

# Card Games Kit – Elevate Your Strengths

## The 22 Powers for Success in Life and Business

### ***About this kit and its goal***



Dear players. Thank you for purchasing the card kit for the Elevate Your Strengths – 22 Powers for Success in Life and Business Method. The kit is based on a unique method described in the book Elevate Your Strengths -*The 22 Powers for Success in Life and Business*. The book includes a detailed description of the games on offer in this kit, along with innovative training tools such as Power Maps, Guided Power Imagery, Power Questionnaires and Power Exercises. The card kit is stand-alone and ready to be used for experiential and fun play. However, for those interested – the book could serve as an enriching and fascinating addition to the card deck.

The Method's card kit is based on unique multi-disciplinary research and extensive practical experience regarding the powers that are fundamental factors in leading people to success. The method helps identify the inner powers and manage them in order to reach wealth and success in the emotional, social, professional and financial aspects. The card kit is meant to enable you to experientially play Power Games and Power Exercises. These games and exercises will help you identify and become familiar with the cards that represent the inner powers within yourself, and gain insights and solutions regarding problems or issues that are bothering you. This will be done via the special and fun experience of playing with the Power Cards.

The manual you hold includes a description of the card kit (page 1-3), an index detailing the meaning of each card (page 4-9), descriptions of the Powers Games and instructions for each game (page 10-17), and descriptions of the four Power Exercises (page 18-22).

To download additional games, videos, guidebooks and instructions regarding the card kit, the Method, training, licensing, the book or participation in workshops:

Visit our website at [www.ElevateYourStrengths.com](http://www.ElevateYourStrengths.com)

Or contact us via email [My22Powers@gmail.com](mailto:My22Powers@gmail.com)

Or Contact us by phone +972-(0)507332500 or +972(0)544220678.

## ***Game Kit Contents***

The card kit contains **40 cards**, divided into 4 different types:

1. **22 Power Cards** – Each of these 22 cards represents a distinct inner power. Each card is represented by an illustrated character at its center, and various symbols that appear at its bottom. The 22 power cards are divided into 4 types of powers in different areas – 4 cycles of success powers: Cycle of Seeking and Discovery Powers (6 cards), Cycle of Social Relations Powers (5 cards), Cycles of Emotional Management Powers (6 cards), and Doing Powers (5 cards).

2. **The 5 Cycles of Success Cards** – Each of the four category cards – the Cycles of Success cards (out of the five), represents and describes the 5 or 6 powers in each of the 4 cycles of success in different areas: Cycle of Seeking Powers, Cycle of Relations Powers, Cycles of Emotional Management Powers, and Cycle of Doing Powers. The fifth category card is the general Cycle of Success card that represents all the four cycles of success and the process as a whole. This card describes four representative powers chosen to symbolize the 4 other cycles.

3. **8 Power signals** – each power signal (power guide) describes some aspect of the power's dynamic: its intensity, nature or relation to other powers. Power signal cards include: A card with an arrow expressing balanced power, an arrow card expressing lack of power, an excessive power arrow, an arrow expressing a clash of powers (a conflict between powers), an arrow expressing unifying and mediating power, an arrow expressing harmonious powers, an arrow expressing divisive and separating power, or a card with an arrow expressing transformation and change.

4. **5 Emoticon Cards** – each of the five cards contains an emoticon that describes an emotion or behavior; an emoticon card with a happy face, an emoticon card with a sad face, a curious and inquisitive face, a robotic determined face or a card expressing fondness through the heart emoticon.

**The Cycle of Success Card**



**The 4 Cycles of Success Cards**



**The 22 Power Cards**

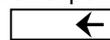


**The 8 Power Signal Cards**

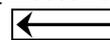
[Balanced power]



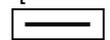
[Lack of power]



[Excessive power]



[Harmony]



[Power clash]



[Unifying power]



[Separating power]



[Transformation]



**The 5 Emoticon Cards**

Happy



Sad



Curious



Loving heart



Robot



## Index of the 40 Cards

### A. Description of the 22 Power Cards:

Each of the 22 power cards contained in the kit you hold in your hands, describes a certain inner power by means of a character and relevant symbols. These images are based on information we have gathered in the course of our studies regarding representations and archetypes related to each power. These can also be useful for those who deal with mysticism. Each of the 22 cards is related to one of four categories of different types of powers (4 Power Cycles). The different card groups can be recognized by the four distinct background color on the cards.

Before you is a brief description regarding the meaning of each of the powers represented in the different cards. Each power is an expression of a different type of inner resource, ability, skill or talent. Each card represents one of the powers through a character, theme, symbol or image. These appear in the explanation that follows in parenthesis adjacent to the power's name. Here is a description of each of the 22 Power Cards and the character and symbol illustrations related to each power:

#### **The 6 power cards in the Cycle of Seeking Powers:**

- **The Power of Freedom** (the fool's character and butterfly symbol) – describes the power to act freely, to be light and unrestricted, to loosen, to rebel and go with the flow.
- **The Power of Intuition** (the mystery woman's character and third eye symbol) – represents the power to see things which are invisible, to be attentive and aware.
- **The Power of Discovery** (the curious student's character and lamp symbol) – describes the power to analyze, notice, discover, explore, search, delve deeper, examine and identify.
- **The Power of Flexibility** (the inverted man's character and apple symbol) – represents the power to think and create differently, to invent, to innovate, to surprise and to dare.
- **The Power of Purpose** (the angelic character playing an instrument and the awakening image) – describes the power to create meaning, to connect to a goal and way.
- **The Power of Planning** (the designing builder character and the building symbol) – describes the power to design, devise, plan, organize and search in advance for a structured path.

### **The 5 power cards in the Cycle relations Powers:**

- **The Power of Magnetizing** (the magnetizing magician character and magic wand symbol) – describes the ability to attract, influence, charm, magnetize and convince.
  - **The Power of Giving** (the giving mother character and theme of pomegranates and wealth) – represents the power to give, to care of another, to provide, to grant, to protect and defend.
  - **The Power of Tenderness** (the powerful woman character taming a lion) – describes the power to achieve our goals softly and pleasantly.
  - **The Power of Support** (the mentor's character supporting the people around him) – represents the power to support, enliven, help, share, accompany, assist and guide.
  - **The Power of Connection** (the lovers' characters and heart symbol) – describes the power to form relations, to connect, to cooperate and belong.
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### **The 6 power cards in the Cycle of Emotional Management Powers:**

- **The Power of Emotion** (the man under a full moon character and animals) – represents the power to emotionally cope, to contain and live with awareness and emotional balance.
  - **The Power of Desire** (the naughty dancer's character and snake and apple symbols) – describes the power to yearn, desire, be filled with passion and vitality.
  - **The Power of Joy** (the joyfully dancing women characters and the sun and flowers symbols) – represents the power to be optimistic, grateful, positive and happy.
  - **The Power of Balance** (the angelic character and rainbow symbolizing the golden middle) – describes the power to mediate, combine and find the golden middle with moderation.
  - **The Power of Healing** (the healer's character and symbols of stars and water) – represents the power to mend, become stronger, overcome, cheer up, heal and grow from crisis.
  - **The Power of Acceptance** (the diverse characters in the changing wheel of life symbol) – represents the power to cope, to surrender, to accept reality and contain changes.
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### **The 5 power cards in the Cycle of Doing Powers:**

- **The Power of Change** (the passing man character, bridge and clock symbols) – represents the power to start anew, to know how to end processes and renew.
- **The Power of Choice** (the judge character, sword and scales symbols) – describes the power to make decisions, to choose, to evaluate and manage risks and opportunities.
- **The Power of Persistence** (the chariot driver's character and horses symbol) – represents the power to act with self-discipline and self-restraint, to persist until achieving one's goal.
- **The Power of Leadership** (the leader's character and throne symbol) – describes the power to lead, to act and cause others to act, to guide and to display courage and determination.
- **The Power of Unity** (characters of people from around the world and the Yin-Yang symbol) – represents the power to unify, to integrate and harmonize a variety of factors.

## **B. Description of the 5 Cycles of Success Cards:**

Each of the 4 category cards – the Cycles of Success power cards, represents and includes 5 or 6 powers in different areas; the fifth category card is the general Cycles of Success card that represents the four cycles of success (contains 4 powers representing the different cycles, one from each cycle) and the process as a whole. Before you is a description of each of the cycles of success power cards:

**1. The Cycle of Seeking Powers Card** – deals with the powers that help find and discover the road to success. The 6 characters that belong to this cycle, and appear on the card, are the characters related to the powers of freedom, intuition, discovery, purpose, flexibility and the power of planning card.

**2. The Cycle of Relations Powers Card** – includes the powers that help in the social-interpersonal relations area. The 5 characters that belong to this cycle, and appear on the card are the characters related to the powers of magnetizing, giving, support, tenderness, and the power of connection.

**3. The Cycle of Emotional Management Powers Card** – deals with powers that help achieve success via emotional management. The 6 characters that belong to this cycle, and appear on the card are the characters related to the powers of emotion, desire, joy, balance, healing and the power of acceptance.

**4. The Cycle of Doing Powers Card** – includes the powers that help achieve success in realization and fulfillment. The 5 characters that belong to this cycle, and appear on the card are the characters related to the powers of change, choice, persistence, leadership and the power of unity.

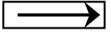
**5. The Cycles of Success Powers Card** – deals with the 22 powers that help achieve success in general. The four characters that appear on this card represent four powers that symbolize the four cycles of success: the first character that appears on the card is a character from the power of discovery, representing the powers of seeking. The second character – from the support card as representative of the powers of social relations. The third character that appears on the Cycles of Success card is from the power of joy card, representing emotional management powers. The fourth character on the Cycles of Success card is the one from the persistence card and represents powers of doing.

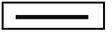
### C. Description of the 8 power signals:

Each of the 8 power signals (power guides) includes a graphic illustration of an arrow or line, which describes a certain aspect of the power: its intensity, the dynamic of power relations or management of power array. What follows is a description of each of the power guides – power signals:

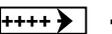
**1. Balanced Power Arrow Signal Card**  represents well-balanced power. This card describes a power whose intensity is balanced – meaning you experience and perceive (subjectively) a harmonious, beneficial and optimal level of a certain power in a way that empowers you.

**2. Insufficient Power Arrow Signal Card**  - represents a lack of power – a power whose intensity is low. This card describes a weak power – meaning you experience too little of a certain power in a way that you (subjectively) perceive as harmful to you.

**3. Excessive Power Arrow Signal Card**  - represents an excess of power – a power that is too strong. This card describes a power whose intensity is excessive – meaning you experience too much of this power in a way that you (subjectively) perceive as harmful to you.

**4. Harmonious Powers Line Signal Card**  - this signal card represents harmonious powers. This card describes harmonious relations between different powers.

**5. Clash of Powers Arrow Signal Card**  - this signal card represents a clash of powers. This card describes clashes, conflicts or struggles between different powers.

**6. Unifying and Mediating Power Signal Card**  - this signal card represents a unifying power. A mediating power. This card describes a power that is used or can be used as a mediating or unifying power between clashing powers.

**7. Separating Power Arrow Signal Card**  - this signal card represents a separating power. This card describes a power that acts or can act as a separating power- one that disconnects two clashing powers.

**8. Power Transformation Arrow Signal Card**  - this signal card represents a transformation of a power. This card describes a change or a shift of power to new directions, different strengths and useful new areas.

#### **D. Description of the 5 Emoticon Cards:**

Each of these five cards portrays an emoticon chosen to represent an emotion or behavior. Emoticons are the product of shorthand human communications that makes use of computerized signals. Those are a form of modern "archetypes" representing an emotion, behavior or expression. What follows is a description of the emoticon cards:

**1. Happy Emoticon Card** – portrays a happy face.

The card shows the symbol :)

**2. Sad Emoticon Card** – portrays a sad face.

The card shows the symbol :(

**3. Curious Emoticon Card** – portrays a curious and inquisitive face.

The card shows the symbol :-?

**4. Heart Emoticon Card** – portrays fondness via a heart shaped emoticon.

The card shows the symbol <3

**5. Robot Emoticon Card** – portrays a determined robotic face.

The card shows the symbol [:]

## **Power Games**

Before you is a description of three Power Games. A Power Game is an experiential activity during which you will be using the Power Cards, asking yourself or others different questions regarding problems or issues you are concerned with, and receiving unique and fascinating answers by using the Power Cards.

Part of the games are inspired by well-known tales from folklore, theology, mysticism, coaching and training. You can invent additional games or play the existing ones in innovative new ways as you wish. The games can be played alone or in company. Each game is an opportunity for an enlightening and fun experience regarding the broad possibilities of using your powers.

**The cards required for the three Power Games:** the 22 cards describing each of the 22 powers. These cards are numbered 0 to 21 in the bottom left of each card. Before the game begins, read the descriptions regarding each of the 22 Power Cards, in the index that appears on the third and fourth pages. Further games, detailed explanations of the games and instructions, videos and more are available on our website, in the book or the workshops.

Each of the games will ask you to focus on a problem, challenge or issue you are occupied with. Towards this end you will be asked to formulate a "Strength Question" for each game.

### **What is a "Strength Question" and how do you formulate a Strength Question?**

A Strength Question is a question about an issue that is bothering you, that occupies you or interests you and regarding which you wish to receive inspiration, insights and solutions. A strength question is an open question whose answer could provide us with broad inspiration, open and

challenging responses. A strength question is a question that invites us to dialogue with ourselves and others. A strength question is not a question that can be answered with yes or no. The question can be focused on a general matter or difficulty on a specific issue. The strength question is not meant to predict the future but to create dialogue regarding an issue or difficulty we are occupied or concerned with.

Using "power" terms when forming the question and answers, is important to the game process. Hence, it's recommended that you use the words "powers" or "strengths" or "abilities" and make use of the words "success" or "succeed" when defining the goals you wish to achieve while formulating the Strength Question.

**Examples of Strength Questions:** Which powers can help me find solutions to improve my relationship? Which powers and resources can help me successfully improve customer service at my business? Which powers can help me increase household income or reduce expenses? Which abilities can help me form social connections?

So let start playing :)

## **1. First game: The Open Cards Power Game**

This game enables us to receive answers from the different power cards, with the help of inspiration from personal details about us such as the letters that compose our names, words, symbols or letters composing words that are meaningful for us, our birthdates, astrological sign or relevant emoticon and more.

### **Game Instructions:**

1. Shuffle the cards and then ask a Strength question.
2. After asking the Strength Question, place all of the cards in front of you so that they are revealed and you can make out the characters, symbols and letters at the bottom of each card.
3. Choose up to six cards according to one of these concepts:

A. Cards are chosen according to the letters of our first name, last name, other people's names, relevant words or other combinations of letters that we find meaningful.

For example we can choose cards representing letters that form the words "love", "success", "career", "money" or "relationships". Thus, for example, when the issue at hand is difficulties in the workplace we can choose the cards that contain the letters of our associate's name or that of the manager with whom we are having difficulties; or if the strength question is about a financial issue that concerns us, we can choose cards that contain the letters that form the word "money" (for the word m-o-n-e-y: M – the power of flexibility card, O – the power of desire card, N – the power of change card, E – the power of leadership card, and Y – the power of support card).

B. Cards are chosen according to the numbers of our date of birth or another number that is meaningful for us such as our social security number.

For example we can choose our spouse's date of birth when the strength question is about our relationship. For example if that date of birth is 10/01/1965 we can choose the digits 0, 1, 5, 6, 10, 19 and accordingly the cards represented by these numbers and

which these numbers appear at the bottom of. In this example: the power of freedom card – 0, the power of magnetizing card – 1, the power of support card – 5, the power of acceptance card – 10, the power of joy card – 19).

- C. Cards are chosen according to emoticons or astrological signs we are interested in, or that represents us or is related to us, to others or to the matter at hand.

For example if the strength question is about discovering and searching for a new vocation that suits us, we can choose cards that contain emoticons that represent curiosity and discovery – the :-? emoticon (Power of Discovery card), seeking and adventurousness – the <):O) emoticon (Power of Freedom card), and change – the X\_X emoticon (Power of Change card).

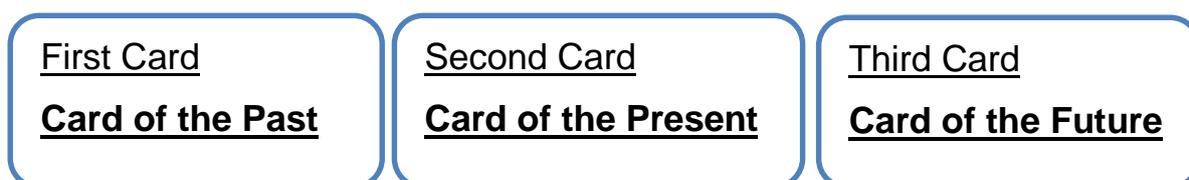
4. Answer the strength question by drawing inspiration from the cards we have chosen. At this stage you should receive inspiration to ways of thought according to the spirit of the cards you were dealt, write down insights, ideas, thoughts and conclusions. You can also try to create a personal story that includes the powers you received and explains how you can use these inner powers to achieve the goal you have defined in the strength task.

## **2. Second Game: Take your time Power Game**

In this game, we will receive answers for a strength question by observing and analyzing the cards that have helped us succeed in the past, currently help us or cards that could help us in the future. We do this in a way that gives us, as players, unique, interesting, and unusual perspectives on the matter we are occupied with in the three dimensions of time.

### **Game Instructions:**

1. Mix the cards, then ask a Strength Question.
2. After asking a Strength Question, choose three cards from the deck. We will choose the cards from the deck without knowing which cards will come out. Afterwards we will place the cards side by side before us on a flat surface, thusly:



3. We turn the cards over so their contents are revealed to us, and answer the Strength Question we have asked regarding an issue that is bothering us, by drawing inspiration from the cards we have chosen. Each power card we have revealed answers a certain question attributed to it, according to its placement:

**First (leftmost) card – the Card of the Past:** How has this power helped me in the past? I.e., how has using the power that appears on the card I have chosen, helped me in the past in a way that can also help me with the current issue I am dealing with?

**Second (middle) card – the Card of the Present:** How can this power help me in the present? I.e., how does using the power that appears on the card I have chosen, help me today with other issues, in a way that can also help me with the specific issue I am dealing with?

**Third (rightmost) card – the Card of the Future:** How might I encounter this power in the future? Meaning how can using the power that appears on the card I have chosen, help me in the future with the specific issue I am dealing with?

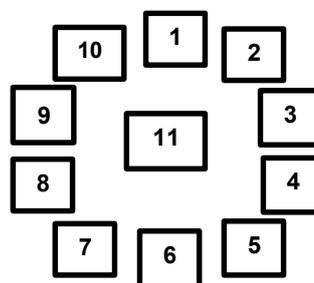
4. The answers to the strength question we have asked will be received by answering these three question, according to the spirit of the cards we have chosen. We will note to ourselves how a power that has helped us in the past can help us gain inspiration to answer the strength question, how a power that successfully accompanies us today in other matters can help empower us now and how a future power can inspire us about the strength question with which we are occupied. You can go deeper and ask further questions regarding other powers in the three dimensions of time in way that will grant you further insights.

### **3.Third games: The "Rashomon"- Point of View power game**

The "Rashomon -Point of View" game is meant to help us observe the events related to a problem or issue we have raised from several different approaches – a sort of "Rashomon" that observes the issue from a variety of perspectives, such as that of emotion, perception, environment, potential and more.

#### **Game Instructions**

1. Shuffle the cards then ask one Strength Question.
2. After asking the Strength Question, choose 11 cards from the deck without seeing their contents. Afterwards place the cards according to the illustration that follows, one next to the other in the shape of a circle with the last card at the center.



3. We flip only the ten cards which form the circle so they are facing us. We leave the eleventh card at the center face down. Then we will answer the Strength Question we have asked about an issue that concerns us, by drawing inspiration from answering questions about the cards we have chosen: each power card we have revealed answers a certain question attributed to it, according to its placement.

1. **First card: The "here and now" question:** How is this power related to the issue I have chosen (in the strength question)?
2. **Second card: The question of perception:** What are my beliefs, perceptions and stances regarding this power and how do they relate to the issue I have chosen?
3. **Third card: The question of emotion:** How does this power affect my emotions regarding the issue I have chosen?
4. **Fourth card: The question of conflict:** How is this power related to a conflict or create a conflict in the issue I have chosen?
5. **Fifth card: The question of influence:** How and to what extent does this power affect me in the issue I have chosen?

**6. Sixth card: The question of environment:** How is this power expressed in my environment in a way that affects or is related to the issue I have chosen?

**7. Seventh card: The question of future:** What would happen if I would encounter this power in the future and how do I expect it to affect the issue I have chosen?

**8. Eighth card: The question of potential:** How can this power help me realize my full potential, in a way that will help me with the issue I have chosen?

**9. Ninth card: The question of insight:** Which inspiration, insight or spiritual message do I think this card contains, and how does it empower me?

**10. Tenth card: The question of change:** How can this power help me make changes in the issue I have chosen?

**11. Eleventh card: The mystery card question:** Which power would I choose to help with the change process?

4. Make sure you have answered the ten questions in the circle, then answer the question of the 11<sup>th</sup> card at its center, without flipping the card – meaning try to choose any power you like that you think could help in the change process. Afterwards we can reveal the card, see how it relates to the issue we have raised in the Strength Question and how it relates to the card and power we would like to receive.
5. The answer to our "strength question" will be received by answering these eleven questions, through inspiration we will draw from the cards we have chosen. According to the spirits of the cards we were dealt, the answers will provide us with inspiration, insights, thoughts, conclusions, solutions and courses of action: Write down all of your insights and new ways of thought that occurred to you during the game, in a way that will provide you with further insights. Try to examine how the powers which appeared on the cards can empower you or inspire you to think, feel, or act differently in new ways of thought, ideas and unique solutions. Finally – you can retell the issue or story related to the Strength Question from a new point of view, one that is fresh and powerful, by using the insights and powers that appeared on the cards you have chosen throughout the game.

## **Strength Exercises**

Before you are four training activities called *Power Exercises*. These exercises are an **advanced stage**, for those interested in identifying and managing complex aspects of the powers that play a part in their lives.

The Power Exercises create surprising interaction between the 22 Power Cards and the rest of the deck in a way that allows an enjoyable training experience. This section includes four Power Exercises: An exercise for discovering and managing your powers and your cycles of success, an exercise to identify and manage conflicts, an exercise to identify and manage beliefs and emotions that hide beneath your powers and an exercise to receive empowering ideas and inspirations.

**Cards required for the strength exercise in this section:** All 40 cards in the kit.

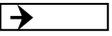
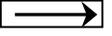
We recommend reading the description of each of the 40 cards that appears on the index on the third and fourth pages. You can experience the Power Exercises alone or in company.

### **Instructions for each Power Exercise:**

Sort the cards into 4 different categories (see illustration on page 1): 22 Power Cards, 5 Cycles of Success cards, 8 Power signal cards, and 5 Emoticon Cards. For each of the Power Exercises, lay the cards down with their face up and use them according to the instructions given.

**Preliminary stage – define a goal:** For each of the suggested Power Exercises – we recommend you define a goal you wish to achieve. This goal can be solving a problem or conflict or handling an issue, aspiration or challenge you are concerned with. Please choose a goal that will be measurable, applicable and one that you are capable of achieving.

## **1.Exercise for discovering and managing your powers and your cycles of success**

**Cards required for the first stage of the exercise:** the 22 Power Cards and 3 Power signal Cards: Balanced Power Arrow Signal Card -  , Insufficient Power Arrow Signal Card -  , and Excessive Power Arrow Signal Card -  .

In the first stage of this exercise, lay down the three signal Cards describing the strength of the powers with their face up, one next to each other. Now, think of a successful event or day you had. Take the 22 Power Cards and put each one down on the signal Cards according to the intensity of the power you experienced during that successful event or day. For example if during the event you felt excessive power of passion, lay down the passion card on the Excessive Power Arrow Signal.

After placing all the cards on the three signal Cards, count how many powers you had an excess of, during that successful day or event? How many powers were lacking? How many powers were well-balanced? In which group of signals do you have more powers? Are the powers, which are lacking- powers that you frequently find to be insufficient in your life? Why? Which insufficient powers would you like to balance and how? Which other positive event or character can inspire you to balance this insufficiency? Could powers you had excessive or well-balanced amounts of during that positive occasion help you achieve your goals, and how so? Think which insights you receive from this process.

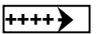
**Cards required for the second stage of the exercise:** 22 power cards and additionally – the 4 cycles of success cards – the cycles of seeking, relations, emotional management and doing powers card.

In the second stage of this exercise, lay down the 4 Cycles of Success cards with their face up one next to each other.

Now take the 22 Power Cards which you had previously sorted as excessive or well-balanced (the cards you had placed on the Excessive Power Arrow Signal or Balanced Power Arrow Signal in the first stage of the exercise), and sort these powers according to different Cycles of Success – meaning place the cards from the previous stage on their relevant power cycle.

For example you will place the power of desire card, which was excessive during the successful event, on top of the Cycle of Emotional Management card. Which is your most dominant cycle of powers? In which Cycle of Success do you have more power cards? In which cycle do you have the least amount of cards? What have you discovered regarding the typical powers present in your life? Do you feel these power cycles are usually dominant in your life? Now go deeper and gain insights from the process you have just undergone during this stage.

## 2.Exercise to identify and manage conflicts

**Cards required for this exercise:** The 22 Power Cards and 5 Power signals: harmonious powers card - , clash of powers card - , separating power card - , unifying power card -  and power transformation card -  .

Place the five signal Cards with their face up one next to each other. Think of a conflict or problem you have with yourself or with someone else. Take the 22 Power Cards in your hand and place the ones that were harmonious and well-balanced in regards to the conflict you have described on the Harmony Arrow Card.

Now, on the Power Clash Arrow Card place the powers that created the conflict or are related to it. Now, on the Unifying Power Arrow Card place the powers that could help you mediate and unify between the clashing powers. Now, on the Separating Power Arrow Card place the powers that could help you separate between the powers clashing in this conflict. Finally, on the Transformation Arrow Card, place the powers that may help you solve the conflict if you transform and change them.

What have you learned about yourself? Which ideas, ways of thought and inspiration could you gain from it? What are your insights from the process?

## 3.Exercise to identify and manage beliefs & emotions that hide beneath your powers

**Cards required for this exercise:** The 22 Power Cards and 5 Emoticon

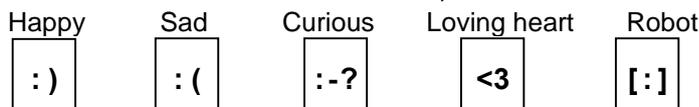
Cards: Happy  Sad Curious Loving heart Robot

Place the 5 Emoticon Cards with their face up, one next to each other. Pick up the 22 Power Cards and place each one of them on top of the Emoticon Card you feel is relevant to that power. Meaning sort the cards according to the relevant emotion (as appears on the Emoticon Cards) that you feel about that power. For example on the smiley face Emoticon Card, you could place the powers that make you smile, happy, etc.

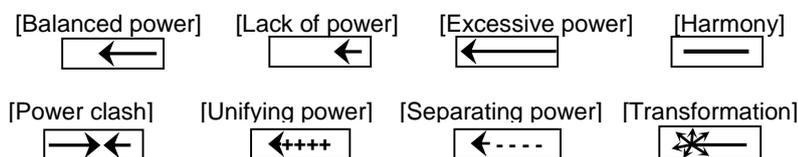
On which Emoticon Card did you place the most Power Cards? What are your insights? Find out which beliefs, stances and perceptions lie at the base of your emotions. Why? Which of them can be changed in order to achieve the goal you have defined?

## 4.Exercise to receive empowering ideas and inspirations

**Required cards:** the 22 Power Cards, the 5 Emoticon Cards:



and the 8 Power signal Cards:



Place all the Signal and Emoticon Cards with their face up. Now imagine a mentor that could inspire you – a character who you see as possessing the powers and strength to achieve your goals.

Pick up the 22 Power Cards and imagine you are playing this character. In the spirit of this character, sort the 22 Power Cards so that you place each one of them on top of the different signal or Emoticon Cards related to the character's powers, as he or she would have chosen, in the aforementioned Strength Exercises. What are your insights from this process? Which ideas did this character inspire in you?

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