

Inspirational Personal Development Game “LIFE’S CARDS”

Aim for youngsters:

“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.

Aim for youth workers and support persons:

- To help young people build better professional and personal lives, be more competitive in the labor market and more successful in life in general,
- To support young people in their personal development and inspiration, facilitating youth employability and entrepreneurship related empowerment,
- To inspire young people to become owners of their own lives and be responsible for their own decisions.

Game consists of:

- Goal cards (15pc)
- Aspect cards 4 types – Resources, Values, Well-being, Sociability (14pc in each) & informative card for each aspect with small description
- 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)
- If after PITCHES voting is included (it is optional and should be decided by the facilitator), then coins, stones, buttons or something similar for each participant

Duration:

1st Level: 1,5h

2nd Level: 1,5h

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.



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**LIFE'S
CARDS**



**WOMEN
Do Business**

ASSOCIATION OF
EDUCATIONAL
GAMES AND
METHODS



GAME RULES

Level 1 – GENERAL

1. Game is played in teams of 3 – 5 people
2. Each participant randomly picks one GOAL card. There is a written goal, and below there is a number of the ASPECT cards that need to be collected for the specific goal. All teams/players are invited to be silent for the 1 next minute - to read the goal cards, to think about the specific goal, the situations and context regarding this goal. Each player takes individual time to understand the goal, get into the situation and visualize the goal as if it was his/her own life's goal.
3. After 1 min of silence, each participant reads the headline of their goal card to other group members.
4. Game also has 6 ACTION-cards. Please read below the information about them carefully. All action cards can be used only 1 time during the game process, and after they are used, they are removed from the game (placed in a separate pile).
 - 2pc JOKER cards
 - *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 you need and/or create your own content for it.*
 - 2pc TRADE cards
 - *Choose what you want! You have the right to ask the player on your right to show his/her cards and to exchange any 1 card with him/her.*
 - *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.*
 - 2pc UNEXPECTED TURN
 - *If life gives you lemons, make a lemonade! You need to PITCH ¹ YOUR GOAL immediately. You have 60 seconds to share your GOAL with your group! Then continue the game!*
 - *Life happens. Goals may change. You keep all your present cards, but you need to choose a new Goal card (and see which of the present aspect cards to leave, plus start collecting the additional ones for the new goal).*
5. All cards of the 4 aspects as well as 6 action cards are shuffled well. Each player gets 8 random cards. The rest of the cards are placed into one pile in the middle of the table *face down*.
6. Team plays “Rock-Paper-Scissors” in order to find out who will start the game as the first person. The others then continue clockwise.
7. Player looks at his/her individual goal - how many aspect cards he/she needs to collect - and decides, which one card is the least important/needed. Knowing the individual goal and keeping it in mind, the player decides what type of cards in each aspect would be most needed and supportive to achieve the particular goal. It is up to each player to choose which card to give away. This card is placed *face up* in the middle of the table to form a new pile of cards. Player takes a new card from unused cards (players all the time have 8 cards in their hands). All other players play with the same scheme 2 full rounds.

¹ A PITCH is a short speech (presentation) of something in order to persuade someone to believe, to support or to do something – in this case, you will make a pitch for your Goal. You may tell about why you have this goal, what previous experience and resources you already have, what you plan to do to reach the goal etc.

8. Starting from the 3rd round, players can choose – to take a new card from the unused cards' pile OR the last card that the previous player just put on the table face up. The player puts on the table the card that he/she is going to change, then takes a new card from one of the piles. His/her card, previously put on the table, is now put on the used cards' pile face up.
9. Once the player has collected necessary numbers of cards with the most appropriate/suitable aspects to achieve a goal, the player “exits” from the game and starts preparing his final PITCH. The others continue until each has the necessary number of the aspects cards. If there is only 1 player left who has not collected the necessary cards, he/she also finishes the game and starts preparing the pitch, including the aspects he/she has by that moment. It is important that each player has at least 2-3 minutes to prepare the final pitch after collecting the necessary aspect cards (see the “cheat sheet” and suggestions on the topics to be included in the final pitch on the backside of the goal cards!). If there are several players who still want to get the best deck and if it takes more than 15 minutes since the others have finished the game, they also need to stop the game and start preparing the final pitch using the cards they have by that moment.
10. The group itself chooses the order in which the participants will present their pitches. If it is not possible to agree, the participants can play “Rock-Paper-Scissors” again and the winner does the PITCH first. The group must also agree on who will be the time keeper and ensure that each pitch does not exceed 90 seconds
11. Now, the time has come when each player prepares a 90 seconds' pitch (remember, you can tell no more than 200 - 250 words in 1,5 minutes!). Each player will PITCH to other team members to present their goal and the most important aspects collected (Resources, Values, Well-being and Sociability aspects), incl. how they can be used wisely in order to achieve the goal. More specific criteria and conditions can also be given (as additional information) to make the game more specific and interesting – context: geographic location, education, previous experience etc. In the pitch, you may answer these questions:
 - Why is this goal important to me?
 - What resources do I need to achieve the goal? Why?
 - How can other people help me?
 - How will I take care of my well-being?
 - What challenges could I face? How will I deal with them?
12. After all PITCH presentations, the facilitator leads a debriefing session and non-formal discussion including questions like:
 - a. How was the game/play?
 - b. What was the most challenging/inspiring?
 - c. Does in some way goal and other cards respond to your life? How?
 - d. What would you do differently in the next play round?
 - e. Was it difficult to choose which card to keep and which one to give away? Why yes or why no?
 - f. Have you thought before about your Values? What ARE your personal values?
 - g. What lessons or thoughts will you take with you from today's game?
 - h. etc.

1. Each player thinks of their OWN real aim in life – background, experiences and what changes one would like to make, what would be nice to achieve, where to put further focus, what “price” is needed to be paid to achieve the chosen goal etc.
2. Similar to the 1st level, players play the game and collect necessary cards/ aspects to achieve their goal and to make their lives more successful and meaningful, including achievement of their personal goals.
IMPORTANT - in the second level, Action cards are not used!
3. Each participant gets 8 random cards and in the next turn one card, which is the least important/needed or does not resonate with one’s situation/ life/ goal, is put away on the table face up. The player takes one new card from the unused pile.
4. It is important that the cards put back on the table are placed *face up* in the middle of the table and are visible for all players. Already from the 2nd round, participants can decide to take a new card from visible cards or from the unused cards.
5. Game is played in max 6 rounds and the task is to collect 8 cards with the aspects that are most needed/appropriate to achieve personal goals. If a player has collected all the necessary cards before 6 rounds, he/she can “exit” from the game and already start to prepare the final PITCH.
6. In Level 2, there are no “obligatory numbers” of how many cards from each aspect must be collected. The only rule is that from each aspect group at least 1 card is needed, as all 4 aspects are vitally important in our lives.
7. Participants can be asked also to prepare 90 sec PITCH about their real life’s goal. After the pitch, other participants may give their suggestions and additional ideas to motivate the respective player to further improve and go on with his/her goal.
8. After the end of the game and final pitches facilitator leads debriefing asking questions about specific goal of the player and chosen cards, e.g.:
 - a. What was your goal and why is it important in your life?
 - b. Which cards do you decide to keep and why?
 - c. How do they resonate with your personal life/ situation?
 - d. What cards are still missing that could help you to change your current situation?
 - e. What in real life do you need to make changes in your life?

If any rules are missing, be creative and add your own rules to the game! 😊
HAVE FUN - playing the game... and Your Life!

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