



LET YOUR SPIRITUAL QUEST BEGIN!

NAME: _____

READ PAGE 21 BEFORE SIGNING :-)

INSTRUCTIONS!

To get started on your spiritual quest I've created this simple template to record your ideas. You can print the entire document or just the pages you want to work with. You can also use it with devices such as a tablet that allows you to write on PDF's.

To start, use the following two blank pages to scribble out some thoughts and ideas about how you might like to implement the idea of gamifying your spiritual practice or your entire life. Start small and expand your objectives with time and practice. Make some notes on what sorts of activities, challenges, rewards and adventures you'd like to include.

I've included logs for different time frames and activities as a guide for your reflections and also to log the activities, dice rolls, points and rewards. You can print out extra pages if you find yourself wanting to write more than I've left room for or duplicate them on a digital device and perhaps even create your own log once you have an idea of how you like to gamify your practice.

Pages 6 - 10 is where you will find your Daily, Weekly, Monthly, Challenge and Adventure logs.

Page 11 is an extra notes and reflections unnumbered page to use as you like.

Pages 12 - 14 is the place to note your rewards: small, medium and big and assign the points you need to earn that reward level. Usually the bigger the reward the more points required. Don't forget to balance your rewards with intrinsic and extrinsic rewards, those that give internal fulfilment and those that come from an external source such as purchasing a treat.

Pages 15 - 19 are blank D6 templates to list activities, challenges and adventures for each roll of the dice, don't forget to assign points to each one. You can assign points based on whether it's a daily, weekly, monthly set of activities etc. or you can assign points to each individual activity, challenge or adventure listed. I've provided space for both methods.

Consider easier, quicker tasks for shorter time frames or one off moments, challenges and adventures can be bigger tasks with multiple steps. Clue: Challenges are meant to challenge and adventures are meant to be fun.

Relax and enjoy the adventure, gamifying your spiritual practice should be fun and rewarding. I'd love to hear how you get on. Use the QR code to get inspiration from my website.



YOUR SPIRITUAL ADVENTURER NAME!

SKIP TO PAGE 20 TO CREATE YOUR OWN AVATAR!

If you are feeling a little whimsical you can roll the dice to pick a fun name for yourself, or choose the one that best matches your current self. Skip this if you are the very serious type or are simply in a bad mood right now and just don't want to do it - spiritual people are a. Allowed to have fun and b. Allowed to have bad moods and bad days.

Here are six whimsical, spiritual adventurer names to tickle your funny bone:

- 1. Zenith McWanderlust – The guru of spiritual road trips, always searching for the highway to enlightenment.*
- 2. Karmalicious Questington – Spreading good vibes and questionable dancing wherever you go.*
- 3. Mystic Nomadoodle – A wanderer of realms, with a knack for getting lost in both thought and directions.*
- 4. Aura Explorer Extraordinaire – Forever chasing the perfect rainbow of chakra alignment.*
- 5. Sage von Serendipity – Believes every misstep is just a cosmic shortcut to wisdom.*
- 6. The Meditative Marauder – Stealthily seeking inner peace... but not above raiding the snack stash.*

Hope these bring a smile!

Which one feels most aligned with your sense of adventure?

Happy Questing

Tina x



SCRIBBLE YOUR NOTES HERE!



DON'T BE FRIGHTEN TO MAKE A MESS!



DAILY LOG

Date:

Today I will roll the dice [] times.

My intention (focus) for today's spiritual practice is...

Write notes here on the dice you rolled, the activity you carried out and points you earned....

Space for daily reflections, what kind of day did you have, how did the activities you carried out impact your mind, body, energy and soul? What did you learn from your experiences? How might you like to improve on things tomorrow?

Today's Total Points:

Reward Claimed:



WEEKLY LOG

Date:

This week's Dice Roll is Number: []

My intention (focus) for this week is...

Write notes here on the dice you rolled, the activity you carried out and points you earned....

Space for weekly reflections, what kind of week did you have? What connections can you make between the activity your dice chose and the intention you set? How might this guide you for the week ahead?

This Week's Total Points:

Reward Claimed:



<https://absolutereiki.com>

MONTHLY LOG

Date:

This month's Dice Roll is Number: []

My intention (focus) for this month is...

Write notes here on the dice you rolled, the activity you carried out and points you earned....

Space for monthly reflections, what kind of month did you have? What connections can you make between the activity your dice chose and the intention you set? How might this guide you for the month ahead?

This Week's Total Points:

Reward Claimed:



CHALLENGE LOG

Date:

Dice Roll is Challenge Number: []

The Challenge Selected is...

Write notes here about the challenge before you begin: How do you feel about it? What thoughts come to mind about accepting this challenge? How might you prepare yourself for the challenge? What might you need? What steps might you take? How do you anticipate feeling differently once you have completed this challenge?

Write notes here about what you experienced as you carried out the challenge: Was the challenge harder or easier than you expected? What did you learn as a result of completing the challenge? How do you feel you have grown as a person? What additional skills and resources do you now have? How might this improve or support other areas of your life?

Challenge Completion Points:

Reward Claimed:



<https://absolutereiki.com>

ADVENTURE LOG

Date:

Dice Roll is Adventure Number: []

The Adventure Selected is...

Write notes here about the adventure before you begin: How do you feel about it? What thoughts come to mind about beginning this adventure? How might you prepare yourself for the adventure? What might you need? What resources, skills and allies could support you on this adventure? How do you anticipate feeling differently once you have finished this adventure?

Write notes here about what you experienced on your adventure: Was the adventure more or less fulfilling than you expected? What did you learn as a result of this adventure? How do you feel you have grown as a person? What additional skills and resources do you now have? How might this improve or support other areas of your life?

Adventure Completion Points:

Reward Claimed:



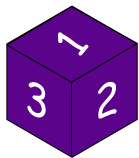
EXTRA NOTES AND REFLECTIONS!



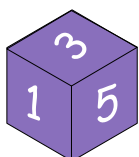
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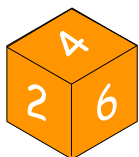
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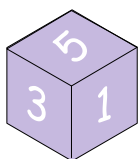
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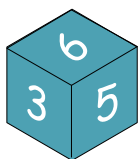








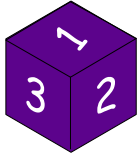


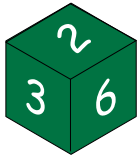


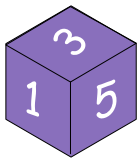


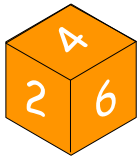
D6 MEDIUM REWARDS

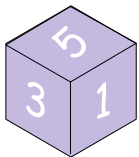
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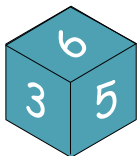








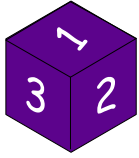


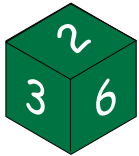


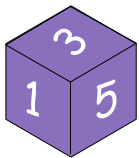


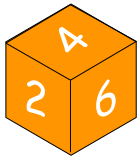
D6 BIG REWARDS

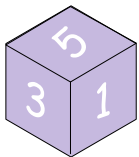
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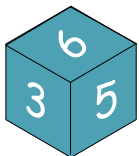








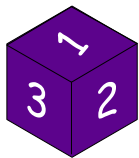






D6 DAILY ACTIVITIES

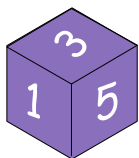
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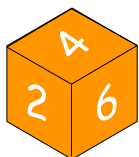
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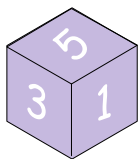
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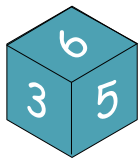
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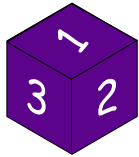


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D6 WEEKLY ACTIVITIES

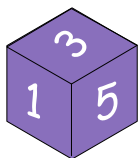
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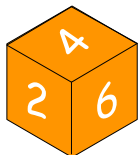
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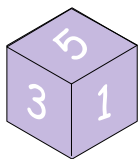
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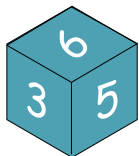
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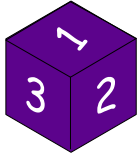


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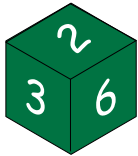


D6 MONTHLY ACTIVITIES

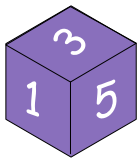
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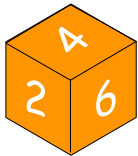
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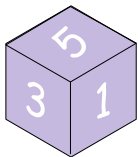
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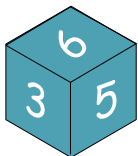
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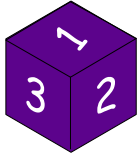


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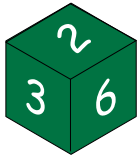


D6 CHALLENGES

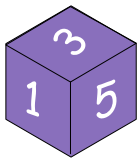
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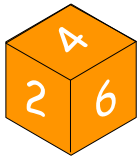
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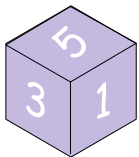
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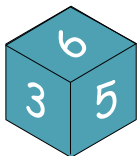
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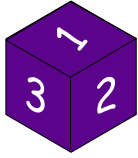


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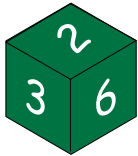


D6 ADVENTURE QUESTS

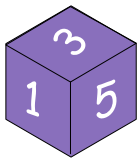
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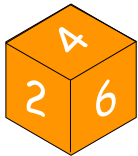
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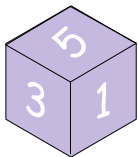
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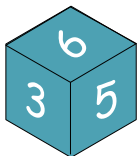
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CRAFTING YOUR IDEAL AVATAR

A STEP BY STEP GUIDE!

✦ I. ENVISION YOUR HIGHEST SELF

If you could live as the most empowered version of yourself, who would you be? Describe a day in the life of this version of you. Where do they go? Who do they interact with? What challenges do they face, and how do they overcome them?



CRAFTING YOUR IDEAL AVATAR

A STEP BY STEP GUIDE!

✦ 2. CHOOSE A NAME AND IDENTITY

What name sounds powerful, sacred, or magical to you? Consider combining symbols or elements meaningful to you.

✦ 3. DEFINE CORE TRAITS & VIRTUES

List the key traits your avatar embodies. Give each a power title if desired (e.g., 'Voice of Truth'). Why are these important to you? How can you embody these values in your current life today?



CRAFTING YOUR IDEAL AVATAR

A STEP BY STEP GUIDE!

✦ 4. CLARIFY YOUR AVATAR'S PURPOSE

What mission or core intention drives your avatar's actions? Think of this as your personal mission statement or manifesto.



CRAFTING YOUR IDEAL AVATAR

A STEP BY STEP GUIDE!

✦ 4. CREATE A LOOK AND STYLE FOR YOUR AVATAR

Your avatar can look just like you, or you can add some embellishments and this is useful if one of your goals is to become fitter and healthier, then make your Avatar a fit and healthy version of you.

Equally you can choose a look and style that reflects the traits and abilities you'd like to develop over time. How would you avatar dress if they were confident, worthy, good enough, compassionate or approachable?

What accessories would they choose that can double as magical or empowering objects?

Play with AI or online stock images to get a clear visual of your avatar if that would please you.



CRAFTING YOUR IDEAL AVATAR

A STEP BY STEP GUIDE!

✦ 5. CHOOSE YOUR SACRED ARTEFACTS

List 5 real-life items that feel empowering to you. For each one, give it a fantasy-inspired name and describe what power it gives you.

For example: A special crystal for clarity, a trusted deck or Tarot or Oracle Cards for wisdom and insight , A piece of jewellery for protection, A favourite book for inspiration and guidance.



CRAFTING YOUR IDEAL AVATAR

A STEP BY STEP GUIDE!

✦ 5. MAP ALLIES AND ENEMIES

List real or symbolic allies and enemies. Who helps you grow? What blocks or drains you?

Create nicknames or names from your favourite book or movie to represent these Allies and Enemies for example the "Boggart" from Harry Potter for fears you wish to overcome. Malfoy for a person you don't like, and Ron for a person you do like. This allows you to write more freely about people and situations without concern for someone getting hold your notes.



CRAFTING YOUR IDEAL AVATAR

A STEP BY STEP GUIDE!

✦ 7. WRITE YOUR AVATAR'S BACKSTORY

If you want to go the extra mile it can be helpful to write your Avatar's backstory, this should be based on your own backstory, but embellished with your Avatar's version of events so old memories that once caused you to doubt yourself could be rewritten with a new perspective.



SOME EXERCISES TO TRY!

CREATE SOME QUESTS

Don't Forget To assign Points and Rewards for Quest completion and use any extra space to explore how your avatar might approach these quests, what skills, traits, allies and artefacts might help them, what or who might hinder them and how would they prepare for that.

Mini Quest: What small habit could your avatar begin today?

Main Quest: Name one goal you would like to achieve?

Epic Quest: What dream would feel like a life-defining adventure to achieve?



SOME EXERCISES TO TRY!

EMBODIED VISUALISATION PRACTICE

Before facing a challenge, close your eyes and ask, "What would my avatar do?" Then visualise your avatar taking your place in that moment and visualise the scenario playing out better than you'd expect. Now imagine stepping into your avatar and play that perfect moment again. You can also practice this by using a past event and visualising your Avatar facing that scenario with their super powers, artefacts and allies by their side.

Journal afterwards: How did it feel? What did you notice about your posture, tone, and choices?



SOME EXERCISES TO TRY!

THE DIVINE DICE OF DESTINY

Exercise: Roll a six-sided die (or use a random generator). Assign each number a spiritual practice or mini quest (e.g., 1 = Meditate, 2 = Call an ally, 3 = Reflect on a win, etc.). You can use the blank templates provided to play with this concept

Journal afterwards: How did this random task affect your day or mindset?



SOME EXERCISES TO TRY!

CREATE AN EMERGENCY TOOL KIT

Exercise: Create a “Crisis Protocol” that your avatar follows. Include calming rituals, favourite affirmations, allies to contact, grounding objects, and empowering strategies and anything you’d be glad to have in a crisis. You can write your crisis protocol here or add it to a small treasure chest with empowering words, statements, crystals etc.



JOURNALING PROMPTS!

Daily Journaling

- *What would my avatar do today that I might hesitate to?*
- *What trait do I want to embody today? How can I express it in action?*
- *Where do I feel most disconnected from my avatar—and how can I realign?*
- *What 'mini-quest' can I complete today that supports my growth?*
- *What is one thought or belief I want to challenge today with avatar wisdom?*

Weekly Review Prompts

- *What victories did I experience this week, no matter how small?*
- *Which 'boss battles' did I encounter? How did my avatar guide me?*
- *What triggered my limiting beliefs—and how can I reframe them?*
- *What spiritual or emotional equipment helped me most?*
- *What new challenge or quest is calling me for next week?*

Monthly Review Prompts

- *How has my avatar evolved over the past month? What has shifted in me?*
- *Are there any traits or tools that no longer serve this version of me?*
- *What negative patterns or habits have re-emerged?*
- *Where do I need more support? Are there new allies I need to recognise or call in?*
- *What reward can I offer myself to honour my progress this month?*



FINAL WORD

GAMIFYING YOUR SPIRITUAL LIFE CAN BE REWARDING AND MOTIVATING!

Taking the time to develop an avatar and game structure can offer you empowering tools and new perspectives that can aid you along your life journey. Take inspiration from your favourite books, movies or games, mix and match favourites if it helps you craft your perfect game plan. Most importantly play, have fun because life is precious and we should aim to enjoy as much of it as we can.

HERE'S AN EXAMPLE AVATAR: INSPIRED BY GALADRIEL FROM THE FILM "THE HOBBIT"

AVATAR NAME:

SERAPHIELLE, KEEPER OF THE LIGHTROOTS

CORE TRAITS:

GRACEFUL PRESENCE, DEEP WISDOM, FIERCE INNER STRENGTH, CLAIRVOYANT INTUITION

PURPOSE:

TO RESTORE BALANCE BETWEEN SHADOW AND LIGHT—WITHIN AND WITHOUT.

SIGNATURE LOOK:

FLOWING SILVER ROBES, CIRCLET OF STARLIGHT, BARE FEET GROUNDED IN EARTH

ARTEFACTS:

- THE MIRROR OF STILL WATERS
- STARLACE CLOAK
- LIGHTROOT STAFF

ALLIES:

- THE WHITE ELK
- THE CHORUS OF ANCIENTS

ENEMIES:

- THE HOLLOW ONE (FEAR OF INSIGNIFICANCE)
- THE MURKMIRE FOG (EMOTIONAL OVERWHELM)

ENJOY AND I'D LOVE TO HEAR HOW YOU GET ON!

TINA X

