



HEALTHY EATING



You've adopted a healthy eating lifestyle and witnessed numerous health benefits. You're contemplating starting a blog or a YouTube channel to share your journey and recipes with others, inspiring them towards healthy eating.

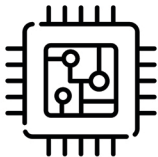
🔧 1 Resources cards

💬 3 Sociability cards

★ 2 Well-being cards

♥ 2 Values cards

TECHNOLOGY AND INNOVATIONS



You've always been intrigued by technology and innovations. Now, after taking several online courses, you're considering developing a mobile application that would solve a particular problem in your community.

⚙️ 4 Resources cards

💬 1 Sociability cards

★ 1 Well-being cards

♥️ 2 Values cards

STUDYING ABROAD



You are finishing high school and in the future, would like to go abroad to study at the University there. And after studies, you are planning to return to your local community to share your new knowledge for local development.

⚙️ 3 Resources cards

💬 1 Sociability cards

★ 2 Well-being cards

♥️ 2 Values cards


FLORAL FANTASIES



You have long dreamed of opening a flower shop in your city and it seems now is the right time for it. You have found a place suitable for your dream shop, and are ready to go on step by step.

 4 Resources cards

 2 Sociability cards

 1 Well-being cards

 1 Values cards


TASTY CULINARY



After experimenting with various exotic recipes at home, you think about starting a small catering business, offering a unique menu for local events and parties on the spot and mobile.

 2 Resources cards

 3 Sociability cards

 2 Well-being cards

 1 Values cards

DREAMS OF LODGING



Your family has a guest house, and you were invited to undertake its further management. Now you are free to find a new business strategy on how to offer services and what kind of services.

🔧 2 Resources cards

💬 1 Sociability cards

★ 4 Well-being cards

♥ 1 Values cards

COFFEE MIRACLE



A year ago, you opened a local coffee shop but things are not going as you would like to. You decided to create a marketing campaign in order to raise the sales.

⚙️ 1 Resources cards

💬 5 Sociability cards

★ 1 Well-being cards

♥️ 1 Values cards

ENTERTAINMENT STAR



You live in a rural area and there are not many options for entertainment, and you have decided to change this situation and implement different entertainment projects for the local community.

🔧 2 Resources cards

💬 1 Sociability cards

★ 3 Well-being cards

♥ 2 Values cards

DIGITAL DESTINY



Influencer is a profession in which you see yourself in the future. You're starting to publish more content on social media platforms and want to achieve an impressive number of followers.

🔧 1 Resources cards

💬 4 Sociability cards

★ 1 Well-being cards

♥ 2 Values cards

FITNESS WORLD



You've transformed your life through fitness and want to help others do the same. You're looking to become a certified personal fitness trainer and open your own fitness studio in a small town.

🔧 1 Resources cards

💬 1 Sociability cards

★ 4 Well-being cards

♥ 2 Values cards


LOCAL HISTORY



Fascinated by your town's history, you consider establishing a local history museum or offering guided historical tours to locals and visitors alike (you also see a good business potential in this idea).

 3 Resources cards

 1 Sociability cards

 2 Well-being cards

 2 Values cards

REMOTE WORK



After experiencing the benefits of remote work, you aim to create a co-working space in your town, providing a conducive environment for other remote workers.

⚙️ 1 Resources cards

💬 2 Sociability cards

★ 3 Well-being cards

♥️ 2 Values cards

CLIMATE PROTECTION



Inspired by global movements, you are motivated to start a local climate action group. You're gathering like-minded individuals to initiate community projects and awareness campaigns for climate sustainability.

🔧 1 Resources cards

💬 1 Sociability cards

★ 2 Well-being cards

♥ 4 Values cards

WRITING AND SHARING



Having written short stories privately for years, you decide it's time to share them with the world. You're thinking of starting a blog and, eventually, compiling a collection for publication.

🔧 1 Resources cards

💬 3 Sociability cards

★ 1 Well-being cards

♥ 3 Values cards


CARPENTRY CALLING



You have received an inheritance, therefore you have the opportunity to start your own business. You have an idea to start your own woodworking company.

 **3** Resources cards

 **1** Sociability cards

 **1** Well-being cards

 **3** Values cards



LIFE'S CARDS

CASH IS GOOD



Time to fund your dreams - be it an app, your workshop or online store.
Here you go!



TEAM POWER



It's like creating a dream team for business. Everyone brings their unique skills.



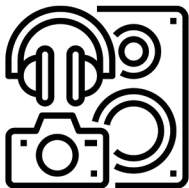
WISDOM FROM THE WISE



Wise professionals have insights that can save you from making rookie mistakes.



TECH TOYS



Every hero needs their gadgets!
From the latest software to
cutting-edge devices.



YOUR TIME



Set milestones, and remember,
the journey can be as enriching
as the destination.



BUDGET BUCKET



Imagine your funds as a potion mix. Allocate wisely, ensuring you have enough for essential things.





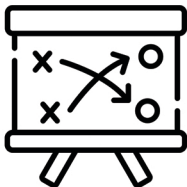
CHATTER SKILLS & TOOLS



Whether leading a team,
followers or dealing with trolls,
effective communication is
your special tool.



MASTER PLAN



Like a treasure map, it shows the route to your golden goals, including possible turns.

BRAINY BENEFITS



You've got a unique set of skills.
Use your strengths and seek new
skills with the expertise you lack.

GO WITH THE FLOW



Adaptability ensures you thrive,
develop and advance, no matter
what the challenge is.

GET PUMPED



Being in line with your passion keeps the journey thrilling, even when facing different challenges.



NEVER STOP LEARNING



Stay curious. From online courses to workshops, continuously power-up your knowledge.



MAXING OUT



Every resource, when used smartly, can lead to maximum gains and achievements.

FRESH IDEAS



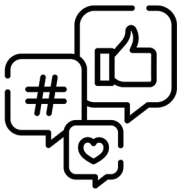
Daydreams or deep dives into brainstorming could birth the next new trend or idea.

COMMUNICATION SKILLS



It's more than just chatting.
This is about how well you
can express yourself and
understand others.

SOCIAL NETWORKS



Your network of friends, family and meaningful connections. It's not just about Facebook friends but the real bonds you've built.

COLLABORATION AND INTERACTION



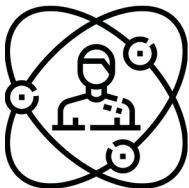
Working with others and making it fun. Whether it's a group project or a community event, it's about blending strengths.

EMOTIONAL INTELLIGENCE



It's about picking up on feelings, both yours and others', and navigating emotional waters with tact and empathy.

SOCIAL BACKGROUND



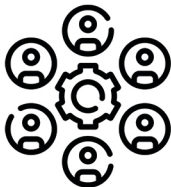
It's what has shaped you and given you perspective - past experiences, cultural influences, and personal stories.

CURRENT SITUATION



Snapshot of your life right now.
The job you're in, the city you live,
the challenges you're facing, and
the joys you're celebrating.

DIFFERENT ROLES



The various hats you wear.
Maybe you're a student, a big
sister or the unofficial IT
helpdesk for your family.

MY IDENTITY



This is the unique mix of traits and experiences that define who you are. Even if you're an extroverted introvert.

MY PERSONAL COMPETENCES



Your personal toolkit of skills and talents. Whether it's being a pro at organizing events, playing the guitar, or making people laugh.

MY LIFE'S VISION



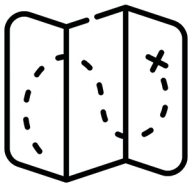
The North Star you're navigating towards. It's about your ambitions, the mark you want to leave, and what you're striving for.

MY HOBBIES



The hobbies that keep you balanced and happy. This could be your morning run, dancing or ritual Friday night movie marathon.

LIFE'S EXPERIENCES



Your track record of life adventures – the lessons, the achievements, and even the facepalms. It's your personal journey thus far.

CULTURAL BELONGING



The culture or group that feels like home. It could be related to your ethnicity or even a community you've chosen.

NON-FORMAL EDUCATION



Not just about diplomas and degrees. It's every learning experience, be it in a classroom, a workshop, or even lessons learned from life.



STAY PEACEFUL



It's about inner peace against life's chaos, warding off negativity, and ensuring comfort in personal spaces for everyone.





FAIR PLAY



Picture a board game night with unpredictable dice rolls but fair rules for all. It's all about fairness.





BE FREE



Imagine yourself on a mountain peak, wind in your hair, singing freely. It's about living by your dream horizons.





EQUALITY

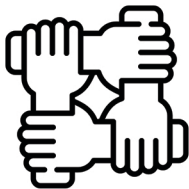


Envision a race where everyone starts at the same line. In life's marathon, it's about ensuring everyone has equal rules.





LIFE IS FUN



Time flies whether you have fun or not. The choice is yours. Give it a try - have a piece of joy in each cake you bake.





STAY OPEN



Visualize a global library
welcoming stories and cultures
from all corners of life, and
embracing diverse thoughts.





CELEBRATE DIFFERENCES



Think of a mosaic forming a beautiful pattern. Life's diversity in experiences and beliefs makes the world more colorful.

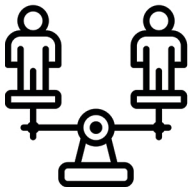


GO GREEN



Picture a city with green roofs and solar lights, progress with an eye on the future, that future generations will appreciate.

FREEDOM OF RIGHTS



Imagine a global concert, where every voice contributes to the melody, affirming that every voice deserves its moment.



VALUE EVERY VOICE

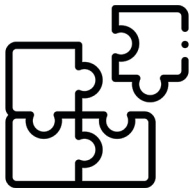


Imagine a chorus where every note harmonizes together, recognizing that every opinion is unique and resonates with the team's orchestra.





TEAM UP



Like a puzzle where each piece creates the bigger picture. Life is collaboration where diverse skills are creating masterpieces.





EARNED RESPECT



Respect is earned, not given.
Being an example of respectful
person means treating others the
way you want to be treated.





ALL IN THE MIX



Picture a dance floor for all styles
and an inclusive society where
everyone, regardless of their
background, gets a dance.





REAL TALK



Picture a campfire and stories under stars. Authenticity is unguarded conversations, straight from the heart.





PHYSICAL HEALTH



It's about keeping your body in check. Think workouts, eating right, and those doctor visits you might try to skip.





MENTAL HEALTH



It's all about feeling good upstairs in the mind. If things get rocky, it's okay to ask for help.





EMOTIONAL WELL-BEING



Being in touch with your feelings.
It's cool to feel things, just handle
them in a chill way.





SOCIAL CONNECTIONS



Your family, and even your friendly barista. The people you chat, laugh, or even vent with, make life colorful.





SPIRITUAL WELLNESS



Whatever gives you that deeper "why" in life. Could be religion, nature or just a personal code you live by.





FINANCIAL STABILITY



Bills are covered, you can treat yourself without sweating too much, and have something to invest as well.





OCCUPATIONAL SATISFACTION



Loving what you do, or at least
not dreading Monday mornings.
It's about finding a balance.





INTELLECTUAL GROWTH

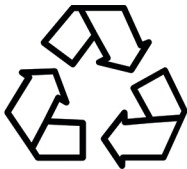


Exercising the brain muscles.
Whether it's diving into a book,
podcast, or just debating
with your friends.





ENVIRONMENTAL HARMONY



Doing your bit so the planet doesn't get mad at us. Recycling, planting trees, or just switching off unused lights.





CULTURAL ENGAGEMENT

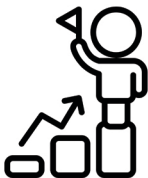


Experiencing all the flavors the world offers. From music, food, art, history to festivals and traditions.





PERSONAL DEVELOPMENT



Leveling up in real life. Could be learning guitar, picking up a new language, or just being kinder each day.





LEISURE AND RECREATION



What you do to unwind. Nature adventures, weekend getaways, or just lounging with your favorite tunes.





CREATIVE EXPRESSION



Letting your inner artist out.
Be it through doodles, music, art,
dance moves, or kitchen
experiments.





COMMUNITY INVOLVEMENT



Helping out at events,
volunteering, or just being there
for your neighborhood to
help and support.



VALUES

Values are principles, standards, or qualities that individuals, companies, organizations or communities consider important and to be respected in any situation and conditions. They serve as guiding beliefs or ideals that influence the attitudes, behaviors, and decision-making of people. Values can be personal, cultural, religious, or societal, and they play a crucial role in shaping individual and collective identities.



RESOURCES

Resources are anything that has utility and adds value to your life. Resources refer to assets, materials, or capabilities that can be used to achieve a particular purpose or goal. Everything in our environment that is technologically accessible, economically feasible and culturally acceptable can be termed as resources - natural resources, human resources, financial resources, technological resources etc.

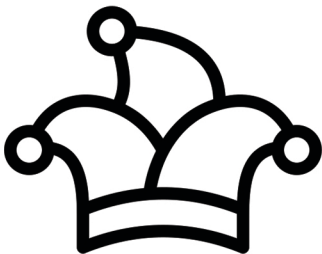
★ WELL-BEING

Well-being refers to the overall state of happiness, health, and prosperity of an individual or a community. It is not just the absence of illness or disease. It is about how you perceive your life in general, yourself and others around you. It includes various aspects of life, including physical health, mental and emotional well-being, social connections, economic stability, and a sense of purpose and fulfillment.

SOCIABILITY

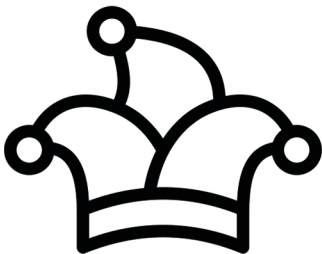
Sociability refers to the extent to which individuals seek out and enjoy social interactions with others. It is a personality trait or characteristic that reflects a person's tendency to engage in social activities, form and maintain relationships, business contacts, and participate in group settings. Sociability is about making friendly connections effortlessly and interacting well with the rest of the society.

JOKER CARD



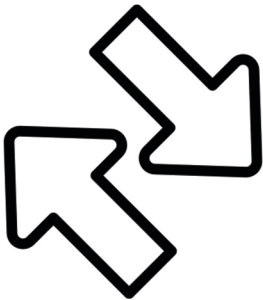
You are lucky! This card has a special power! KEEP IT till the end of the game as you can use it as any aspect card and create your own content.

JOKER CARD



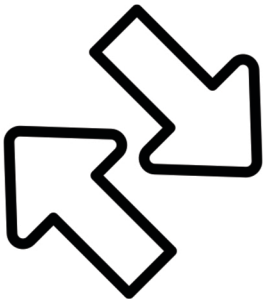
You are lucky! This card has a special power! KEEP IT till the end of the game as you can use it as any aspect card and create your own content.

TRADE CARD



Choose what you want!
You have the right to ask the
player on your right to show
his/her cards and to exchange
1 card with him/her.

TRADE CARD



Life takes and gives!
All players must give one of
their cards to the player on the left
and receive one card from the
player on the right.

AN UNEXPECTED TURN



If life gives you lemons,
make a limonade! You need to
PITCH your goal immediately. You
have 60 seconds for your pitch!

AN UNEXPECTED TURN



Life happens. Goals may change.
You keep all your present cards, but
you need to choose a new Goal card.



Inspirational Personal Development Game "LIFE'S CARDS"

"LIFE'S CARDS" game is meant to inspire and motivate youngsters to become owners of their own lives. The process of the game will lead to understanding that the start-up cards are not one's destiny and our present situation, status, location etc. do not define our future. While playing the game, it will be visible HOW the cards can flip and the situations can change. The game will thus show and prove that the start-up cards are only the beginning, and through choices, decisions, learning and self-discipline the result of the game (= Life) may turn out differently.

Game consists of:

- Goal cards (15pc)
- Aspect cards 4 types – Resources, Values Well-being, Sociability (14pc in each)
- Action cards (6pc) where each of them have special role:
 - Joker cards (2pc) by which the player can replace any other card
 - Trading cards (2pc) with the rights to exchange cards
 - Unexpected turn cards (2pcs) with a turn for a new goal

Necessary materials:

- Game "LIFE'S CARDS"
- A4 paper for each participant
- Pen for each participant
- Hourglass 1 min (or mobile phone with timer)

Duration:

- 1st Level: 1,5h
- 2nd Level: 1,5h

Full game rules are available:



If any rules are missing, be creative and add your own rules to the game! 😊

**HAVE FUN - playing the
game... and Your Life!**

Game was created during the project "Inspirational Personal Development Game "LIFE'S CARDS", No. 2022-3-LV02-KA210-YOU-000102378.

The partnership consortium involved 3 partners: leading partner NGO "Sava Kabata" from Latvia and partners - NGO "Women Do Business" from Greece and NGO "Association of Educational Games and Methods" from Latvia.

"LIFE's CARDS" project is being funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union, European Commission or the granting authority (Agency for International Programs for Youth). Neither the European Union nor the granting authority can be held responsible for them.

More information about project:
www.savakabata.eu/lifes-cards



Co-funded by
the European Union



Agency for International
Programs for Youth
Republic of Latvia




WOMEN
Do Business

ASSOCIATION OF
EDUCATIONAL
GAMES AND
METHODS

