A GENTLE JOURNAL FOR WOMEN IN MIDLIFE



Side Quests Log

Small, joyful adventures for a calmer, brighter you

by Swarnambal John

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Welcome, Adventurer

In video games, a side quest is a small, optional adventure that sits beside the main story, and it is often the most fun part. This little log invites you to bring that same playful spirit into real life.

A side quest is any tiny, optional, joyful thing you choose to do: a walk somewhere new, a phone call to an old friend, a cup of tea in the garden, a song you dance to in the kitchen. No pressure and no perfection, just a little more colour in your week.

HOW IT WORKS

1 — Choose
Pick a quest from the list, or invent your own.

2 — Do
Try one a week. Tiny quests count just as much.

3 — Log
Note how you felt before and after, and what you noticed.

4 — Celebrate
Add joy points and a sticker. You did it!

The Gentle Rules

- One quest a week is plenty. More is a bonus, not a target.
- Small counts. A slow cup of tea or two minutes of sunshine is a real quest.
- Skipping a week is allowed. Just pick the log back up when you are ready.
- Compare yourself to nobody. This log is yours alone.
- On tired or hard days, choose the smallest quest you can think of.

If you are in a hard season, such as perimenopause fatigue or low mood, please be extra kind to yourself. If low mood lasts more than two weeks, or you ever have thoughts of harming yourself, please speak to your doctor or GP, or call your local emergency number or crisis line. This log is for gentle encouragement and is not medical advice.

Choose Your Quests

Tick a quest when you have done it, then record it in your log.

BODY AND REST

- [ ] Take a 10-minute walk without your phone
- [ ] Stretch slowly for five minutes before bed
- [ ] Try a new caffeine-free herbal tea and notice the taste
- [ ] Go to bed 30 minutes earlier tonight
- [ ] Dance to one favourite song in the kitchen
- [ ] Sit in the sun, or by a window, for ten minutes
- [ ] Drink a full glass of water before each meal today
- [ ] Take a long warm bath or shower and do nothing else

MIND AND CALM

- [ ] Write down three things you are grateful for
- [ ] Do five minutes of slow breathing
- [ ] Switch notifications off for one whole hour
- [ ] Write every worry on paper, then close the notebook
- [ ] Read ten pages of a book you love
- [ ] Learn one new word or fact and share it
- [ ] Tidy just one drawer or shelf
- [ ] Write a short letter to your future self

JOY AND PLAY

- [ ] Cook or bake a recipe you have never tried
- [ ] Colour, doodle or paint for 15 minutes
- [ ] Visit a place in your town you have never been
- [ ] Watch a sunrise or a sunset
- [ ] Make a playlist of songs from your twenties
- [ ] Photograph five beautiful small things
- [ ] Buy yourself fresh flowers
- [ ] Do something you loved as a child

More Quests to Try

CONNECTION

- [ ] Call a friend instead of texting
- [ ] Post a handwritten note to someone
- [ ] Give three sincere compliments
- [ ] Share a meal with someone you care about
- [ ] Ask an older relative for a family story
- [ ] Do a small kindness for a stranger
- [ ] Join a class, club or online community
- [ ] Tell someone what they mean to you

HOME AND NATURE

- [ ] Water, repot or buy a plant
- [ ] Light a candle and enjoy a quiet evening
- [ ] Walk barefoot on grass
- [ ] Create a cosy corner for your journal and tea
- [ ] Open every window for ten minutes of fresh air
- [ ] Sit on a bench in a park or garden
- [ ] Bake something and share it
- [ ] Rearrange one corner of a room

LOW-ENERGY DAYS (TINY QUESTS)

- [ ] Drink one glass of water slowly
- [ ] Step outside for two minutes
- [ ] Listen to one song with your eyes closed
- [ ] Send someone a kind message
- [ ] Wash your face and moisturise mindfully
- [ ] Put on soft socks and rest

MY OWN QUESTS

- [ ] _____
- [ ] _____
- [ ] _____

12-Week Quest Tracker

Week	Starting	My quest	Done	Joy points
1			☐	☆☆☆☆☆
2			☐	☆☆☆☆☆
3			☐	☆☆☆☆☆
4			☐	☆☆☆☆☆
5			☐	☆☆☆☆☆
6			☐	☆☆☆☆☆
7			☐	☆☆☆☆☆
8			☐	☆☆☆☆☆
9			☐	☆☆☆☆☆
10			☐	☆☆☆☆☆
11			☐	☆☆☆☆☆
12			☐	☆☆☆☆☆

Colour one star for each joy point (1 = nice, 5 = wonderful).

Quest Log

QUEST # 1 DATE _____ ☐ Body ☐ Mind ☐ Joy ☐ Connect ☐ Home

MY SIDE QUEST _____

Mood before 1 2 3 4 5 after 1 2 3 4 5 Joy points ☆ ☆ ☆ ☆ ☆

WHAT I NOTICED OR LOVED

A SMALL WIN OR SURPRISE

ticket, photo or sticker

Would I do it again?

☐ Yes ☐ Maybe ☐ No

QUEST # 2 DATE _____ ☐ Body ☐ Mind ☐ Joy ☐ Connect ☐ Home

MY SIDE QUEST _____

Mood before 1 2 3 4 5 after 1 2 3 4 5 Joy points ☆ ☆ ☆ ☆ ☆

WHAT I NOTICED OR LOVED

A SMALL WIN OR SURPRISE

ticket, photo or sticker

Would I do it again?

☐ Yes ☐ Maybe ☐ No

Quest Log

QUEST # 3 DATE _____ ☐ Body ☐ Mind ☐ Joy ☐ Connect ☐ Home

MY SIDE QUEST _____

Mood before 1 2 3 4 5 after 1 2 3 4 5 Joy points ☆ ☆ ☆ ☆ ☆

WHAT I NOTICED OR LOVED

A SMALL WIN OR SURPRISE

ticket, photo or sticker

Would I do it again?

☐ Yes ☐ Maybe ☐ No

QUEST # 4 DATE _____ ☐ Body ☐ Mind ☐ Joy ☐ Connect ☐ Home

MY SIDE QUEST _____

Mood before 1 2 3 4 5 after 1 2 3 4 5 Joy points ☆ ☆ ☆ ☆ ☆

WHAT I NOTICED OR LOVED

A SMALL WIN OR SURPRISE

ticket, photo or sticker

Would I do it again?

☐ Yes ☐ Maybe ☐ No

Quest Log

QUEST # 5 DATE _____ ☐ Body ☐ Mind ☐ Joy ☐ Connect ☐ Home

MY SIDE QUEST _____

Mood before 1 2 3 4 5 after 1 2 3 4 5 Joy points ☆ ☆ ☆ ☆ ☆

WHAT I NOTICED OR LOVED

A SMALL WIN OR SURPRISE

ticket, photo or sticker

Would I do it again?

☐ Yes ☐ Maybe ☐ No

QUEST # 6 DATE _____ ☐ Body ☐ Mind ☐ Joy ☐ Connect ☐ Home

MY SIDE QUEST _____

Mood before 1 2 3 4 5 after 1 2 3 4 5 Joy points ☆ ☆ ☆ ☆ ☆

WHAT I NOTICED OR LOVED

A SMALL WIN OR SURPRISE

ticket, photo or sticker

Would I do it again?

☐ Yes ☐ Maybe ☐ No

Quest Log

QUEST # 7 DATE _____ ☐ Body ☐ Mind ☐ Joy ☐ Connect ☐ Home

MY SIDE QUEST _____

Mood before 1 2 3 4 5 after 1 2 3 4 5 Joy points ☆ ☆ ☆ ☆ ☆

WHAT I NOTICED OR LOVED

A SMALL WIN OR SURPRISE

ticket, photo or sticker

Would I do it again?

☐ Yes ☐ Maybe ☐ No

QUEST # 8 DATE _____ ☐ Body ☐ Mind ☐ Joy ☐ Connect ☐ Home

MY SIDE QUEST _____

Mood before 1 2 3 4 5 after 1 2 3 4 5 Joy points ☆ ☆ ☆ ☆ ☆

WHAT I NOTICED OR LOVED

A SMALL WIN OR SURPRISE

ticket, photo or sticker

Would I do it again?

☐ Yes ☐ Maybe ☐ No

Quest Log

QUEST # 9 DATE _____ ☐ Body ☐ Mind ☐ Joy ☐ Connect ☐ Home

MY SIDE QUEST _____

Mood before 1 2 3 4 5 after 1 2 3 4 5 Joy points ☆ ☆ ☆ ☆ ☆

WHAT I NOTICED OR LOVED

A SMALL WIN OR SURPRISE

ticket, photo or sticker

Would I do it again?

☐ Yes ☐ Maybe ☐ No

QUEST # 10 DATE _____ ☐ Body ☐ Mind ☐ Joy ☐ Connect ☐ Home

MY SIDE QUEST _____

Mood before 1 2 3 4 5 after 1 2 3 4 5 Joy points ☆ ☆ ☆ ☆ ☆

WHAT I NOTICED OR LOVED

A SMALL WIN OR SURPRISE

ticket, photo or sticker

Would I do it again?

☐ Yes ☐ Maybe ☐ No

Quest Log

QUEST # 11 DATE _____ ☐ Body ☐ Mind ☐ Joy ☐ Connect ☐ Home

MY SIDE QUEST _____

Mood before 1 2 3 4 5 after 1 2 3 4 5 Joy points ☆ ☆ ☆ ☆ ☆

WHAT I NOTICED OR LOVED

A SMALL WIN OR SURPRISE

ticket, photo or sticker

Would I do it again?

☐ Yes ☐ Maybe ☐ No

QUEST # 12 DATE _____ ☐ Body ☐ Mind ☐ Joy ☐ Connect ☐ Home

MY SIDE QUEST _____

Mood before 1 2 3 4 5 after 1 2 3 4 5 Joy points ☆ ☆ ☆ ☆ ☆

WHAT I NOTICED OR LOVED

A SMALL WIN OR SURPRISE

ticket, photo or sticker

Would I do it again?

☐ Yes ☐ Maybe ☐ No

My Quest Reflections

My favourite quest was...

The quest that surprised me most...

What I have learned about what lights me up...

Quests I want to repeat...

Who I would love to share a quest with...

My next three quests will be...

Quest Complete!

THIS CERTIFIES THAT

_____

your name

has bravely, gently and joyfully completed

_____

number

side quests, and is officially a collector of small, joyful moments.



_____ _____

date *signed with a smile*

NEXT: TAKE A PHOTO OF YOUR FAVOURITE QUEST AND SHARE IT.

Tag @holisticwellnesshub and let us cheer you on.

Keep Exploring

Thank you for taking these small adventures with me. Scan a code below to find more gentle guides, free printables and cosy finds for your calm corner.

Holistic Wellness Hub

holisticwellnesshub.com

Gentle guides and free printables for women in midlife.

Point your phone camera at the code

SproutHealth

sprouthealth.co

Cosy wellness finds for your calm corner.

Point your phone camera at the code

Created with love by Swarnambal John

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