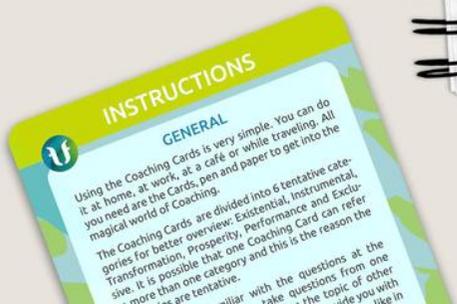


HOW-TO INSTRUCTIONS



The only way to change the world around you is to change your perceptions, expectations, and beliefs about it.

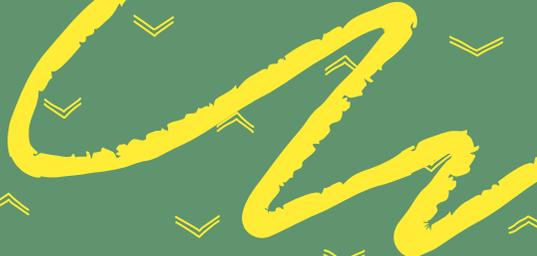
Change is a process, which does not occur in a day or with one-time action. It rather takes a sequence of small activities on a regular basis.

Transformika Coaching Cards is an **award-winning**, ready-to-use tool that can support you through the process of transformation. Their use requires no previous experience, no special training or external facilitation.

All you have to do is pick one of the **32 Life & Professional topics** - explore it, get inspired, and take action. Transformika Cards are result-oriented, based on applied psychology, and powerful coaching questions.

Do it by **yourself, with a partner, or in a team.**

Have fun, while releasing your personal and professional potential. **Transformika Cards empower sustainable personal and professional growth in individuals & teams.**



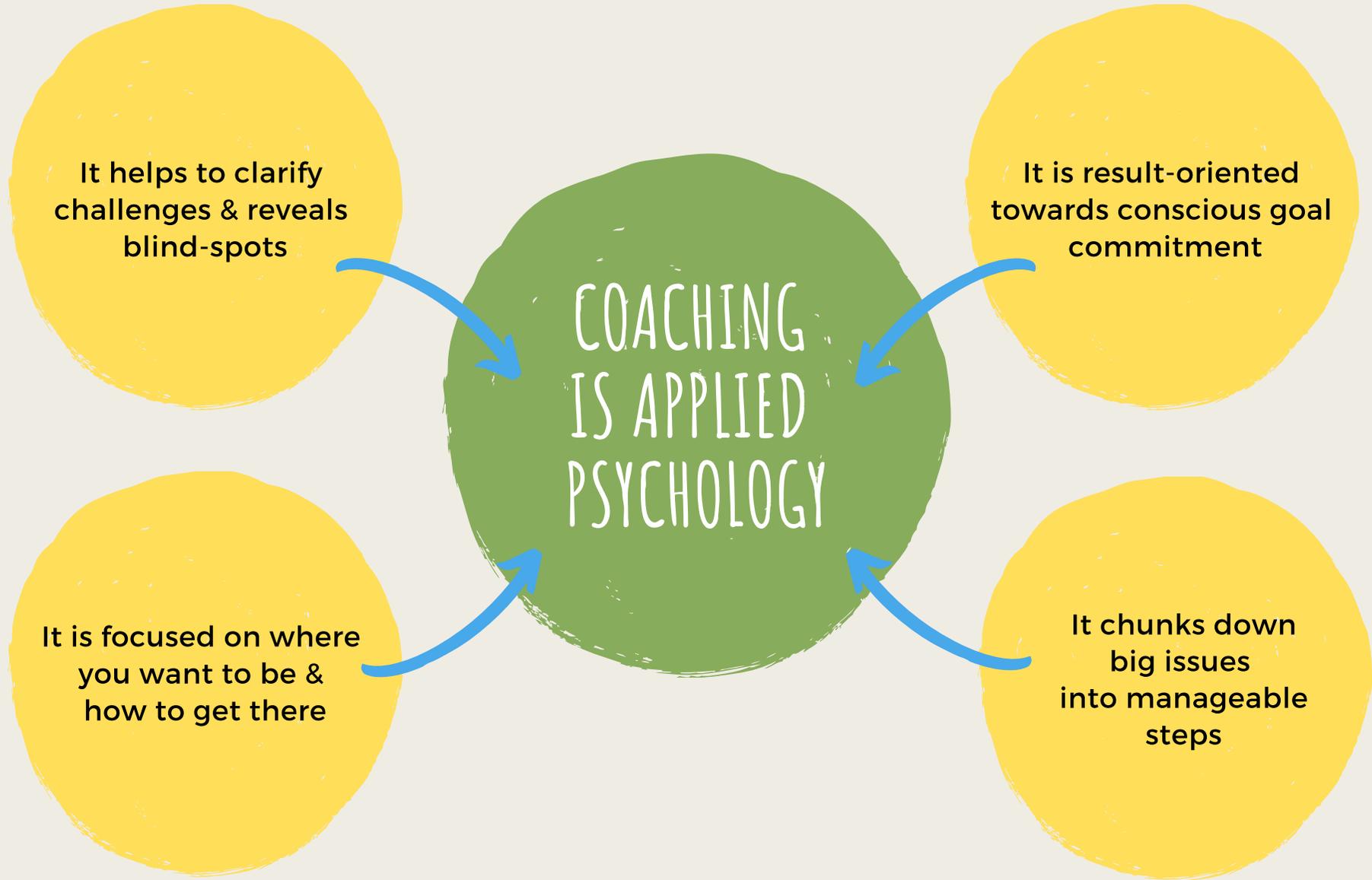
“

If you change the way
you look at things, the
things you look at
change!



WAYNE DYER

WHY DOES COACHING WORK



APPLICATION OF TRANSFORMIKA CARDS

For individual use (at home, at work, in a café, or while traveling)

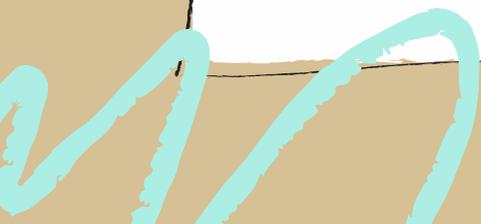
With a friend, a colleague, a coach, a mentor or a consultant

To facilitate team meetings, interest groups gatherings, or classroom activities

As a follow-up tool to preserve the transformative effect of workshops, training or seminars

For practical exercises during training and team-buildings to support desired transformation

As a valuable personal or corporate present



WHAT'S IN YOUR SET

- ★ 32 Life & Professional topics
- ★ 300+ Powerful Questions
- ★ 2 Creativity Cards (Jokers) stimulating idea generation
- ★ 3-step systematised approach
- ★ 60 positive affirmations for developing a growth mindset
- ★ Instructions



BENEFITS

Facilitates you in finding out what really matters to you

Can refine your skills to ask powerful questions

Initiates you to improve your self-awareness & self-knowledge

Develops your growth mindset

Encourages you to transform negative emotions into creative energy

Keeps you motivated as you go through individual or team transformations

Supports you finding out your own answers & practical solutions

Boosts your emotional intelligence

Can be used individually, with a partner, or in your team or group of interests

Stimulates full-fledged communication in a friendly atmosphere

Encourages clarity, empathy, understanding, and creativity for yourself or your team

Increases your personal & professional leadership capabilities

✕ Welcome to Transformika family!

... Here are the 32 topics included in your deck:

EXCLUSIVE

Relationship challenge
Procrastination
Uncertainty & adversity
Decision making
Learning & development

EXISTENTIAL

Forgiveness
Life purpose
Letting go
Life vision
Happiness

INSTRUMENTAL

Problem solving
Goal setting
Conflict resolution
Stress management
Time management
Motivation
Creativity

PERFORMANCE

Change management
Delegation of tasks
Performance
Achieving success at work
Team work

PROSPERITY

Dealing with anxiety
Health issue
Suffering from overwhelm
Dealing with disappointment
Inability to focus

TRANSFORMATION

Habit change
Fear of failure
Work-life balance
Dealing with emotions
Boosting self-confidence

We wish you a pleasant journey!



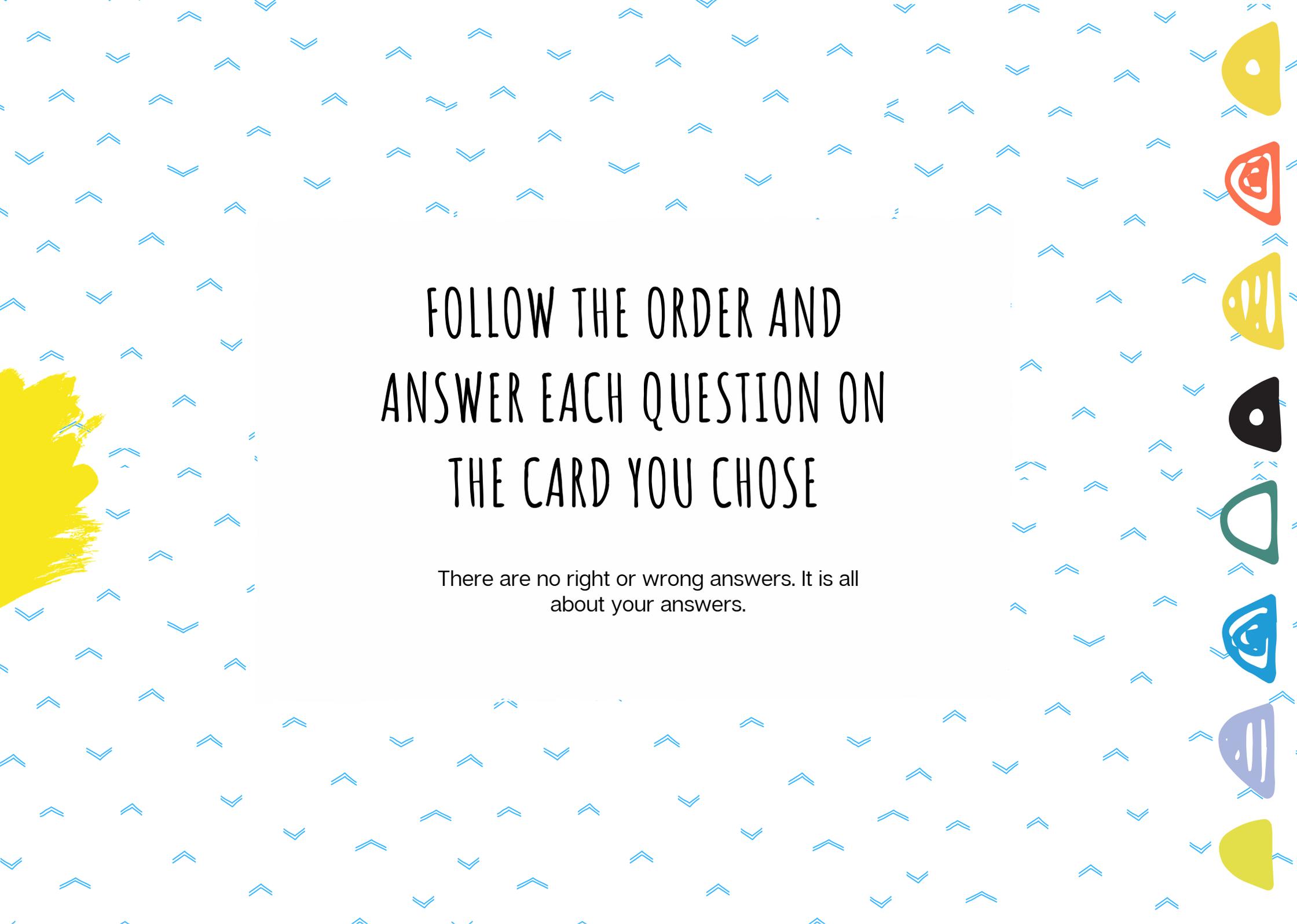
transformika

CHOOSE A TOPIC

Choose a topic that resonates the most with your current goal, challenge, or problem

OR

Pick a random card from the deck with 32 topics



FOLLOW THE ORDER AND ANSWER EACH QUESTION ON THE CARD YOU CHOSE

There are no right or wrong answers. It is all
about your answers.





Recommended time
20-25 minutes

INDIVIDUAL USE

- ★ Create a safe space, where you can be 20-35 minutes undisturbed.
- ★ Try and be honest with yourself to get a meaningful result.
- ★ Put your answers in writing. It has three main advantages:

FIRST:

Writing down thoughts and feelings structures and order them for you. This makes it easier to see the whole picture rather than just fragments.

SECOND:

Writing down helps you distance from your topic and look at it more objectively.

THIRD:

Your brain has “operational capacity” - everything you keep in it takes out of it. Writing things down liberates capacity and space that you can use in the process of problem solving and idea generation.





Recommended time
20-30 minutes

WITH A PARTNER

- ★ Create a safe space, where you will be undisturbed. Promote honesty and avoid judgments for achieving maximum results.
- ★ Listen carefully, avoid interrupting, talk less (70% listening | 30% talking).
- ★ Ask additional questions (agree on that in advance). Make sure they start with: What? Who? When? How? Where? Which? Avoid the question Why? if you are not sure where to use it. It may provoke a guilt feeling or an ego reaction that can negatively influence the process.
- ★ Try not to lead your partner towards ideas, solutions, or decisions that you think are right, even though you have tested them. It is about him or her and what is best for them. We are all different and what works for one of us will not necessarily work for the other. You are the catalyst that facilitates the discovery of the other person.
- ★ Do not forget to have fun!



Recommended time
40-60 minutes

TEAMS | GROUPS

- ★ Preselect 3-5 topics that are the most relevant to the current needs of the team or the group.
- ★ Let the team or the group vote on each topic. Pick and start working with the one, which won the most votes.
- ★ Choose a moderator that will ask the questions on the chosen Card one by one and will ensure order and nonviolent communication. The moderator decides on the timekeeping and on the recording of the answers, ideas, and propositions that the team or the group generates.
- ★ Each team member answers each question. **The rule is that nobody is allowed to repeat, agree, or slightly alter an already given answer, proposition, or idea.**
- ★ Enjoy the power of co-creation!





Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition.

STEVE JOBS

A large, expressive yellow brushstroke is located on the right side of the slide, extending from the middle to the bottom.

3-STEPS PROCESS

Information, opinions, expectations,
values, fears, ideas, limitations

STEP 1



Explore the problem, idea,
challenge, & it's reality

STEP 2



Generate as many ideas
(not solutions) as possible

STEP 3



Choose one idea
& commit to a
first step

ACTIONABLE RESULT

STEP 1: EXPLORATION

Step 1 is covered by the first 4-5 questions on each Transformika Card.

The questions aim to explore the goal, the challenge, or the problem in order to give you a complete picture.

Following the questions you will explore what have you done or not done so far in regard to the topic; what is happening or not in your life now; what makes the change necessary or important right now; what is in stake; and what are the benefits of achieving what you want.

To get better results, try to be as honest as possible.

“

Exploration is what you do when you don't know what you're doing. That's what scientists do every day.

NEIL DEGRASSE TYSON

STEP 2: IDEA GENERATION

Step 2 - question 5 or 6 on each Transformika Card invites you to work on the options you have in regards to achieving your goal or solving your problem.

The aim is to generate as many ideas as possible. You are looking for ideas (options), NOT for solutions. One "stupid" idea may trigger a completely new solution.

Remember: you are not supposed to implement all the ideas you generate. Go for quantity, not for quality. The more ideas, the bigger the chance you will go beyond the obvious. Only then you can come up with something innovative you have not already thought of.

RULES OF BRAINSTORMING

- ★ Do **NOT** judge or censor ideas while generating them - simply write them down. Perhaps the most foolish idea is to become the trigger for a new unexpected solution.
- ★ When generating ideas, it is good to add a time limit (i.e. 20 ideas in 5 minutes). The brain focuses much better when it is restricted because it has no time to drift away or to judge.
- ★ Generate ideas while standing up - this also stimulates creativity.

CREATIVITY (JOKER) CARDS

Creativity Cards (Jokers) you can use in the process of brainstorming options and ideas when you need some extra inspiration or a different point of view.

The Creativity Joker Cards are designed to move you from using your left (analytical) hemisphere of your brain to using your right (creative) hemisphere so you can come up with new ideas.

The questions on the Joker Cards can be answered in succession; you can choose which questions to answer; you can decide to answer only 5 questions, 10 questions, or all of them.

Generate as many as possible ideas to choose from & enjoy the process!

STEP 3: A WAY FORWARD

Step 3 is the action-oriented part. These are the last 4-5 questions on each Transformika Card. With the help of the questions, you evaluate your ideas (options).

In the end, **you need to choose just one option to start with.**

No need to over evaluate your options. Your choice can be based on what you can implement the fastest, what is the easiest to do, or just choose the one idea that you like the most.

Then you will be prompt to identify the first you will take, and commit to it.

When you start taking action, you will be able to enjoy the boost in your personal and professional growth!





Transformation is a process, not an event.

JOHN P. KOTTER

WE WISH YOU JOY & LUCK!

Contact us:

hey@learn-to-inspire.com

Find us on:

www.learn-to-inspire.com

www.transformika.org

www.playcraft.co