Begin *here*

A free pack to use alongside the book.

Nothing here is magic. No rituals, no secret formulas, nothing to believe first. It is a game your mind already plays. You are learning to play it on purpose.

START HERE

- **My decision** · *put one decision on paper.*
- **The meaning I add** · *separate the facts from the story.*
- **The sequence** · *a poster to keep where you can see it.*

DURING THE DAY

- **Character of the day** · *a playful experiment, just a game.*
- **Wallet cards** · *carry the questions with you.*

WHEN YOU NEED THEM

- **When the old story returns** · *a one-page reset.*
- **Nothing has to change first** · *start from here.*
- **Be okay either way** · *free your worth from the result.*

WITH THE BOOK

- **Experiment cards** · *one for each Perspective Lab, plus two blank.*

Print at 100% (actual size). Letter and A4 versions are included.
Use a pen you like. There is no right way to fill these in.