

These cards have been produced by Louise Hayes for the purposes of translating them into languages other than English.

This file is not for distribution.

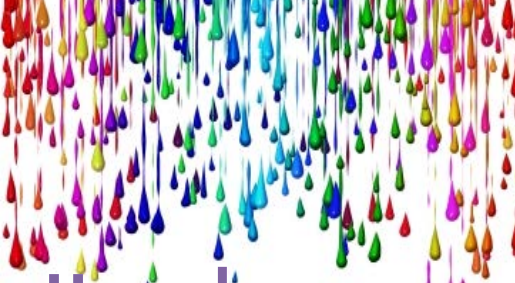
The original file explaining the background to the cards and some of their uses should be distributed with the cards. This file can be located at

[http://contextualpsychology.org/louise\\_hayes\\_training\\_page](http://contextualpsychology.org/louise_hayes_training_page)

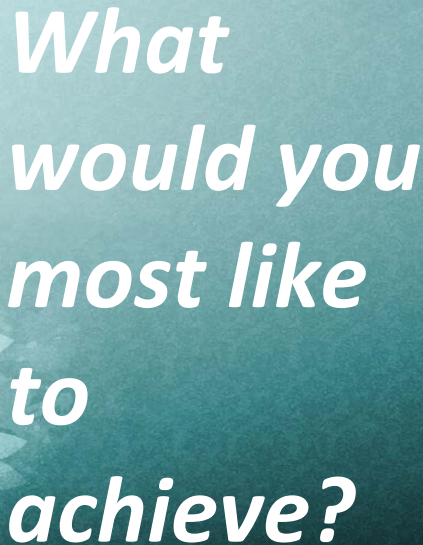
The pages are sized to allow 9 cards to be printed on each A4 page

The pattern only (no words) card can be used as for the reverse if you would like to print double sided (not necessary, just a bit fancy)





How do your  
values differ  
to those of  
your family?

The background is a solid teal color. On the left side, there are faint, stylized illustrations of bubbles and leaves. The text is centered and written in a white, italicized, sans-serif font.

*What  
would you  
most like  
to  
achieve?*

*What do  
you hope  
for?*



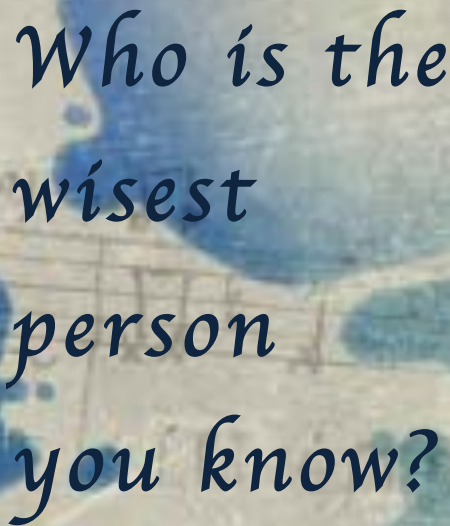


**What is the  
most  
important  
thing to you  
right now?**

A photograph of a dirt path winding through a forest. Sunlight filters through the trees, creating a warm, golden glow on the path and foliage. The text is overlaid in a white, elegant script font.

*What is  
your  
main  
purpose  
in life?*





*Who is the  
wisest  
person  
you know?*

*What does*

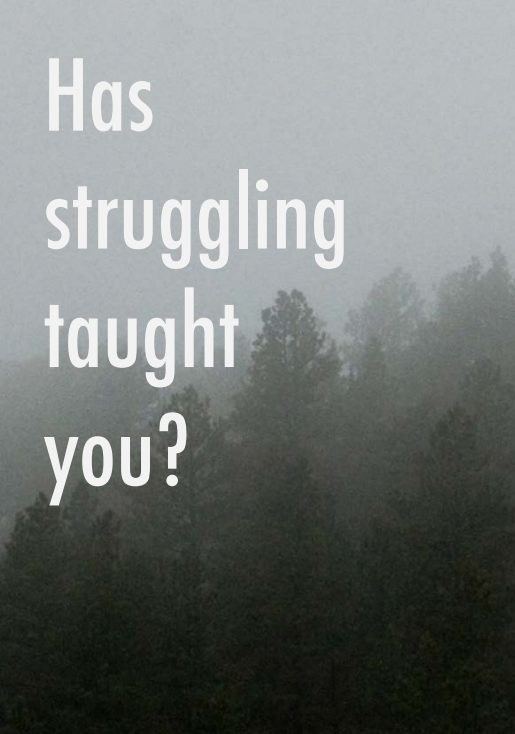
*FREEDOM*

*mean*

*to you?*

The background features a complex, artistic design of swirling lines and stylized leaves in shades of beige, cream, and light brown. The lines are fluid and organic, creating a sense of movement. The leaves are elongated and pointed, some with darker outlines. The overall effect is a textured, painterly backdrop for the text.

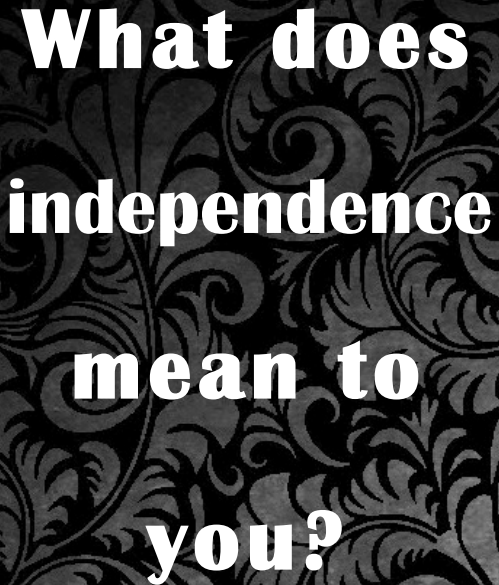
**Do you  
prefer  
blending in  
or standing  
out?**



Has  
struggling  
taught  
you?



**What  
makes  
a  
good  
life?**



**What does  
independence  
mean to  
you?**

*What  
makes  
you  
strong?*



**Have you  
ever  
wanted to  
create?**



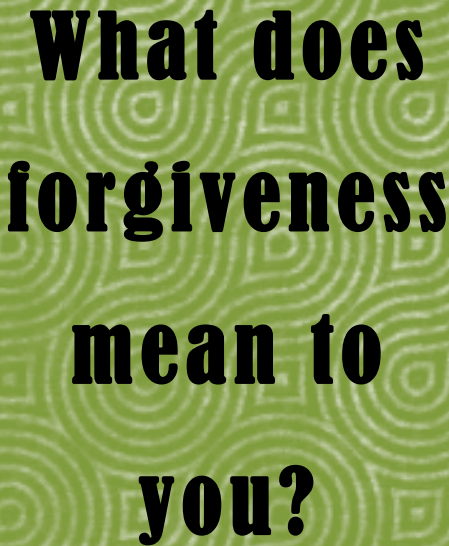


**What is  
it like to  
learn?**

*What  
would you  
do if you  
were rich?*

*What do  
you hope  
people will  
remember  
about you?*

*What does  
it mean to  
Love?*



**What does  
forgiveness  
mean to  
you?**

**Who is the  
most  
compassionate  
person you  
know?**

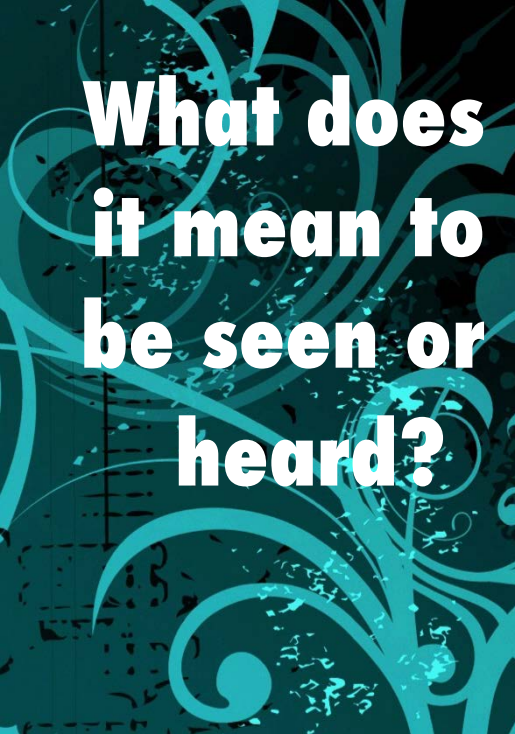


**What would  
it be like  
to trust?**

**Have  
you felt  
despair?**








**What does  
it mean to  
be seen or  
heard?**



*Who would  
you most  
like to  
thank?*

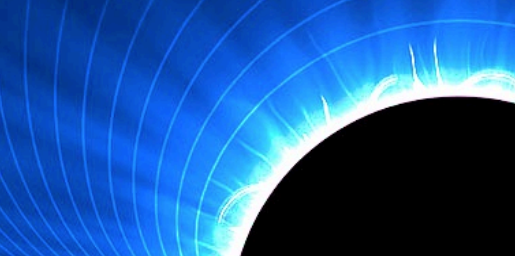


What is the  
hardest thing  
to accept  
about  
yourself?

The background is a complex, abstract pattern of thin, overlapping lines in various shades of blue and green. A prominent, thick yellow arc curves across the upper right portion of the image. The overall effect is a sense of dynamic, interconnected energy.

**What  
makes  
a  
friend?**

**Who has  
taught  
you the  
most in  
life?**





**What  
does it  
mean to  
find  
peace?**

**Have you ever  
longed for  
something?**



**Imagine you  
could achieve  
anything -  
what would it  
be?**





The background of the image is a solid blue color. Overlaid on this are numerous white, glowing, and slightly blurred lines that swirl and crisscross across the frame. These lines vary in thickness and brightness, creating a sense of motion and depth, similar to light trails or abstract brushstrokes.

**Have you  
ever been  
let down?**

**Have you  
dreamed of  
doing  
something  
extraordinary?**





**Have  
you  
ever  
been  
bullied?**



**Have you  
ever felt  
unsafe?**

**Have  
you  
ever  
thought  
of  
dying?**





**Have  
you  
ever  
been  
lost?**





















The following pages are sized to allow 9 cards to be printed on each A4 page

The domain coloured cards (e.g. valuing ourselves) card can be used as for the reverse if you would like to print double sided (not necessary, just a bit fancy)



# **Valuing Ourselves**

# Seeing possibilities



# Getting physical



# **Feeling pleasure**



**Giving  
thanks**



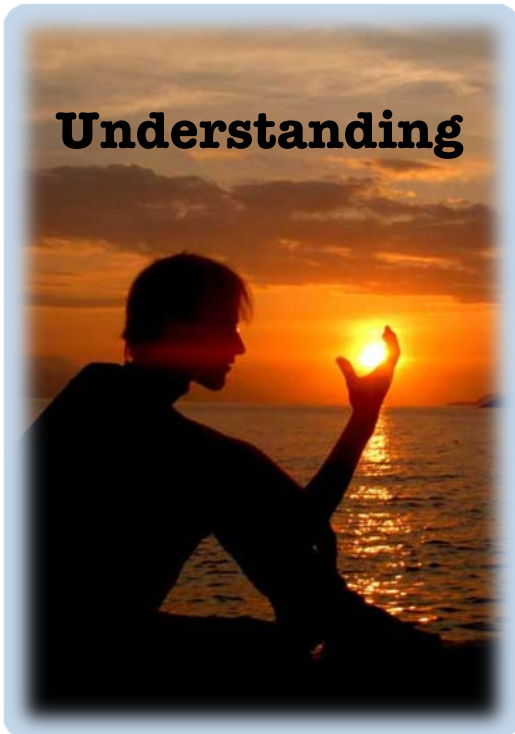
# Finding peace



**Asking for help**



# Understanding





**Accepting yourself**



# **Valuing Relationships**

A close-up photograph of two hands clasped together in a supportive grip. The hands are positioned diagonally across the frame, with fingers interlaced. The skin is a warm, light brown tone. The background is dark and out of focus. Overlaid on the center of the image is the text "Being compassionate" in a bold, white, serif font.

**Being  
compassionate**

# Trusting



# Belonging



*Esther Myer*

**Being  
truthful**



A photograph of a family of four walking away from the camera on a sandy beach. The father, in a blue and white striped shirt and khaki pants, holds the hand of a young boy in a striped shirt. The mother, in a light blue t-shirt and khaki pants, holds the hand of a young girl in a dark blue shirt. They are all walking towards the ocean under a cloudy sky. The text "Loving and being loved" is overlaid in white at the bottom.

**Loving and  
being loved**



**Connecting**



**admiring**



# Appreciating



# **Valuing Living**

**Creating**





**Dancing with joy**

# Achieving

90





**Daring to  
dream**

# **Seeking knowledge**





**Seeking freedom**



**Embracing  
the moment**



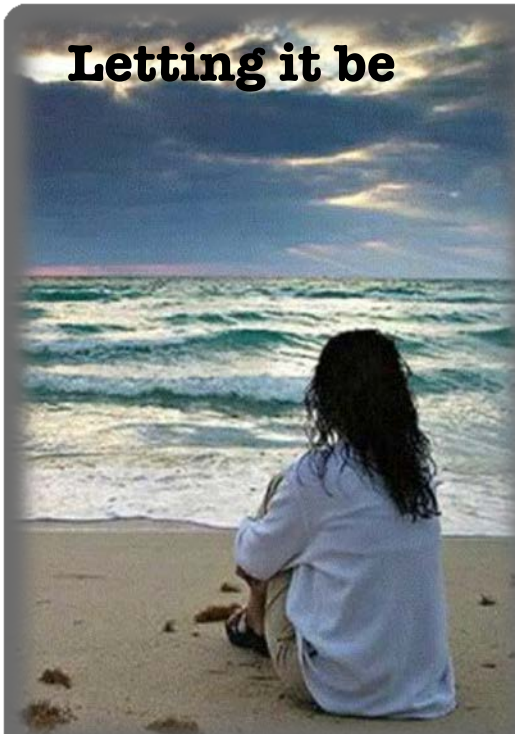


**Imagining**

elvinde 2008

**Valuing  
in the presence  
of difficulty**

**Letting it be**

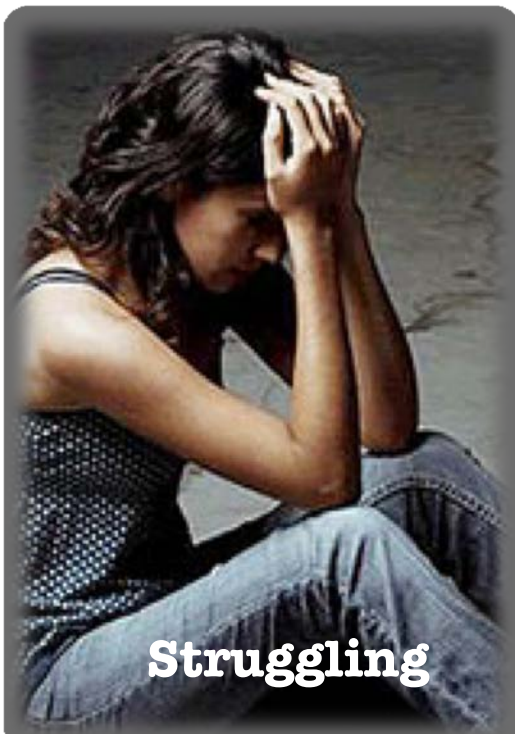


# **Seeking wisdom**



# Staying with uncertainty





**Struggling**



**Saying  
goodbye**





**Feeling secure**

**Feeling  
different**





**Forgiving**