

# 'IGNITE YOUR POTENTIAL'

## Development Cards



Ignite Your Potential is a creative development tool with a holistic spin towards personal development based on the concept of the Major Arcana. In our adapted version each card has a dedicated theme and symbol to help you reflect, review, reconcile, re-engage or take action towards powerful areas of personal development: **Actions that will transform your life.**

Twenty-two of the themes have a tie into the traditional 'Higher Arcana' and 3 additional elements which, in the book, are additional book end thought provokers. This set of development cards compliment the book of the same name and also the online and live programs for a deeper dive and personal evolution!

In using these cards you can leverage them holistically by treating or viewing cards drawn as a mirror. In the same way a mirror reflects back how you see yourself, cards randomly attracted may highlight your own, or others projections relating to life, hopes, fears, strengths, opportunities, growth, evolution and love. Each card, visually and symbolically represented, provoke initial thought and you can find some ideas and tips on this free download. You can also read more in the book 'Ignite Your Potential'.

I collaborated with a wonderful illustrator, Deborah Gillham, to bring my vision to this body of work to life. In doing so you'll also notice an evolution of colour that aligns to the themes of balancing the seven chakras.

## RED

The root chakra. The Muladhara chakra. It harmonises basic survival, logic, order, vitality and passion.

## ORANGE

The sacral chakra. The Swadhisthana chakra. It is symbolic of compassion, desire and taste.

## YELLOW

The solar plexus chakra. The Manipura chakra. It relates to creativity and personal and professional success.

## GREEN

The heart chakra. The Anahata chakra. It bridges low and high energy centres and is associated with self-respect, altruism, kindness and relationships.

## BLUE

The throat chakra. The Vishuddhi chakra. It represents listening, thinking and communication.

## INDIGO

The third eye chakra. The Ajna chakra. It focuses on the higher plane of consciousness, imagination, wisdom and authenticity.

## VIOLET AND WHITE LIGHT

The crown chakra. The Sahasrara chakra. It represents collective consciousness, joy, grace, optimism, fulfillment and universal love.

To draw the cards, shuffle them, or cut and rejoin the deck several times. You can even fan them out in your hand or face down on a table. Then select card or cards randomly. Some ideas and methods:

- Choose one randomly, like an oracle, as a theme for the day.
- Draw one randomly to act as your theme to focus on for a week.
- Leverage more traditional tarot card layouts such as:
  - 3 card layout: Past, present, future
  - 3 card layout: 3 themes to simultaneously focus on
  - 3 card layout: 1 for focus on general life, 1 on love, 1 on vocation
  - 3 card layout: Aspects of challenge for personal growth
  - 3 card layout: Root problem, how to deal with it, the resolution
  - 2 card layout: Whats the outer attitude, whats the inner truth

You can even use more complex, 5, 7 and 9 card layouts or even design your own. The main point is to be clear with the question you are asking yourself or the aspect of life being represented prior to drawing your cards.

In the remainder of the document are some quick tips associated with working in each area. You will find more context and ideas in the book 'Ignite Your Potential' or through online and live programs that will be available.

## POTENTIAL

Give thought to tapping and increasing areas of personal potential and fulfillment. Some questions to ask yourself in order to ignite the spark and release your potential:

- What inspires me?
- What are my talents?
- What am I capable of?
- What's important to me?
- What have I been afraid to start?

## SELF CONFIDENCE

Take a healthy stock take of your self efficacy (skills and talents) and begin to truly value yourself with a healthy self-esteem. Find and practice methods of improving self confidence which may include:

- Regularly compliment others because how you view others is a reflection of how you view yourself
- Being more mindful of your posture and style. Our body language shows our internal state of mind
- Positive affirmations beginning with "I am ..." and following up with whatever it is you hope to achieve

## SELF CONTROL

Improving the ability to master one's emotions, moods and triggers. Displaying temperance, balance and calm judgment. Pro-actively challenge and seek areas to improve self-control over instant gratification or external frustrations beyond your direct control.

- Recognise where you are lacking in self-control and strive for improvement
- Look at your temptations objectively and they will no longer appear so alluring
- Eliminate the things that trigger pointless indulgence

## ATTITUDE

Attitude, not aptitude, determines one's altitude. Your attitude, like the clothes you wear each day, is a choice. Acknowledge where things aren't great yet don't get stuck there.

- Kick-start each day with something positive
- Seek out people who inspire and encourage you
- Be polite and find people and things in life which make you smile

## WELLNESS

You lose weight in the kitchen and get fit in the gym yet your overall wellness comes from the level of conscious control you have over your headspace. Consciously map out a plan for your overall wellness. Find a training coach, and figure out a nourishment plan.

- Enjoy a balanced lifestyle that takes both your physical and mental health into account
- Be sure to nourish your mind, body and spirit
- Spend some time alone in silent meditation, in nature, or out on an adventure

## PRESENT

Attachments to certain future outcomes or living in the past can prevent us from happiness and create suffering. Releasing oneself from attachment to the past or future is part of the path to fulfillment.

- Take note of how often you think about the past and the future, and compare it to how often you're in the moment
- It's okay just to do nothing sometimes. You don't need to feel obligated to say yes to everything
- Eliminate physical clutter and purge yourself of unnecessary possessions

## SELF REFLECTION

The world is bigger than we think it is. Other people impact us all the time, even if we can't feel or see it. Sometimes it's for the best, and other times they let us down, but either way, it's important not to play the blame game. We can't avoid personal responsibility. So, before you point the finger of blame, in victimhood, be sure to face the mirror first. In every situation there is some part – however small – that is yours to own, so own it.

- Seek and encourage honest feedback
- Consider studying a behavioural science (EQ, DISC, WPMot) to help identify your values, skills and abilities
- Look at the situation from a different perspective

## TONICS

Sometimes it's easy to hold onto what we know to be septic, simply because it's convenient, habitual or cheap, but there are always smarter and bolder moves that can be made. Personify the tonics and toxins in all aspects of your life and make a conscious decision to surround yourself with the best situations and people. Flush the perfunctory, or just plain nasty, toxic ones out.

- Establish and then maintain healthy boundaries with others
- Take personal responsibility and accountability for your mistakes
- Always be willing to make a stand for what you believe in

## DECISIONS

You are already equipped to make critical choices in your life swiftly if you follow some fundamental principles for better decision-making. While it's possible not to do enough research, it's also possible to do too much. While it's possible to be too emotional about a decision, it's also possible to not be emotional enough. While it's possible to seek too much input from others, it's also possible not to seek enough.

- Disregard your ego and excess emotion when you're making a decision
- Ensure that you have sufficient information and advice from reliable sources
- Avoid over-thinking (over-thinking kills happiness) so that you don't suffer from decision-making fatigue

## ADAPTABILITY

Change is constant. Ongoing development and adaptability are therefore key landmarks and a personal trait to master on the road to success. Being open to change and allowing time for conscious adaptation ensures that we check in, update or do a complete reboot in any area of life as required.

- Shake things up by changing your routine every now and again
- Train your mind to see change as an opportunity
- Use Edward de Bono's Six Thinking Hats to challenge your view on a particular task or situation

## GOALS

Having direction and purpose is important; otherwise you are a ship without a rudder. This is where, to achieve your goals, you stop trying to force things into happening. By doing so you simultaneously have goals whilst living in the present. Yes, plan your map to success and aim for goals that align with your natural gifts and strengths, however, don't get so attached to every pit stop that you miss out on something even better along the way. Being detached means being flexible.

- Visualise, write down, or record your goals and frequently remind yourself of them
- Make sure your goals are specific and achievable
- Share your goals with someone who you know will keep you in check

## PRODUCTIVITY

Your time and what you do with it is the most precious commodity you have. The days you feel most on track probably aren't the ones you spend lounging around watching back-to-back episodes of Game of Thrones. Days of absolute fulfilment and productivity are the ones when, as Margaret Thatcher would say, "you've had everything to do and you've done it."

- Focus on less in order to get more done
- Stick to your priority tasks and goals
- Minimise your distractions

## CONSISTENCY

Consider that it is in all areas of life (the way a personal trainer hammers home the concept of change through ongoing diet and physical training): It's not exercising any muscle once in a while or chowing down healthily for a week that delivers results. It's a constant, steady, determined effort that delivers results. Consistency in all shapes and sizes determines your overall success. Consistency in energy directed with purpose. Consistency is a core conduit through which trust is established, deeper trust is built upon and relationships then maintained over a long period of time.

- Make sure your words and actions are aligned
- On the days you are feeling challenged and unmotivated, do it anyway
- Keep your eyes on your commitments stay accountable by checking in with yourself along the way

## CREATIVITY

Logic will get you from A to B. Imagination will get you everywhere. Creativity invites fun. Creativity allows innovation. Creativity creates space for growth and change.

- Break the routine – wear your watch on the other hand, try a different coffee in the morning, take a different route or mode of transportation. The size of the disruptive experience doesn't matter, as long as they take you out of autopilot and give you a chance to experience the world.
- Encourage new and inspirational thoughts with word puzzles and games
- Try to meditate to clear the way for some creative thoughts or simply allow some creative play time, without analyzing the results. Leverage a creative pursuit.

## COLLABORATION

Collaborative efforts of small groups of like-minded people is something that, time and time again, has proved to change the world. Collaboration opens doors and possibilities that the individual alone may not even see. Find the best collaborators.

- Participate in a mastermind group to transform ideas into something greater
- Be aware of individual communication styles, strengths and weaknesses
- Be willing to be vulnerable and open in your collaborations

## CHALLENGE

**'Strong timber does not grow with ease. Stronger the wind, stronger the trees.'**

Strive confidently towards challenges that you're willing to weather trials and tribulations for; challenges that take you out of your comfort zone. Challenges you believe are accomplishable without causing stress, anxiety, boredom or complacency.

- Be aware of your strengths and weaknesses, and set yourself challenges that align with them and your goals
- Create a bucket list and then tick something off
- Do something you've been putting off for ages

## STRENGTH

Mining and polishing your inner strength like a diamond. Diamonds being the strongest substance known to man. Withstanding enormous external pressures. Insulate and magnify your energy and resilience to remain positive. Block the naysayers and learn to back yourself.

- Increase your levels of empathy
- Back yourself once you've made decisions
- Pick your battles: know when to make a stand and when to walk away

## ACCEPTANCE

There is little in the world, outside of oneself, you can control. Serenity exists where you trade expectations for acceptance. Enlightenment is the acceptance of what is. If the ability to accept and forgive were inherently magnified human qualities, the world would surely be a better, happier place.

- Realise that you cannot control everything. Identify what it is you can control or influence and focus on that
- Look at the situation objectively and without emotion
- Learn to offer forgiveness

## GRATITUDE

Share more compliments. Be more appreciative. Be more accepting. Say thank you more frequently. You'll be more likely to enjoy the little moments, because whether they are exciting or anxiety inducing, all of them, when forged and fused together with an attitude of gratitude, create a feeling of being on the great roller coaster ride that is your extraordinary life.

- Be thankful for both good and bad experiences – look for the positive in all experiences
- Show appreciation daily
- Start a gratitude journal where you list 10 things per day, no matter how trivial, that you are grateful for

## AUTHENTICITY

In a world turned celebrity and selfie mad, it seems the desire for recognition is stronger than the desire to do something meaningful. Popularity for popularity's sake doesn't make you a rock star any more than wearing a nice suit, designer dress or accessories give you class. Attitude and who you show up as has to be genuine. Do things you believe in, whether you are recognised for your efforts or not. The genuine you attracts everything else genuine into your life.

- Do things that you believe in, even if others don't share your passion
- Do things that are fulfilling and morally-sound
- It's okay to want to share your achievements, as long as you also have a no-fuss attitude towards them – let go the ego.

## CANDOUR

Truth sets you free. This can often feel an awkward conversation to have, but by employing candour, you can destroy any and all mammoth obstacles that are in your way. By speaking candidly, you'll move closer to having a more fulfilling, peaceful and beautiful life. When you speak with candour everything improves.

- If something is bothering you, share it with the right person. Who needs to hear it?
- Begin the difficult conversations you've been putting off... it kills the fear and the size of it. Just begin the conversation.
- Make time for face-to-face conversations

## KINDNESS

**I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel. - Maya Angelou**

Kindness is a language even the blind can see and the deaf can hear. Subscribing to more random acts of kindness improves happiness and fulfillment.

- Reflect upon past mistakes and make amends
- Do something for someone each day without the need for recognition
- Offer some time, help, effort or energy to a philanthropic cause, a social project or something within the community

## LOVE

**It may seem like there are hundreds of thousands of emotions (you're probably feeling a few right now), but in essence, they are all just variations on love or fear. Elisabeth Kübler-Ross, a Swiss-American psychiatrist said it well:**

There are only two emotions: love and fear. All positive emotions come from love, all negative emotions from fear. From love flows happiness, contentment, peace, and joy. From fear comes anger, hate, anxiety and guilt. It's true that there are only two primary emotions, love and fear. But it's more accurate to say that there is only love or fear, for we cannot feel these two emotions together, at exactly the same time. They're opposites. If we're in fear, we are not in a place of love. When we're in a place of love, we cannot be in a place of fear.

- Love and value yourself.
- Find a way to love what you do. Live life for a cause not applause.
- Give 100% to all relationships, including friendships. Don't allow the sadness of your past or fear of future destroy happiness and love of the present. Let go of controlling another. Two souls are complete as individuals – they merely compliment as a whole.

## CHARACTER

**‘The truth of your character is exposed through the choice of your actions.’ – Dr Steve Mabolli.**

Who we choose to show up as clearly influences the perception of others. Your character is a culmination of many tools and principles previously mentioned.

- Seek honest feedback on how others perceive you.
- Reflect upon where your choices and actions can be improved.
- Burst any bubbles you’ve been living in and be candid with yourself.

## PASSION

**‘Passion is born when you catch a glimpse of your potential.’ – Zig Ziglar**

Are you living a life you are passionate about and with people you admire or adore? Questions to ask yourself to ignite your passion.

- What, or who, makes me happy?
- What, or who, inspires me?
- What, or who, makes me lose track of time?
- To where, or whom, does my mind drift when I daydream?
- What would I do if money and energy were endless?

**Further ideas can be found in the book on which the cards are based:**

### **‘IGNITE YOUR POTENTIAL’**

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