovered their life purpose and mission. They would often fast, go to a site considered sacred by their tribe, and commune with nature and the spirits. While not all of those elements are now being asked of you, do find a secluded place in nature where you will find inspiration, solitude, and peace. Contemplate the following questions in the order listed and write EVERYTHING that comes to mind:

1. You are 90 years old and your family members and close friends are gathered at your home for a celebration of your life for your 90th birthday. They take a few minutes to talk about how much they love you and the way you have impacted their lives. Each person goes around the room and gives an experience in which you have influenced them for good. Then they also take turns talking about a character trait that they admire about you. What are the stories they share and what are the attributes you have that they admire?
2. It is now 25 years from today. How old will you be? There is a big family gathering at your home for a holiday. All of your children and/or closest friends are there. Can you see the people who are there? Can you see your home and what it looks like and smells like and feels like? What is everyone talking about at the gathering? What is the feeling in the room? How do you feel? What brings you the greatest joy?
3. It is now 15 years from today. Where are you living? What does it look like? What do you spend most of your time doing? Who are the people that are most important to y



A personal retreat can be done like a vision quest or it can be done in a location other than nature. You could take a trip somewhere or schedule a hotel room close to home for a weekend or even a night. It could involve three hours one afternoon at your home where you schedule with your spouse to take the kids out for the day. It can include all the questions from the vision quest or it could be a time to just contemplate or journal about your life.

Other questions you can include in your personal retreat are:

1. What are your biggest interests?
  - a. Make a list of things you love to do.
  - b. Write down all your talents and passions.
2. What are your greatest fears?
  - a. Write out a list of things you've never done before and make a plan to get out of your comfort zone.
  - b. Make a plan to travel to someplace new.
3. What are your fondest dreams?
4. If you had a million dollars what would you do with your life?
5. How can I make deeper connections with others and meet new people?
6. Are there any people I need to reconnect with or friends I need to reach out to?
7. What are your top needs in the next six months or next year?
8. What should I do to help fulfill those needs?
9. What else do I need to know regarding myself?
10. What else should I do?

As you contemplate these questions, write EVERYTHING that comes to mind. Go through your notes, one by one, and formulate an action plan for the next six months. Be warned that your action plan may require you to say "no" to things or get rid of things to free up physical and mental space for you to accomplish your plan.

Just as with the Vision Quest, ask yourself the following questions:

1. What do you value the most? Narrow your values down to your top 5. (See list at the end of this document for examples.)
2. What are your greatest intentions?
3. What one thing if you did (or stopped doing) would change everything?



## 150 Values

Accountability	Discipline	Humor	Respect
Accuracy	Discretion	Humility	Restraint
Achievement	Diversity	Independence	Results-oriented
Adventure	Dynamism	Ingenuity	Rigor
Altruism	Economy	Inner Harmony	Romance
Appearance	Effectiveness	Inquisitiveness	Security
Ambition	Efficiency	Insightfulness	Self-actualization
Autonomy	Elegance	Integrity	Self-control
Assertiveness	Empathy	Intelligence	Self-expression
Balance	Enjoyment	Intimacy	Selflessness
Beauty	Enthusiasm	Intuition	Self-reliance
Being the best	Environment	Joy	Sensitivity
Belonging	Equality	Justice	Serenity
Boldness	Excellence	Leadership	Service
Calmness	Excitement	Legacy	Shrewdness
Carefulness	Expertise	Love	Simplicity
Challenge	Exploration	Loyalty	Soundness
Cheerfulness	Expressiveness	Making a difference	Speed
Clarity	Fairness	Mastery	Spirituality
Commitment	Faith	Merit	Spontaneity
Community	Family	Nature	Stability
Communication	Flexibility	Obedience	Status



Compassion	Fidelity	Openness	Strategic
Competitiveness	Fitness	Order	Strength
Connectivity	Fluency	Originality	Structure
Consistency	Focus	Partnership	Success
Contentment	Freedom	Patriotism	Support
Continuous Improvement	Friendship	Perfection	Teamwork
Contribution	Fulfillment	Personal growth	Thankfulness
Control	Fun	Piety	Thoroughness
Cooperation	Generosity	Positivity	Thoughtfulness
Correctness	Goodness	Power	Timeliness
Courtesy	Grace	Practicality	Tolerance
Creativity	Growth	Privacy	Tradition
Curiosity	Happiness	Preparedness	Trustworthiness
Decisiveness	Hard Work	Professionalism	Truth
Democraticness	Health	Prudence	Understanding
Dependability	Helping Society	Quality-orientation	Uniqueness
Determination	Holiness	Recognition	Unity
Devoutness	Honesty	Reliability	Usefulness
Diligence	Honor	Resourcefulness	Vitality