

Focus

The Coach in You

Directions for working with Focus Cards kit:

Focus Cards offer three levels of reference for work: the title, the illustration and the accompanying message.

You may work with every level separately or use the three for a combined impact. However, always be aware of your focus, and what it echoes in your heart.

Suggestions for projective work with Focus Cards kit:

Your Daily Message

Choose between 1 to 3 cards. Observe them, read them.

What became your point of focus in the card?

What feelings or emotions does it awaken in you?

Imagine, how would your reality be affected if you acted upon the message brought to you by this card? Out of all your gifts, which power would you need to bring forth in order to act?

Your relationships

Think about any relationship you have. Place the pack face-down and intuitively choose one card.

-2-

See how you associate the message on the card with your relationship. What does the message encourage you to do?

Goals and Reality

Choose one goal you would like to achieve.

Place the cards face-up and openly choose one card that you think can help you reach your goal.

This card represents the known and the familiar.

Place the rest of the cards face-down and intuitively choose one card. This card represents an alternative perspective to accompany you.

Note the similarities and the differences between the cards. Find out which way is the right way for you. Combine the messages of the two cards.

What is the new message created?

Focus Cards kit can be used in any creative manner. You can use the cards to diagnose others, define your own cards by yourself or choose to do so by receiving feedback. The more you use your cards the greater your creativity will be, and the better your diagnostics abilities will become.

Create your own ways of working with **Focus Cards** and share your experience in our website.

For more information visit:

www.itzicards.co.il