

Change, Wisdom, Potential, Values, Journey, Energy, Possibilities

The 7 self-awareness cards are a playful way to initiate or continue your self-exploration journey.

Here are my ideas on how you can use the cards.

Idea 1: Start with the card that most resonates with you and continue to play whenever you feel like. What do you notice in your mind, body and spirit when you read the statement and the question on the card? Do not push for the answer. Observe with curiosity, openness, and no judgment about what is present. Write down at the back side of the card what comes to you now, a message, a reflection, a wish to yourself. Come back to the card after 7 days, 7 weeks, 7 months or even 7 years and observe what is present now, what has changed since you wrote down your message?

Idea 2: You can choose to write a message connecting to your future-self (you in 7 days, weeks, months or even 7 years from now). What would your future-self like to say to the present time you? How do you feel now when you read the message? What is present in your mind, body and spirit? Listen to what comes with attention, compassion and love. Come back to your card and message after 7 days, weeks, months or even years.

Idea 3: You may also send a digital or printed version of the card to your friend or a family member, or maybe someone you lost contact with and would like to reconnect with. What is your wish for them? What are the words and emotions you would like to send them as a gift? Write down the message on the back side of the card and send it without attachment about the outcome.

Enjoy exploring, create your own questions. Stay playful and open to what is in this moment!

I will be delighted if you want to share with me your ideas how you use the cards. You can connect with me via e-mail agawlodcoach@gmail.com. I will add your inspirations to the cards' guide so that we can co-create impact using our collective wisdom and creativity. I look forward to hearing from you!

With lots of good vibes!
Agnieszka