

# Setting Up



- 1** Unfurl the timeline onto the floor in front of you- these are the 10 years you will journey through, and the player starts at age 25.

- 2** Choose one of two packets- each contains its own characters and life choices to experience.



- 3** In each packet, there are 3 characters to choose from. Let the player choose the character that resonates.



- 4** Start a 20-minute timer as you begin the narration and experience. Follow the Getting Started guide to begin.

- 5** After experiencing the 10 years on the timeline, pick out a sweet treat and answer the questions to reflect on your journey.

