

# HOW TO

# GO (BETA VERSION)

A DECK FOR  
THE GAME OF  
LIFE

## PLAY:

Take a deep breath

Shuffle the deck without reading the cards or spread them out face-down.

Scan through the cards with your eyes/touch/intuition

Put aside any that pull your attention/feel right (1-3 cards recommended)

Arrange the cards face down however you feel like

Turn them over one by one. React/reflect/respond with each card you turn over.

Stop and continue as you feel to.

## PRINTING:

These work on paper or card, but those made of card last longer. You can even write your own instead of printing.

## WHEN TO PLAY

Whenever you feel like it

When you want life to be an adventure.

When you don't know

When you've stopped

...

## BLANKS:

Add your own cards! Remember an awesome day with a card to inspire similar days. Add things ou'd like your life to be filled with, or crazy ideas worth trying.

Step out from  
yourself..

What do you  
see you  
doing?

Do what you  
love.  
unless you've  
been doing tht  
a lot lately,  
then,  
actively  
don't.

## Make a space

Let the  
wind  
carry  
you.

Follow  
the  
rhythms  
around  
you

Pick someone  
you love?  
What would  
you regret  
not saying,  
if this were  
final  
goodbye

Go flow:  
Boarding  
Dancing  
Ball

In  
difficulty  
you feel  
your edges

Follow your  
feeling,  
even if  
it's hard to  
hear, or  
you're not  
sure...  
Lemons!

Got  
something in  
mind? Go for  
it. Crazy?  
Unreachable?  
Doesn't  
matter. Just  
start.

**PLAY**  
(improvise a  
game, be  
kid-like)

What  
sensation do  
you want  
right now?  
Find/ask for  
it.

What would  
move your  
life in the  
direction  
you feel  
to?

Make a need  
into a  
mission,  
adventure, or  
pilgrimage.  
Great  
challenge!  
Close calls!

**PRAY**  
(Whatever you  
believe, have  
a sacred  
moment with  
yourself)

What could  
a normal  
day consist  
of?  
Do none of  
those.

Why not?  
" "  
" "  
" "  
" "  
...

Get lost

Follow the signs

Express your self

Think of those you love.  
What would they inspire?

Have you anything you can give, to yourself or others?

YES!  
(No later if you feel like it)

NO!  
Stand up for your needs, feelings, space...

What could you savour here if this were the last time?

Play a song that comes to mind.

Don't give a fuck,  
see what happens.

What would you do in this moment?

RESET!  
If you just popped into existence now, as you are, what would you do first?

Climb to the highest point you can + howl as loud as you can!  
(howl back if you hear someone else)

Nothing is the start of everything

Pick a green spot on google maps + enjoy the silence of nature.

Fail!

...and go  
from there

Just go.  
Don't worry  
about  
starting well  
or going  
somewhere.  
just go.

Go to the  
desert in  
your mind -  
what do you  
happen to  
do?

Do precisely  
what you  
feel you  
can't. What  
are you  
afraid of?

You are  
front +  
centre stage  
of your own  
story.

Take a  
rest, love  
yourself  
enough to  
stop.  
stop.  
stop.  
Rest.

Savour the  
details of  
meetings  
your needs.  
Share  
moments of  
human

just  
keep  
going.

Sink into  
your  
body.  
Move as  
you feel.

Stop. Until  
you feel  
it's ok to  
not. Stop  
until you  
feel to go.

You play,  
you win.  
You play,  
you lose.  
**You play!**