

# Daily Quest Scroll

Fill in what feels useful, skip the rest.

Date: \_\_\_\_\_

## Needs Panel

Nourishment & Hydration



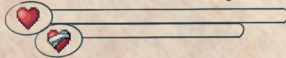
Sleep & Rest



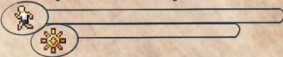
Hygiene & Dental Care



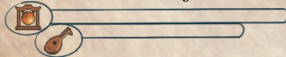
Connection & Recharge



Physical Activity & Outdoor



Mental Wellbeing & Leisure



## Adulting Quests



\_\_\_\_\_



\_\_\_\_\_



## Main Quests



\_\_\_\_\_



\_\_\_\_\_



## Side Quests



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



## Quest Rewards

A weary hero is a Fallen hero. It's okay to pause a quest and rest at the campfire.

