

# Goal Quest Games™

## Our Story

We are Marcia Burrows, The Logical Woman, a professional game designer, and Janet Mott-Snyder, Certified Peer Support Specialist.



Marcia



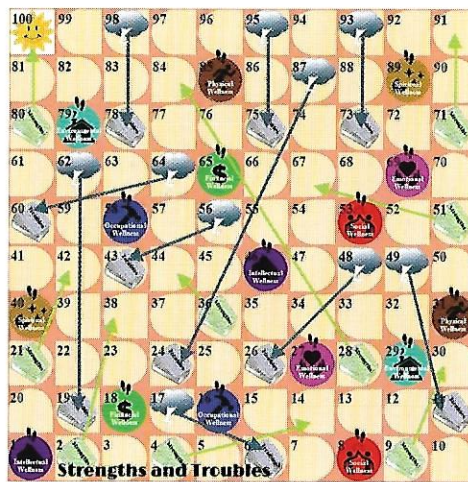
Janet

**Goal Quest Games** are tabletop games we're creating to aid in the process of wellness and recovery. You will want to try this exciting new approach.

Just as people have different learning styles, there are various methods for setting goals. An individual could read a book about goals, listen to a lecture about goals, watch a video, fill out a form, write in a journal, talk with a Peer Support Specialist, to name a few. We are presenting an additional method: **Therapeutic games about recovery and goal setting!**

Although goal setting is life enhancing, it can also be challenging. These games offer a fun way to overcome reluctance and enhance engagement.

# Strengths and Troubles™



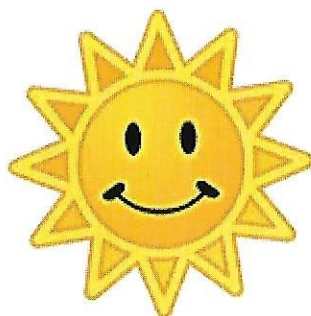
The **Strengths and Troubles** game board was inspired by the ancient game **Snakes and Ladders**. The **Strengths and Troubles** version adds two decks of custom cards



Recognizing strengths and skills is a first step toward goal setting. So we begin the **Goal Quest Games** series with **Strengths and Troubles**.

Used in a playful and flexible way, **Strengths and Troubles** can help focus thinking and discussion about strengths.

In the game, players walk the path of strength by sharing strengths and overcoming troubles with wellness tools. They win by making their way from strength 1 to strength 100!



and introduces eight wellness dimensions as colorful icons on the board.



A game of self-discovery and social interaction, **Strengths and Troubles** is for 2 to 5 players, ages 13 and up. The game takes 20 to 40 minutes to play.

To order your copy go to [www.goalquestgames.com](http://www.goalquestgames.com).

**Rave Reviews for Strengths and Troubles from Mental Health Professionals:**

"...thought provoking and creative...promotes coping strategies/problem-solving skills."— Greg H., MS LLP, Therapist/III/Clinical Supervisor

"...a perfect format for self-discovery and socialization...enlightening, educational, and FUN!"— Marsha R., CPSS

"...extremely helpful in an individual and group setting."— Keri M., BA, Case Manager II

"Thanks for an intuitive and creative game!"— Kimberly A., Program Director

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P. O. Box 806332  
Saint Clair Shores, MI 48080



We're working on more games!  
Contact us! We'd love to hear from you!  
[info@goalquestgames.com](mailto:info@goalquestgames.com)

Order your copy of **Strengths and Troubles**  
and visit us for more information  
and resources at  
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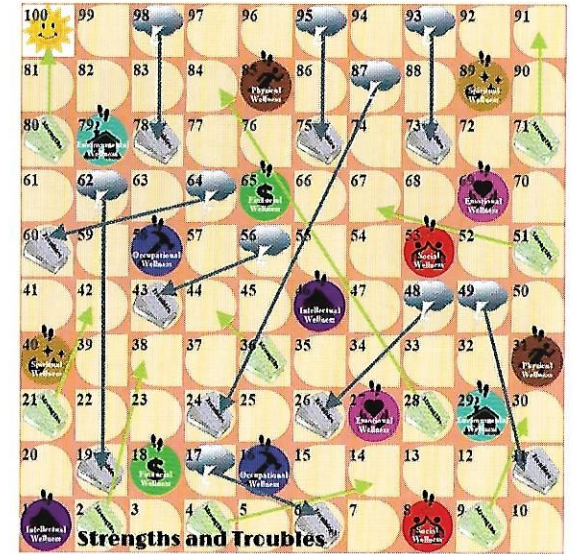


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TO:

# Goal Quest Games™

Presents



# Strengths and Troubles™

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