

How to Use Focus Cards

A short guide to working with reflective cards

Welcome

Focus Cards are reflective tools designed to support pause, clarity, and intentional choice.

They are not predictive.

They are not prescriptive.

They are not designed to tell you what to do.

Instead, they offer **questions, images, and prompts** that help you notice what is already present, and decide how you wish to respond.

There is no correct way to use these cards.

There is only *your* way.

This guide offers a few gentle approaches you can return to whenever you need orientation, reassurance, or a place to begin.

What Focus Cards Are (and Are Not)

Focus Cards are:

- invitations to reflect
- prompts for awareness
- companions for conversation
- tools for insight and dialogue

Focus Cards are not:

- fortune-telling tools
- therapy
- diagnosis
- fixed systems with right or wrong answers

They work best when approached with **curiosity rather than certainty**.

Before You Draw a Card

Before selecting a card, take a brief pause.

You might:

- slow the breath
- notice the body
- soften the shoulders or jaw

Rather than asking:

“What does this card mean?”

You may find it more helpful to ask:

“What is being invited into my awareness right now?”

“What do I need to notice, pause with, or respond to?”

This small shift keeps the cards working *with* you, not *over* you.

A Simple Way to Work with Any Card

1. Begin With Presence

Pause before engaging with the card.
Let yourself arrive.

There is no need to rush into meaning.

2. Look Before You Read

If the card includes an image, look at it first.

Notice:

- colours
- shapes
- symbols
- where your attention lingers

Pay attention to **felt sense**, not interpretation.

3. Let the Words Be a Mirror

Now read the words or question on the card, slowly.

You might notice:

- a phrase that stands out
- a subtle resistance
- a quiet sense of recognition

The card is not giving answers.
It is **reflecting something back to you.**

4. Close With a Question

Rather than concluding, leave yourself with a question.

For example:

- What feels important here?
- What small response feels possible?
- What wants more time or space?

You may choose to journal, walk, talk, or simply carry the card with you through the day.

Using One, Three, or Nine Cards

One Card, Clarity

A single card offers a point of focus for the moment.

Useful for:

- daily reflection
 - grounding
 - decision pauses
 - opening or closing a meeting
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Three Cards, Story

Three cards allow a sense of movement or relationship.

Common ways to arrange them include:

- past / present / emerging
- challenge / response / learning
- situation / inner experience / next step

Three cards invite **context**, not conclusions.

Nine Cards, Map

Nine cards offer a wider field of reflection.

Often arranged as a 3×3 grid:

- top row: wider influences or context
- middle row: what feels central now
- bottom row: foundations, patterns, or what is forming

This format is useful when exploring complexity, transition, or interconnected themes.

Working With Others

Focus Cards can be used:

- one-to-one
- in groups
- in coaching or facilitation
- in meetings or workshops

When working with others:

- allow each person to speak for their own card
- avoid interpreting for someone else
- let silence be acceptable
- trust that different responses are valid

The role of the cards is to **open dialogue**, not direct it.

If You Feel Unsure

If you ever feel unsure whether you are “using the cards correctly”, return to this:

If the cards are helping you:

- pause
- reflect
- notice
- choose more consciously

Then they are working.

There is no hidden technique to master.

Optional Digital Companions

Alongside the physical cards, there are **free digital companions** available to support reflection and exploration.

These are optional tools, designed to help you think, notice, and articulate insight, not to interpret cards for you or replace your own understanding.

They can be especially helpful if you:

- like to journal but don't know where to start
- want help phrasing thoughts or reflections
- are working through a question and want structured prompts
- are using the cards in coaching, facilitation, or group settings

How They Work

You can bring a card, a question, or a theme into the GPT and use it to:

- explore reflective questions
- reframe situations
- structure thoughts
- support journalling or dialogue

The GPT will not tell you what a card means.

It will help you **listen more closely to your own response**.

Free Focus Day Training GPTs

You can access the free tools here:

Focus Cards Reflection GPT

<https://chatgpt.com/g/g-focus-cards-reflection>

Supports:

- personal reflection
 - journaling prompts
 - working with one or more cards
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Resilience Cards Companion GPT

<https://chatgpt.com/g/resilience-cards-companion>

Supports:

- professional reflection
 - coaching and facilitation
 - team and organisational use
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A Gentle Reminder

Whether you use the cards alone, with others, or alongside the digital companions:

- you remain the authority on your own experience
- meaning is not extracted — it is discovered
- the tools are here to support awareness, not direct outcomes

Use what helps.

Leave what doesn't.

Closing Note

Focus Cards are not teachers.
They are companions.

They do not walk ahead of you.
They walk beside you.