

*designed by
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GAME RULES

INSPIRE

HABIT AWARENESS

V1.0

Playful Learning

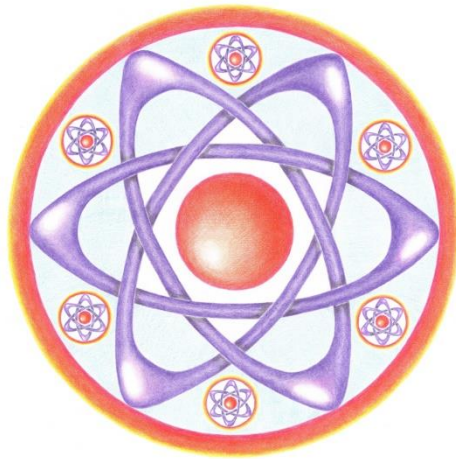
Are you aware of your own habits?

„Pick up good habits and get rid of bad habits.

*Seek opportunities to increase
and strengthen your knowledge,
money-awareness and relationships.*

*Become a person who is ready
to achieve their own goals,
no matter how big they are.*

Take Inspiration with you on your way...”



CONTENTS

- Good and Bad Habit cards
- 12 Owl cards (Knowledge)
- 12 Pig cards (Money)
- 12 Dog cards (Relationships)
- 9 Mandala cards (Inspiration)
- 2 Joker cards
- 6 Action cards
- 1 Game Rules card

PURPOSE OF THE GAME

This is a **playful self-coaching tool** designed to help you discover what your daily habits are about. Do you really need your present set of habits? Is there any way for you to reshape those habits to start the kind of life you've always wanted?

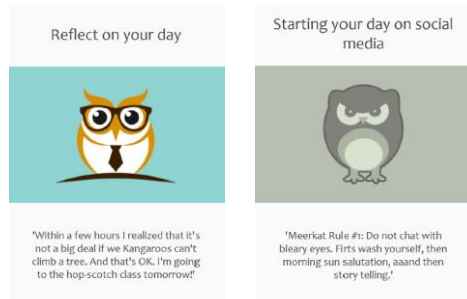
This game has no winners or losers, no foolproof strategy to win big. In fact, no need for any game strategy to think up. You simply draw a card and start talking about it. Then, it's your turn to listen to others talk.

The game has no set timeframe. Play on and chat on for as long as you like.

GAME SETUP

HABIT CARDS

Most important in the game are the habit cards. Each card displays a harmful or helpful habit complete with a supportive quote.



Four (+1) types of habits come up in the deck:

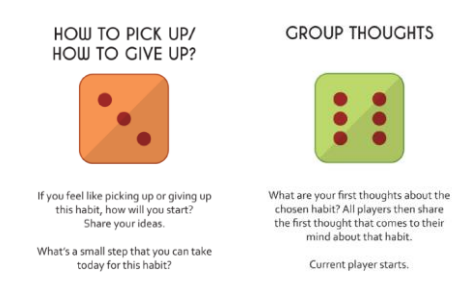
- Owl (blue) 🦉 (Knowledge);
- Pig (yellow) 🐷 (Money);
- Dog (pink) 🐶 (Relationships);
- Mandala (purple) 🌀 (Inspiration).
- Joker (green) 🌈 (helpful habit of choice).

The Owl, Pig and Dog cards represent helpful and harmful habits in the deck (helpful habits are coloured, harmful habits are gray).

The Joker habit card is a helpful habit of choice, a good habit you're doing naturally – or thinking about starting it.

ACTION CARDS

Action cards help players to start a relaxed conversation.



Each of the six action cards show one side of the dice plus a question or task.

The questions provide a basic guideline to start a conversation about each habit.

BEFORE YOU START

Sort your deck into an Action Deck (red back side) and a Habit Deck (yellow back side).

Shuffle both decks and place them on the table, back side up. Next, each player draws 3 cards at random off the

Habit Deck (no need to stick to the top of a deck, you may choose to spread the deck as well).

TIMING

For best results, a timeframe should be set up before you start the game. This game leaves timing entirely up to your convenience, whatever number of players, amount of time or kind of outcome you have in mind.

In case you want a simple introduction round – you may need only one round. If you have the time, the conversation may last up to 3-4 hours.

You may even carry on with the chat and forget about the habit card you last drew. This is also fine. The game is designed to start good conversations and spark new thoughts!

The suggested timing for 2-6 players is 45-90 mins.

GROUND RULES

Since this is a **playful self-coaching game**, it's best to set some ground rules for the conversation before you start.

Please see a list of recommendations to get the best results and a relaxed atmosphere for everyone to share their thoughts:

Listen to each other!

Each player should get the chance to speak up and be listened to. Get ready for unexpectedly inspiring input from others if each player has comfortable space to speak their mind!

Agree to differ!

Disagreement is no disaster. You're free to differ as long as you respect and accept the differences in opinions.

No such thing as 'bad' questions or thoughts!

If a card sparks thoughts or questions, feel free to share! It may spin off to a new string of exciting thoughts from other players!

Give more to get more.

Players are free to pass at any time in the game. Nobody is forced to share thoughts. However, best results come through an active communication through sharing, commenting and asking.

HOW TO PLAY THE GAME

Make a creative decision about who's to start.


The first player draws a red Action Card and reads it to the others. Next, the same player picks a habit card from hand and answers the question on the Action Card as it relates to the chosen habit.

The other players listen and add their comments or feedback once the starter player has finished talking.

Example: Julia draws Action Card 2 which reads „What's the impact?“ She reads out the task as it shows on the Action Card. Next, she picks the „Pay yourself first“ Pig


Habit Card. She reads the header and shares her thoughts about the possible effects of that habit. The other players listen to Julia and add their thoughts next.

Pay yourself first



'My Hamster Storage is always full since I take a small portion of every bite I find. It gets stored right away. That day, it's like I have found a bit less... But let's see in winter time!'

WHAT'S THE IMPACT?




Share with the others players what impact your chosen habit can have.

Which part of your life does it have any impact or effect?


Who do you recommend this habit to?

Pay yourself first



'My Hamster Storage is always full since I take a small portion of every bite I find. It gets stored right away. That day, it's like I have found a bit less... But let's see in winter time!'

Getting drunk



How much jasmine green tea (plus honey) could you buy for the price of those 5 cocktails? Sure, that wouldn't make you stagger so much. What if you're already feeling OK - you just haven't noticed it?

Gray Pig cards are there to face you with habits which may get money out of your pocket without you even noticing. People with these habits are typically hindered in their efforts to get on their financial feet.

Once each player has finished discussing the habit, it is out of the game and you should put it back into the original deck placed at the edge of the table.

Now, you shuffle the Action Card back into the deck and the player to the starter's right is up.

Note: Each player is entitled to pass at any time in this game.

THE ROLE OF ASSETS


Habit cards carry their distinctive value based on the asset they influence most.

OWL (KNOWLEDGE)

Blue Owl cards typically have a positive influence enhancing our knowledge, self-growth, and speeding up our learning processes. They open us up to new things and make for easier learning and quicker progress towards our goals.


Gray Owl cards, though, tend to keep us from learning and growing. They dull our ability to stay focused and put a damper on our desire to learn more.

Reflect on your day



'Within a few hours I realized that it's not a big deal if we Kangaroos can't climb a tree. And that's OK. I'm going to the hop-sotch class tomorrow!'

Starting your day on social media




'Meerkat Rule #1: Do not chat with bleary eyes. Firts wash yourself, then morning sun salutation, aand then story telling.'

PIG (MONEY)

Yellow Pig Habit Cards have their primary influence on your relationship with money. They may help you earn money, save more, and watch your expenses. These habits aim to enhance your financial awareness.


DOG (RELATIONSHIPS)

Smile at others



'Who said that a snail cannot smile?! For sure, I can!' 'Make it a bit more honest, my Darlings... the group picture is almost done! Cheeeees!'

Always being late



Mark where you really want to be on time. You can observe how you represent time internally - cubes, lines, 3D, colors, hard and soft times... easier to handle when it is alive and you can shape it.

Pink Dog cards are all about our relationships. They help us form new relationships and let our hair down, let others talk to us more openly. They create and assist a powerful network of relationships for us.

Gray Dog cards are the bad press. They make us look bad, unreliable and just plain unwelcome in the long run.

MANDALA (INSPIRATION)

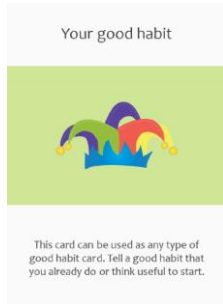
Make a weekly plan



'Monday: sea swim. Tuesday: iceberg run. Wednesday: practise scary sneer. Thursday: seailing. Friday to Sunday: Paaaay!'

Purple mandala cards represent inspiration, those habits that are bound to increase our energy and motivation through daily practice.

JOKER



Green Joker cards stand for any helpful habit of your choice. If you see this card, think of a habit you already practise or plan to take up. You may also decide which asset it influences most.

Note: Habits featured in the game are only categorized for guidance. Life is much more complex than that. Most habits have an impact across all areas of life. The same goes for helpful and harmful habits: what works for most people may not work for you or quite the opposite, a habit that puts others behind might be your best ally to get you where you need to go.

Feel free to share your ideas about alternative effects for a given habit!

ENDING THE GAME – FINAL ROUND

Since the game has flexible timing with no top score to hit, the game is on as long as the players are actively engaged. The game is best concluded with a complete round. That means each player has discussed the same number of habits.

To end the game with a nice round-off, each player gets to share a final thought.

Support prompts for the final round:

- How did you feel about this game?
- What did you like best?
- What did you learn from the game?
- What's the next step you're planning to take as soon as today or in the next few days?

You may lose track of the game as you get into a focused conversation. This is actually a good thing to happen! The game is designed to spark uplifting dialogue.

PLAYING SOLO

The game is ideally suited for solo self-coaching. Listed below are some suggested uses:

- draw a Habit card and an Action card to start your thinking about a given habit. In this game mode, you set apart Action cards 4, 5 and 6 – these are only relevant in a group game setting;
- draw a Habit card every morning and make sure to do something about that particular habit during the day;
- sort your deck into 'true' and 'not true' for you. Pick the ones that seem most thought-provoking and start thinking about ways to change your habits!

Playing solo works best if you take notes: jotting down your thoughts will make them stick longer and have a deeper effect!

STAYING FLEXIBLE

One ground rule to round out this game description is:

Stay flexible around game rules!

The game is designed to start conversations and spark thoughts. The above 'rules' are recommendations, if you agree to come up with your own game style, go ahead with it! Customizing the game rules is fine as long as every player agrees with the details.

See some game mode / rule customization ideas here:

- define a limited speaking time for each player! Check the time limit with a timepiece. When time is up, the next player has the floor.
- random draw: instead of drawing 3-5 initial Habit cards, each player draws a random Habit card and Action Card on cue.
- shuffle Habit cards back into the original deck. It might bring up exciting new ideas to reopen a discussion about the same card later. The second time around might bring up brand new ideas.
- create your own questions on Action Cards! Use handwritten notes on separate sheets of paper to see which new question belongs to which original Action card. Use the new questions to answer the card when a player draws it.

A WEALTH OF POSSIBILITIES

Our chief inspiration in the making of this card game has been to develop a playful tool simple and exciting enough to provide an easy and fun way of managing your self-coaching work. No need for game instructor or trained coach, you just sit down to it on your own or with a group of friends.

What's more, this deck of cards has a number of other uses to consider:

Language learning: use the deck as a set of prompts to aid communicative one-to-one or small group speaking tasks.

HR – job interviews: the deck is a powerful focus tool to direct a job interview into the part where personal characteristics and assets need to be mapped out in as fine detail as possible.

Personal coaching: the deck provides a handy warm-up exercise in a life-coaching context. It helps to discover which life areas at large, or patterns of behaviour/habits in particular might best be addressed for optimum progress. The cards, viewed as a logical set, can reveal exciting new insights.

Couples therapy: acknowledging and accepting our partner's habits is a pillar of healthy relationships. The cards are super-helpful in pinpointing the most problematic set of habits in a relationship. That alone can help a couple. Further, this helps to create a common habit map which both partners are happy with and can accept.

Team-building warm-up: ideal for the introduction round with medium to large size teams. Each player draws a card and gives an introduction based on that card.

Possibilities never end.

Have a new idea? Feel free to contact us at:

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