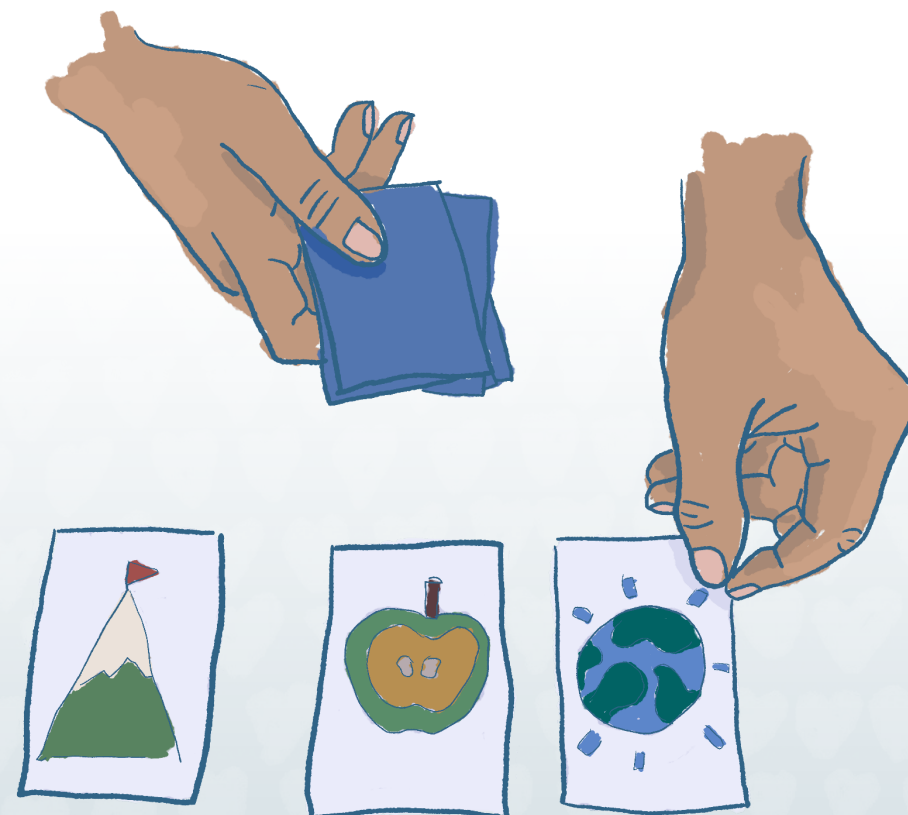


**Write it down and switch it up:**

- 12 Grab a piece of paper (or your phone, if you prefer digital). Write down one or two sentences that summarise what your cards mean to you. This is your personal goal that helps you stick with your healthy habits!
  
- 13 Switch roles: choose another main player, be their buddy, and get to know their personal goal!



**Learn more**

About this card game  
Visit [gamesforhealth.net/card-game](https://gamesforhealth.net/card-game) to learn more about 'From the Heart'.

About the creators  
Games for Health is revolutionizing healthcare through playful interactions and engaging (game) experiences. Working together for 1 billion smiles!



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

## From the heart

Finding your personal goal  
for better health

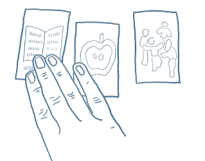
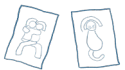
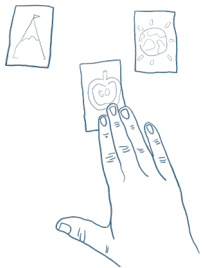
## Why do you want to live a healthier life?

That is the central question of this card game. Many of us want to live a healthier and happier life. But changing our unhealthy habits for healthier ones can be difficult. Often times, we know what we could change to be healthier. But actually sticking long-term with healthy behavior is when most people give up.

To help you stick with your healthy behavior, we've designed this card game. 'From the Heart' is a tool to help you find your personal goal. Because when you have a clear goal, it's easier to form healthy habits.

### How to play

To play this card game, you will need a buddy to help you. This can be someone close to you, such as a family member or friend, or try to play with a stranger. The results may positively surprise you!



#### Finding your three personal cards:

- 1 Your buddy draws the first 3 cards from their deck and places them, face up, in the middle of the table.
- 2 Then your buddy asks you: 'Which of these 3 appeals to you most, in regards to living a happy life?'
- 3 Pick 1 card and place it in front of you.
- 4 Your buddy takes the remaining 2 cards and places them separately on the side.
- 5 Then your buddy will draw 3 new cards from the deck. Again, you can take one card that appeals to you most.
- 6 Repeat this one more time: the 2 cards that weren't chosen are added to the pile on the right side. Now you are holding 3 cards in total.

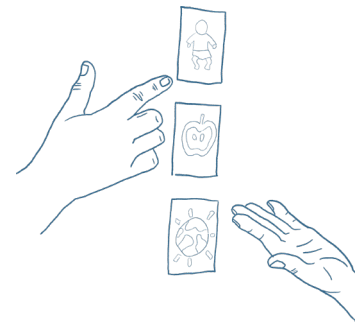


- 7 Your buddy merges the cards that he/she placed on the side back into their deck and shuffles the cards once more.
- 8 Continue as before until your buddy has presented their whole deck to you. Every time your buddy will present you 3 cards at a time.

*You can only hold 3 cards at all times.* This means that if you see a card that appeals to you more than 1 of the 3 cards you're holding, you have to replace it with 1 of your other cards.

#### Explain and formulate your personal goal:

- 9 Now you have your 3 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.
- 10 Your buddy tries to interpret what these 3 cards, in this order, could mean to you. Keeping the main question in mind, of course. He/she tells you what they think they're seeing.
- 11 Well... was your buddy right about what the cards mean to you? Start a conversation by telling your buddy what the cards in this sequence mean to you, and how they help you on your path towards a happier life.



*Explanations of the game are continued on the next page.*