

**Want to know more?**

**About this card game**

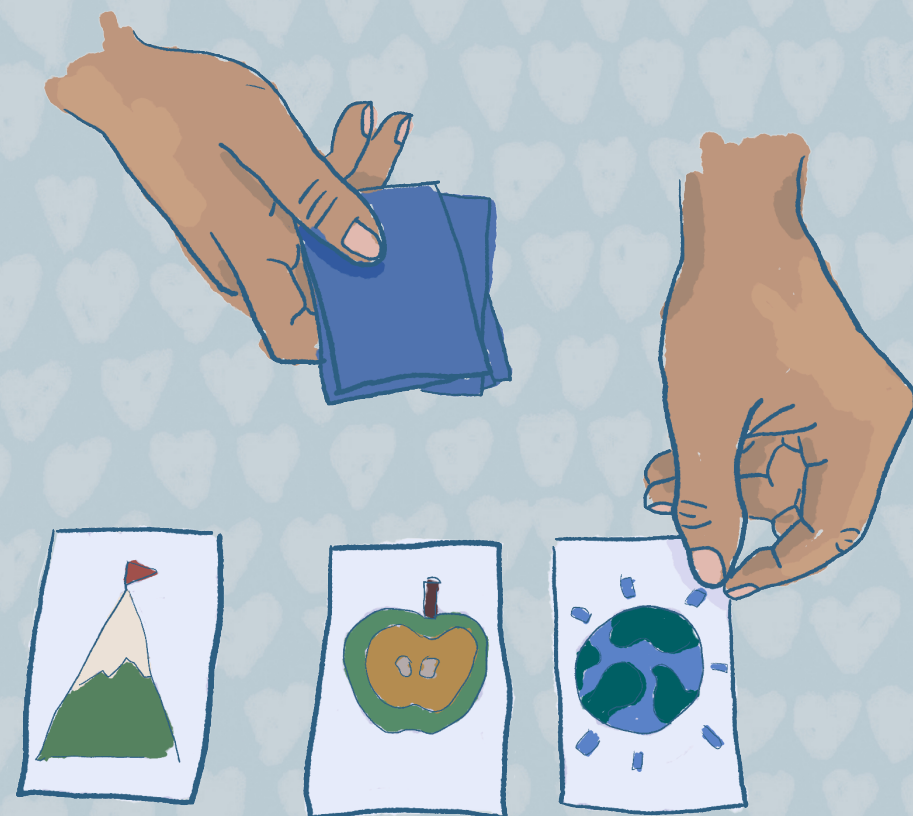
Go to [gamesforhealth.net/forward](http://gamesforhealth.net/forward) for more information about Play it Forward.

**About the creators**

Games for Health revolutionizes health care through playful interactions and emerging (game) experiences. By playing this game, you append to our mission to create 1 billion smiles!

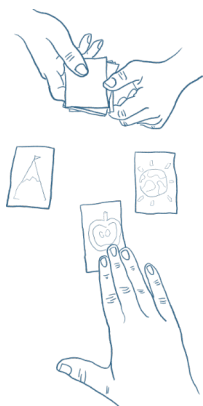


[gamesforhealth.net](http://gamesforhealth.net)



## **Play it Forward**

Find your personal goal  
for a meaningful life



### First, we will find your three personal cards:

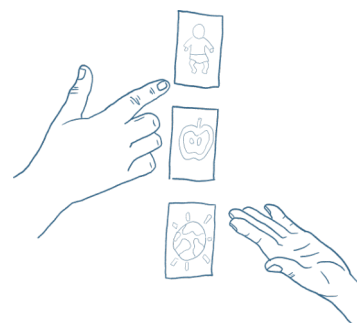
- 1 Your buddy draws the first 3 cards from their deck and places them, face up, on the table.
- 2 Then your buddy asks: 'Which of these cards motivates you to live?'
- 3 Pick one card and place it in front of you.
- 4 Your buddy takes the remaining 2 cards and places them at the bottom of the deck.
- 5 Then your buddy will draw the next three cards from the deck. Again take one card that appeals to you most.



- 6 Repeat this one more time. Again the 2 cards that weren't chosen are added to the bottom of the deck. Now you are holding three cards.
- 7 For the remaining steps, you have to choose whether you want to hold on to your three cards, or if you want to exchange one of your cards for one of the three cards on the table.



- 8 Your buddy again draws 3 cards. Do you see a card that appeals to you more than one of your three cards? You can only keep it by replacing it for one of your current cards.
- 9 The remaining 3 cards are removed from the game.
- 10 Continue as before until your buddy has presented their whole deck to you.



### Explain and formulate your personal goal:

- 11 Now you have your three definitive cards in front of you. Next step is to order these 3 cards from top to bottom with the most important or appealing card on top.
- 12 Your buddy tries to interpret what these three cards could mean to you.
- 13 And... was your buddy right about what the cards mean to you? Do you look at your cards differently now? Explain your buddy what these cards and sequence exactly mean to you,
- 14 Try to formulate one sentence to describe how these cards motivate you to live.
- 15 Write the sentence down; this is your personal goal for a meaningful life.