



# HOW-TO GUIDELINE

# INSTRUCTIONS

(THE CARDS AS A GROWTH TOOL)

As Robin Sharma says: "The brain is a wonderful servant but a terrible master". Its role is to serve you, but when not guided, then it takes over control of your thoughts.

It is easy to guide the mind by setting a direction, topic, or words to focus on. Choose something that brings you value and that helps you learn more about yourself, your real needs, and your desires.

**Awareness and self-knowledge are the basis of personal and professional success.**

Shuffle the cards and draw a card without looking.

or

Look at all the cards and choose the question that resonates with you the most at the moment.

“

**Don't ask yourself what the world needs. Ask yourself what makes you come alive, and go do that, because what the world needs is people who have come alive.**

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HOWARD THURMAN

Read the question that you have drawn or you have chosen. Think about it and pay attention to everything that comes to your mind. Now your mind is being directed - you guide it. You are the master who is telling the mind where to focus its efforts and attention.

You can use the **"freewriting" technique**. Write down all thoughts that come to your mind related to the question. Do that for about 10 minutes. You don't have to order your thoughts or write something meaningful. You want to let them flow out of your system, on a piece of paper.

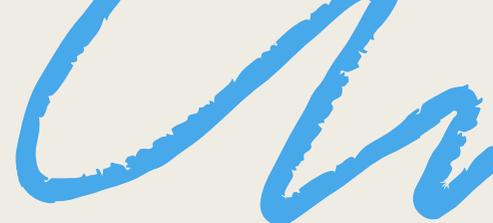
The "freewriting" has a few main advantages:

- ★ Meditative effect;
- ★ Frees up space in the brain for new information;
- ★ Allows you to look at things more objectively.

Read the inspirational quote on the other side of the card. If you are not in the mood for answering questions then just draw a card from the deck to help you get inspired or motivated by the quote. Surely, you can think of each quote and look for your interpretation of what it says.

If you wish, you can use the positive affirmation below each question. It helps you develop a growth mindset. To do that repeat the affirmation many times out loud (5-10 minutes). Preferably every morning and every evening in front of the mirror. You can choose to write the affirmation down on a piece of paper 50-60 times or for 10-15 minutes.

**The power of positive affirmations is that they create new neural pathways in the brain and can transform or replace limiting beliefs with empowering beliefs.**



# WITH CHILDREN, FRIENDS OR IN A TEAM FOR STIMULATING CREATIVITY

(RECOMMENDED FOR GROUPS UP TO 5-6 PEOPLE, FOR CHILDREN GROUPS UP TO 3 CHILDREN\*)

Each participant draws a random card from the deck and answers the question on the card. This exercise helps to increase your self-knowledge, your awareness, and understanding of the people around you (acquaintances, comembers in groups of interests or teammates).

**CHALLENGE: compose a story (real, fiction, or a mix) using the questions drawn by all of the participants as milestones.**

Use the questions on each card as a milestone to facilitate you create your story. Build your narrative around each question. For example, if you are 3 people - your story will be based on 3 questions - 3 milestones. If you are 5 people - your story will be based on 5 questions - 5 milestones.

The level of difficulty increases by the number of questions included in the story. We recommend a minimum of 3 questions per story.

At your choice, you can use as milestones: the questions themselves, the answers given by the participants, your answers to all questions, or a combination of the above.



\*Children over **7 years of age** who can read. If a question is not clear to the child or you find it complicated - draw or choose another card. The child can also browse through the deck and look for a question that resonates with him.



# STORYTELLING

Stories are one of the most effective methods for transmitting and remembering information. To become an engaging storyteller, you need to follow certain steps. There are many models of storytelling, we offer you the simplest one that you can start using immediately:

## Beginning

Introducing the hero  
- who he is, where he is, what he does.

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**For the brave:** there is often something that worries the hero at the beginning of the story - the unconscious need for change.

## Middle / Culmination

The adventure that happens to the hero.

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**For the brave:** the hero gets over his inner resistance and doubt, accepts the challenge, and begins his transformation.

## Final / Denouement

The end of the story and the lesson learned by the hero.

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**For the brave:** the hero has transformed and has become a role model through everything he has learned and done.

This exercise is the perfect fitness for your brain. Answering the questions stimulates analytical thinking (roughly speaking, the left hemisphere of your brain), and storytelling stimulates the imagination (the right hemisphere). By switching between the left and the right hemispheres of your brain you: improve your creativity, increase your ability to solve problems, start seeing non-standard solutions and opportunities.



Recommended time  
15 - 25 minutes

# EXAMPLE 1: A STORY FOR BEGINNERS AND KIDS



**What are you looking for in life?** - Little Red Riding Hood was looking for a way to pick wild strawberries. She loved them so much that she was willing to do anything (even meet the ferocious wolf) to gather and eat from them.

**If you get a magic wand for a day, what would you use it for?** - Despite her willingness to meet the ferocious wolf, Little Red Riding Hood was still afraid of him. That's why she dreamed of having a magic wand that would give her a superpower - to become as strong as Pippi Longstocking and to be able to beat the wolf up.

**What would you regret not doing?** - Little Red Riding Hood loved wild strawberry and she was willing to take some risk in order to eat a few. But she would deeply regret if something would happen to her and she would fail to bring her beloved grandmother bread and butter. So just for this one time, she decided to follow her mother's advice and not to go into the woods for wild strawberries.



Recommended time  
20 - 30 minutes

## EXAMPLE 2: A STORY FOR THE BRAVE



**What are you looking for in life?** - Joe had everything what he wanted - a well-paid job, a sports car, high social status, enough friends. But still, he was not happy. His life felt meaningless. Something urgently needed to change. The question was - what?

**If you get a magic wand for a day, what would you use it for?** - Magic would work, a magic wand would solve the problem and help Joe figure out what makes him feel empty. But instead of a magic wand, Joe got a noisy explosion in his living room. A sphere of blue light pulsated amid the confusion. It spoke directly in his head. It explained to him about his mission, about the future of the world, about his role as a leader - total madness. And only a few minutes ago his life was so well ordered. What was he supposed to do?

**What would you regret not doing?** - Despite the craziness of the situation, Joe would regret not exploring it further. He would be thinking about what might have happened only if he had undertaken action. Also, the idea to become a part of something bigger than himself was very tempting. Joe decided to ignore his prejudices and to accept the challenge of embracing the adventure that was given to him.



Recommended time  
15 - 20 minutes

# DRAW YOUR ANSWER

What works great for adults and children is to draw the answer to their question. **It doesn't matter what your level of drawing is. What matters is that you know what you are drawing.** Drawing stimulates personal interpretation and self-expression. It can help you develop your creative potential by evoking visual images. Visual images stimulate the right, the creative hemisphere of your brain.

When working in a group or a team, there are several ways to approach the process:

- ★ Have each person pick a card and the answer of the question. Then have them share and discuss the drawings in the group or the team.
- ★ Have everyone draw the answer to one particular question. You can decide to choose several relevant questions and let the participants choose one of them. If you prefer, you can use the whole deck. When everyone is ready, let them share the drawings and explore their meaning.
- ★ Each person draws the answer to their question. Then the drawing is shown to the rest of the group. The group needs to guess what is on the drawing and what the question is. A great exercise for icebreaking or warming-up. Especially, when participants are tired or have come overwhelmed to a meeting or a training.

\* Depending on the time you have, you can either involve each of the participants or divide them into groups of about 5-6 people.



Recommended time  
10 - 15 minutes

# IN A TEAM OR A GROUP AS A WAY TO PRESENT EACH MEMBER ON THE WEEKLY MEETINGS OR TRAINING

Let everyone draw a card, or you give everyone a predetermined card. Then each participant needs to introduce himself, based on the question on the card (set a time limit, i.e. 30 seconds per person).

You can also ask the participants to answer the question they have drawn linking it to their work or current project. More advanced is to ask them to briefly summarise what have they achieved but to require the answer to be through the question they got.

This exercise stimulates creativity and teaches participants to tell the essence in just one or two sentences.





Creativity is just connecting the dots.

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STEVE JOBS

WE WISH YOU JOY & CREATIVITY!

**Share your stories with us on: [hey@learn-to-inspire.com](mailto:hey@learn-to-inspire.com). The best of them will be published on our website and awarded.**

**Contact us:**

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