

MACards Exercise with deck “HE”

Diving Deeper into a Card (“Your Position in Life”)



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Card © Kamilla Krueger, artist - Viktorya Kirdiy

www.lifeinglow.com/metaphoricalcards

www.linktr.ee/lifeinglow

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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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Playlist * MACards - Metaphorical Associative Cards *

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

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

See the links to the surveys in the description of the review of the deck “He”.

<https://youtu.be/GzRg83eeFxc>

EXERCISE is below on page 2.

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 impression? 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 in life right now?

4) What is the hero(ine) holding on to in life?

5) How would he feel if he let go of something which he/she is holding on?

6) What he /she would say if he/she could speak? (and to whom?)

(optional question)

On a scale from 0 to 10 how much he/she is satisfied with himself/herself?.. and life?

* Is he/she doing what should be doing?

* if not then what he/she should be doing instead?

7) What can he/she change to be more satisfied with himself/herself and life?

8) Does it reflect your situation anyhow? in what way?

9) What can you do to be happier and more content?

Look at the picture again for insights and ideas,

Write down 3 actions YOU CAN DO to be happier and more free:

1) you will do today

2) you will do within 3 days

3) you will do within a week

Today I am going to do:

Within 3 days I am going to do:

Within a week I am going to do:

Did the hero(ine) of the image change anyhow? :)

How do you feel yourself after the exercise?

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

Any other notes:

Enjoy your day,

Warmly,

Tatiana Balashova