

SMALL STEPS. BIG POSSIBILITIES.

Your wellness adventure.



Choose at least 5 quests. Check off each one as you complete it.
There is no required path. Make the adventure your own.



Energy expedition

☐ Take the Scenic Route

Choose a longer route today and add a few extra minutes of movement.

☐ Get a 20-Minute Head Start

Start your bedtime routine 20 minutes earlier and give yourself time to unwind.

☐ Take a Better Break

Take 10 minutes somewhere different. Step outside or find a sunny spot.

☐ Take a Notification Vacation

Turn off unnecessary notifications for an hour. Enjoy a little less distraction.



Mind mountain

☐ Hit the Reset Button

Pause for five minutes. Stretch, breathe, drink water or simply sit quietly.

☐ Have a Mini Celebration

Notice something you've accomplished, big or small. Give yourself credit.

☐ Earn a Tiny Victory

Finish one small task you've been putting off. Keep it genuinely small.

☐ Try Something New

Try a new food, route, recipe, podcast, hobby or activity.

My favorite quest:

One quest I want to keep doing:

Keep exploring.

Small steps. More possibilities.



Nourish nation

☐ Add a Color Upgrade

Add a colorful fruit or vegetable to something you're already eating.

☐ Have a Phone-Free Meal

Eat a meal without scrolling, working or checking notifications.

☐ Upgrade Your Water

Make water more interesting with fruit, mint, cucumber, bubbles or ice.

☐ Help Future You

Make tomorrow easier. Pack lunch, prep breakfast or fill your water bottle.



Connection crossing

☐ Send Some Good News

Send a positive message, a compliment or a simple "thinking about you."

☐ Share a Favorite

Send someone a song, podcast or video you think they'll enjoy.

☐ Drop Some Appreciation

Tell a coworker, friend or family member why you appreciate them.

☐ Take a Laugh Break

Find something that makes you laugh. Share it with someone else, if you like.



Fun frontier

☐ Chase the Sun

Catch a sunrise or sunset this week. No photos or posts needed. Just enjoy it.

☐ Take a Creative Detour

Spend 20 minutes drawing, baking or making something just for fun.

☐ Escape Outside

Spend 15 minutes outside. Walk, read, sit, garden or soak up the fresh air.

☐ Complete a Mystery Quest

Write down things you enjoy. Choose one at random and make time for it.

Energy Expedition

Small ways to recharge and protect your energy.



The Scenic Route



The Better Break



The 20-Minute Head Start



The Notification Vacation

Mind Mountain

Give your brain a little breathing room.



The Reset Button



The Tiny Victory



The Mini Celebration



The New Thing Challenge

Nourish Nation

Give your body a little something good.



The Color Upgrade



The Water Upgrade



The Phone-Free Meal



Help Future You

Choose Your Wellness Adventure



Connection Crossing

Because other people are part of wellness, too.



The Good News Delivery



The Appreciation Drop



The Shared Favorite



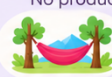
The Laugh Break

Fun Frontier

No productivity required.



The Sun Chaser



The Outside Escape



The Creative Detour



The Mystery Quest