

MACards Exercise “Your Position in Life”

Practice diving deeper into a card with the MACards deck “HE”.

Card © Kamilla Krueger, artist - Viktoriya Kirdiy



Feel free to post your insights and impressions from the exercise and deck in the comments to the video review and send it private through the form www.lifeinglow.com/ask

(Note: I'd be happy to read your message, however cannot provide deeper discussing of the exercise and deck in an email, you are welcome to ask questions on YouTube)

Look at the card, who do you see? What are your first impressions, associations?

Write them down below:

* MACards exercise for self-development *

Look at the card and answer a few questions (take notes of your answers)



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- 1) What does the hero/ heroine feel now? and what is he/she doing?

- 2) Where is he/she coming from and where going to?

- 3) What is his/her attitude, position right now?

- 4) In what way the Hero/ Heroine reminds you of yourself?

- 5) What's on his/her mind and what he/she would say if could speak? To whom he/she would say that?

- 6) What is the hero(ine) holding onto right now?

- 7) How do you feel about it?

- 8) What would you recommend to him/her?

9) What he/she would recommend to you in your actual situation? :)

10) What was the best take out of this exercise for you today?

Share your impressions and insights in the comments to the video!

Any other notes:

SURVEY for the MACards Courses:

- 1) For everyone interested to learn more about Metaphorical Associative Cards and using them for personal development
- 2) For practitioners who would like to learn how to use MACards in work and for personal development

Links to the surveys:

<https://www.metaphoricalcards.com>

Playlist * MACards - Metaphorical Associative Cards *

<https://www.youtube.com/playlist?list=PLIcG5NtLZYbaEn7GRJgCHpVvEczAfHbXL>

Check out the reviews of another deck by the same authors on my channel:

Review of the Deck "SHE" in English: <https://www.youtube.com/watch?v=Q2pc89PsVUo>

Review of the Deck "SHE" in Russian: <https://www.youtube.com/watch?v=9t7ocJSPDA>

(it is so far the most popular video on the channel, English subtitles will be added in the end of July 2021, I offered there a different exercise, so you can watch both versions of the review)

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Enjoy your day,

Warmly,

Tatiana Balashova

www.LifeinGlow.com

www.lifeinglow.com/metaphoricalcards

<https://www.taplink.cc/lifeinglow>

INSTAGRAM: @lifeinglow (Eng-Rus)