



Emotional Wellness

Listening to your feelings and coping effectively with life.



Environmental Wellness

Occupying safe, pleasant, and stimulating surroundings that support well-being.



Financial Wellness

Understanding your finances, establishing good money habits, and planning for the future.



Intellectual Wellness

Expanding your knowledge and creativity, staying curious and open to new ideas.



Occupational Wellness

Finding personal satisfaction and engagement in your work, school, or volunteering.



Physical Wellness

Maintaining a healthy body with healthy eating, exercise, sleep, and appropriate health care.



Social Wellness

Developing a sense of belonging, connecting with a reliable support system, and creating satisfying relationships.



Spiritual Wellness

Discovering what values and beliefs are important to your sense of purpose and meaning in life.

Goal Quest Games

Our goal is to help people set goals!

Our games include:

Strengths and Troubles, in which the players learn about their strengths and tools to use in times of trouble, and

Goal Hero, a role playing game where players help "Green the Meeple" set a goal.

We'd love to hear from you:

info@goalquestgames.com

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