

A Free Game!

FESTIQUEST PRESENTS

The Quest of the Broken Heart

Instructions to Play FestiQuest



**Win Prizes and Raffle Tickets by completing
festiQuests**

**Seek out FestiQuest.com to report on
your quests by filling out the
Quest-ionnaire designated to each book.
Get ready to laugh, explore, FestiQuest!**

**FestiQuest is supported through market affiliation,
sponsorship, and player donations.**

**No information will be sold to third parties without
specific consent granted by our players.**

Gather Your Power

Held within a fire burns.

**Pulled to the ground, the heart will yearn.
Breathe in the air to cool where pain may be,
Be the calm of water, the calm of the sea.
Fill out this form as you play to be entered into
our Raffle of Kindness!**

<https://forms.gle/Kf66v3ip2P4VAPQo6>

Be the Fire

**Fire is an element of Strength and transformation.
List ten strengths you possess.**

Be the Sea Meeting Air

**Set a timer and picture the sea. The calm waves
and the salty breeze. Breathe in with the waves
and out with the wind.**

Open Yourself to Earth

**Go for a nature walk and look for rocks or leaves
that interest you. Take some time to smell the
earth and life of nature.**

**Go within your possessions of memories and
let go of something by giving it away.**

Love to Laugh

**Laughter heals all forms of pain,
It releases endorphins in our brain.**

**When our brain is happy, we might feel at ease,
So laugh, prank, smile, and tease!**

☐ LAUGH

**Look for something that will make you laugh.
Find ways to laugh for a good 5 minutes.
Time it if you need to.**

☐ Prank

**Harmlessly prank someone in a way they
would welcome and enjoy.**

☐ Smile

**Find your favorite filter in your phone and
practice smiling!**

☐ Tease

**Grab some fresh fruit you peel before eating,
and draw silly and smiling faces on them with a
non toxic pen.**

**Find Papa Joe Storytelling on YouTube
and comment #festquest for an extra
raffle ticket**

Dream of the Positive

In the future you will go where you haven't before.

Wake up to a rooster, or the ocean on the shore.

One day you will be making memories and shaking hands,

Think of the positives and your life will feel grand.

Do Something New with an Old Friend
Call a close friend and find something new to do together.

Create a Better Future
Go outside and pick up trash whether in a park or walking down the street. A better cared for Earth is a better future for all of us.

Make a New Friend
Having New people in your life can help you restart or recharge the excitement of living our fullest. Go make a new friend or acquaintance. The quest varies in level of difficulty so meeting a pet counts!

THANK YOU and this Concludes Your Quest of the Broken Heart. Please fill out our form to be entered into our monthly Raffle of Kindness!

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