

Year 1 , Age 25

You're a few years into your first job and really enjoying life. But during a company happy hour, salary talk comes up — and you realize your male coworkers are making more than you. You're shocked. You do just as much as them, sometimes more, and a raise would help you chip away at your student loans.

What should you do?

Option #1: Muster up the courage to ask your boss for a raise.

Option #2: Let it go and stay quiet.

Turn this card over to read outcomes after the player makes a decision.

Outcomes

Read outcomes after player makes a decision

If player picks Option #1:

[give 2 light objects]

You ask for the raise. Your boss says they'll "take it into consideration" at the next annual review. That didn't work out the way you expected, and now it feels like you are being judged for being too greedy.

If player picks Decision #2:

[give 1 light object]

You swallow your frustration and keep your head down. But over time, the silence eats at you. You feel undervalued — and resentful that speaking up felt so risky.

Year 2 , Age 26

Things have been feeling off lately. Your energy is low, your skin is breaking out, your periods are painful, and your mood is tanking. Finally, you go to the doctor and get a diagnosis: PCOS (Polycystic Ovarian Syndrome). It's manageable, but it'll take work. The doctor suggests lifestyle changes: stricter diet, more exercise, taking on less stress, and starting hormonal birth control.

What should you do?

Option #1: Take a step back from work to focus on your health and managing your PCOS.

Option #2: Push through work while trying to manage symptoms.

Turn this card over to read outcomes after the player makes a decision.

Outcomes

Read outcomes after player makes a decision

If player picks Option #1:

[give 1 medium objects]

You scale back and take a part-time job so you can prioritize your health. It's a relief, but you're nervous about stepping off the career path. You feel better physically, but wonder what this means for your long-term goals.

If player picks Decision #2:

[give 1 heavy object]

You try to push through. The fatigue makes it hard to concentrate. You adjust your lifestyle where you can, but you're constantly on edge. Every minor symptom feels like a warning sign.

Year 3 , Age 27

You got into the graduate program of your dreams! It's a great opportunity to learn new skills and make the career pivot you've been thinking about lately. But you're anxious. You'll have no income for two years, and tuition will put you deep into debt.

What should you do?

Option #1: Go to grad school.

Option #2: Skip on school and keep your job.

Turn this card over to read outcomes after the player makes a decision.

Outcomes

Read outcomes after player makes a decision

If player picks Option #1:

[give 1 heavy objects]

Grad school is more intense than you imagined. The workload is heavy, and the cost is real — you watch your savings dwindle. But you're finally learning what lights you up and trust in the universe that the right job offers will come your way.

If player picks Decision #2:

[give 2 light objects]

It's hard to tell what you missed out on, but life continues on as normal. Work is feeling a little monotonous, but at least you're making some money.

Year 4 , Age 28

You go visit your parents during the Holidays. You missed them and are excited to see them. But as soon as you enter the door, the first thing your mom asks is: "So, *did you find someone yet? When are you going to get married?*" You've heard this 100 times, but this time, it stings a little different. Maybe it's the cold weather... or your tired heart? It starts bringing back memories of all the rejections you've experienced over the dating apps.

What should you do?

Option #1: Try to change the subject.

Option #2: Tell her how it makes you feel.

Turn this card over to read outcomes after the player makes a decision.

Outcomes

Read outcomes after player makes a decision

If player picks Option #1:

[give 1 light object]

You smile and pivot: *"Mom, I've only been here for like 5 seconds."* She laughs it off. The tension fades, but inside you feel dismissed — again.

If player picks Decision #2:

[remove 1 medium or 2 light objects]

You finally let it out: *"You ask because you care. But every time you do, it makes me feel like I'm failing."* Your mom softens. It's not a perfect conversation, but it's honest — and it stays with both of you.

Year 5 , Age 29

You meet someone — and it feels different this time. There's chemistry and comfort. For the first time, you feel safe. But as you start picturing a future together, you feel yourself shrinking. Can you grow as an individual and together without drifting apart? You get a text, "Hey I want you to meet my family this weekend. What do you think?"

What should you do?

Option #1: Say yes and decide to take a chance together.

Option #2: Say no and prioritize your own path.

Turn this card over to read outcomes after the player makes a decision.

Outcomes

Read outcomes after player makes a decision

If player picks Option #1:

[give 1 light object]

You reply *"I'd love to"* while your heart races and you wonder if this is all moving too fast. But you think, *"I'm almost 30, if I don't get serious with someone maybe I'll miss my chance."* You meet the parents. They're great. Your partner is great. Everything is great...on paper. You think: *why doesn't this feel like the movies?*

If player picks Decision #2:

[give 1 light object]

You let them go. *"I need this time, and this direction."* It's hard. You cry. But over time, you look around and realize: you're proud of how you're building your own life. It still hurts... but you're choosing yourself.

Year 6 , Age 30

You get offered a new job and the salary is wild: high six figures, benefits, and a dream team. It's the kind of position you've been chasing. The catch? It's in a new city 6,000 miles away. You'd have to leave behind your community, your routine, and a comfortable version of yourself. If you have a partner, you wonder if you can make long distance work. If you're single, you'll start dating in the new city.

What should you do?

Option #1: Move for the job.

Option #2: Stay put.

Turn this card over to read outcomes after the player makes a decision.

Outcomes

Read outcomes after player makes a decision

If player picks Option #1:

[give 1 heavy object]

You take the job and move to a new city. It's lonely at first, but eventually you find your rhythm. The money is good, the work stretches you — but you still think about everything (and everyone) you left behind.

If player picks Decision #2:

[give 2 light objects]

You turn the job down. Your parents are disappointed. Your friends are surprised. But your gut says: not every opportunity is worth chasing. You stay rooted. For now.

Year 7 , Age 31

Your friends start talking about potentially freezing their eggs. It's not something you've really considered before. It feels jarring. It raises complicated questions about timing, cost, and what you really want. Your mom is firmly against it. But a friend reassures you that it's a smart move — just in case. The doctor explains the process: hormone injections, multiple appointments, ~\$10,000 per cycle, often not covered by insurance.

What should you do?

Option #1: Start the process and freeze your eggs.

Option #2: Wait and reassess later.

Turn this card over to read outcomes after the player makes a decision.

Outcomes

Read outcomes after player makes a decision

If player picks Option #1:

[give 1 heavy object]

You start the injections. The shots, the cost, the hormone crashes — it's a lot. You remind yourself: "I'm investing in my future." But some nights you lie awake wondering: Was this about freedom... or fear?

If player picks Decision #2:

[give 1 medium object]

You don't move forward right now. You feel relief — and guilt. What if you wait too long? What if this was your best window? You refocus on work, on your relationship (or the search for one), but the question lingers.

Year 8 , Age 32

It's wedding season — again. Your calendar is filled with invites. Friends are getting married, having babies, and taking big swings. Then one night, over dinner or a quiet moment at home, a question surfaces: "*Are we next?*" Your partner starts acting weird and you suspect they're planning a proposal.

What should you do?

Option #1: Lean in and see if they propose.

Option #2: You decide that something is missing and it's time to uncouple before it's too late.

Turn this card over to read outcomes after the player makes a decision.

Outcomes

Read outcomes after player makes a decision

If player picks Option #1:

[give 1 heavy object]

You know that relationships are messy and not everything is Instagram perfect, but you wouldn't have it any other way. But sometimes you wonder whether the pressure of everyone else getting married led you to make a hasty decision...

If player picks Decision #2:

[give 2 medium objects]

You listen to the unease and step back — from the proposal, from the idea, from the person. It's messy. Your partner is hurt. Friends are confused. But deep down, you feel space opening up again. You also realize that fun banter with your coworker was more than just friendly.

Year 9 , Age 33

You feel off — tired, a little nauseous. You take a test. It's positive. You're pregnant.

You weren't trying, but you also weren't exactly preventing it. You start to panic:
"I'm not even married yet... should I tell my parents? What about my career?"

What should you do?

Option #1: Have the baby.

Option #2: You decide it's not the best time.

Turn this card over to read outcomes after the player makes a decision.

Outcomes

Read outcomes after player makes a decision

If player picks Option #1:

[give 1 heavy + 1 medium object]

You move forward. Some people are thrilled. Others have questions. You're scared — but also calm in a way you didn't expect. You adjust your budget, your schedule, your body. Life has changed.

If player picks Decision #2:

[give 1 heavy object]

You go to the clinic. It's quiet. You hold your breath and let go. Later, you take a walk. You don't regret it — but the weight of the choice stays with you.

Year 10 , Age 34

Your parents aren't getting younger. You've always known you'd support them, but lately the pressure is increasing — bills, caretaking, emotional labor. They start dropping hints: "*We might need help soon.*" You're already working full time. If you're a parent now, that adds another layer. If you're not, the guilt still wraps tight.

What should you do?

Option #1: Support the family.

Option #2: You decide to set some boundaries.

Turn this card over to read outcomes after the player makes a decision.

Outcomes

Read outcomes after player makes a decision

If player picks Option #1:

[give 1 heavy object]

You pick up extra work. You cancel plans. You do what's needed — and then some. You don't resent it... yet. But you're starting to disappear from your own life.

If player picks Decision #2:

[give 3 light objects]

You say *"I can't do it all."* You feel selfish, then relieved. You offer help in ways you can manage, and let go of the rest. It's not easy. But it's honest.

Year 11 , Age 35

You get offered the promotion of a lifetime: C-suite track. All the years of grinding have built to this moment. It's everything you thought you wanted. But it means more hours, more stress, less time — for friends, for family, for yourself. Whether you're partnered, parenting, or still exploring, this choice reshapes everything.

What should you do?

Option #1: Take the opportunity and become a C-suite executive.

Option #2: You decide to turn the opportunity down.

Turn this card over to read outcomes after the player makes a decision.

Outcomes

Read outcomes after player makes a decision

If player picks Option #1:

[give 1 heavy + 1 medium object]

You rise — fast. You're respected, powerful, and on fire. But you're also stretched thin. You lose track of birthdays, of meals, of yourself. You remind yourself: This is what success looks like. But is it what you wanted?

If player picks Decision #2:

[give 1 medium object]

You pause. People don't understand. "*You worked so hard!*" they say. But you choose time. Joy. Maybe even love. You won't get this offer again. But maybe that's okay.