

How to Play JOURNEYWAYS

JOURNEYWAYS is not about winning or losing; it's about discovering, exploring, and becoming. These guidelines will help you create meaningful experiences, whether playing solo or with others.

Game Setup

What You'll Need

- • Board tiles (35).
- • Game cards (81).
- • Player tokens (1 per player).
- • Player booklet (1 per player).
- • Some sticky notes.
- • Die for choosing starting player (1).
- • Writing utensils.

Initial Setup

1. Shuffle all cards together and place them face down in three draw piles.
2. Draw one card and place it apart face up. This will be the Discard pile.
3. Find the Starter board tile and set it apart. Shuffle all others and place them face down in three piles.
4. Each player takes one player token.
5. Use the die to determine the starting player. For example, highest number goes first.
6. Place the Starter board tile in the center of the table.
7. Taking turns, each player draws a tile from any pile and places it adjacent to another previously placed tile. If it's a blank tile, put it back in the pile and draw again.
8. All players place their tokens on the Starter tile.

Basic Gameplay

Turn Structure

Each turn consists of two phases: **Explore**, **Draw**, and **Reflect**.

1. Explore

For Exploration you have two options: (1) Draw a map tile and place it adjacent to another one. If you draw a blank tile, you have to create it before placing it. (2) Use a sticky note to draw a new map tile (whatever you want) and place it on top of an existing one where no player is located. After you place your tile, you can move one or two spaces in any direction.

2. Draw

Draw a card from any pile, even the Discard pile. **Green** cards are movement, **Black** cards are pass of time, **Blue** cards are quotes, **Red** cards are encounters, **Purple** cards are group events.

3. Reflect

If you drew a **Green** or **Purple** card, you have to perform the action it indicates. If you drew a **Blue** or **Red** card, take into account what they say, and write a new entry in your journal. If you drew a **Black** card, set it apart. The game ends when the fifth **Black** card is drawn.

Ending the game

The game ends when the fifth **Black** card is drawn. Each player can add a final entry to their journal, or just leave it as it is. However, if all players agree you can end the session after any amount of **Black** cards are drawn, or disregard the **Black** cards and use a timer, etc. It is ok if your story ends abruptly. You can leave it like that, or return to it on another session.

After ending the game, each player can fill their Character Sheet at the end of the Player Booklet. This way they can see how their character developed during the game; what changed, and what stayed the same.

Remember: The game is not about winning or losing. It is about discovering, exploring, and becoming.

Writing your journal

Unlike traditional games, your character in JOURNEYWAYS emerges through play rather than being predetermined. Use the game cards as inspiration, not rigid definitions; the main objective is you set your imagination free and write the story you want to tell. You can get inspiration from the tile where your token is located and the text in the card, but you can be as creative as you want. You can write journal entry, doodle, etc.

Solo vs Group Play

Solo Play

- • Remove the **Purple** cards from the game.
- • Focus on deep personal reflection.
- • Take as much time as you need.
- • Use journaling extensively.
- • Create your own pacing.
- • Return to previous sessions.

Group Play

- • Share reflections with others.
- • Learn from different perspectives.
- • Build collective narratives.
- • Support each other's growth.
- • Create shared memories.

Advanced Concepts

Session Endings

It's recommended to end the session when the fifth **Black** card is drawn. Each player can add a final entry to their journal, or just leave it as it is. However, if all players agree you can end the session after any amount of **Black** cards are drawn, or disregard the **Black** cards and use a timer, etc.

Returning to Previous Sessions

JOURNEYWAYS is designed for ongoing play. Return to previous sessions, revisit old insights, and see how your understanding has evolved. Your character and story continue to develop between sessions.

Creating Your Own Elements

Feel free to add your own story cards, character elements, or game mechanics. JOURNEYWAYS is a framework for exploration; make it your own.

Tips for Meaningful Play

Creating Safe Space

- • Set aside dedicated time.
- • Minimize distractions.
- • Create a comfortable environment.
- • Honor everyone's privacy.
- • Practice active listening.

Deepening the Experience

- • Ask open-ended questions.
- • Embrace uncertainty.
- • Allow for silence and reflection.
- • Be curious, not judgmental.
- • Celebrate small discoveries.

Ready to Begin?

Your journey of becoming starts with a single step. Gather your materials and begin.

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