2 creative alignment kit

# PLAY-BOOK

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HappyChoiceMaker

# Playbook

Here you will find 8 play formats to help you unlock momentum using your question cards.

Pick a format that resonates, matches your available time and/or fits where you are in your creative journey.

Each format can be done solo, with a friend, in a group, or with a coach.

Don't forget to use the reflection sheet and to shuffle the deck before you draw the cards. There is no better place to fuel your creative process than where you are right now!

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## Spark & Go

### When
You're feeling blank or disconnected and need a creative nudge.

### How
Shuffle the deck, draw one card, and answer it out loud or in writing. Then take one tiny action within 10 minutes, even if it's just opening a blank document or texting someone.

### Energy
Quick, playful, momentum-building

## Gut Check

### When
You need to make a choice but keep second-guessing yourself.

### How
Pick a card (or draw randomly) and answer with your immediate gut response. Say it out loud: Yes, No, or Maybe. No analysis allowed — just notice what your body tells you first.

### Energy
Intuitive, decisive, freeing

## Three-Point Reset

### When
You're overwhelmed and need to ground yourself.

### How
Draw three cards and reflect on them in the order you picked them.

Reflect on the categories and what the order is telling you on where you stand in your creative process.

### Energy
Centering, clarifying, integrative

## The Full Journey

### When
You want deep reflection or are at a creative turning point.

### How
Draw one card from each of the 8 categories. Spend the day journaling, walking, or sitting with each question. Let them reveal the full map of where you are.

### Energy
Spacious, contemplative, insightful

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## The 1 That Stings

### When
You're looping in confusion or avoidance.

### How
Keep drawing cards until one hits a nerve — the question that makes you uncomfortable or excited. There is a gem hidden in its trigger. Sit with it. Write about it. Act on it.

### Energy
Truth-seeking, breakthrough-focused

## Morning Intention

### When
You want to set a creative tone for your day.

### How
Draw one card as your guiding question for the day.
*Optional: draw three more as supporting reflections. Check in with your card at midday and evening to see what shifted.*

### Energy
Anchoring, purposeful, gentle

## Leap Day

### When
You've been hesitating and need a push into action.

### How
Draw one card and commit to taking bold, aligned action within 24 hours. No overthinking. Just move.

### Energy
Brave, momentum-driven, activating

## Let it Simmer

### When
You're in need of incubation, not activation.

### How
Draw a card, read it once, and then don't answer it. Put it somewhere visible and let it simmer in your subconscious. Notice what insight or shift arises naturally over the coming days.

### Energy
Patient, receptive, intuitive

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