



presents . . .

*Ways to Use Your . . .*

*Flashcards for the Soul™ e-cards*



## Mapping it out . . . *Ways to Use Your Flashcards for the Soul™ e-cards*



*See details on the next page.*

I am absolutely delighted to present you with the Flashcards for the Soul™ e-cards, an inspirational and transformational tool for self-discovery. Use them for reflection, meditation, journaling, creative writing or as your “*word of the day*” focus. For years, I have used self-discovery cards to great success with coaching clients, in classes, workshops and with corporate colleagues. Each Flashcard for the Soul™ features a photograph from my personal travels around the world paired with a specific word to help you discover a rich moment of inspiration.

As part of the design and creation process, each Flashcard was imbued with transformational self-discovery energy to assist in expanding your awareness, vision and overall well-being. Along with the e-card, you receive a special companion guide that allows you to explore the fascinating journey of self-discovery. Each energy-enhancing companion guide write-up has three parts: (1) a definition or descriptions that contains a general meaning for the e-card; (2) a self-discovery section; and (3) an affirmation – a positive statement of achievement.

For more ways to expand your awareness and improve your well-being, please visit my resources page at: **[LeapWithoutLimits.com/inspire](http://LeapWithoutLimits.com/inspire)**

~ MaryAnn D'Ambrosio, Ph.D.

# Ways to Use Your Flashcards for the Soul™ e-cards

*The ideas provided below are a few suggestions on how to use the Flashcards. Be creative. Come up with your own ways to play with the e-cards. Feel free to write your personal discoveries and affirmations, illustrate or draw your experience. Make up your own “rules.” This is, after all . . . discovering and playing with your soulful self-expression!*



## **Reflection . . .**

As you look at the Flashcard for the Soul™ e-card, notice the image and word combination . . . tune into it. How does the Flashcard reflect back to you what’s currently happening in your life in relation to the e-card? Feel free to use the companion guide for assistance.



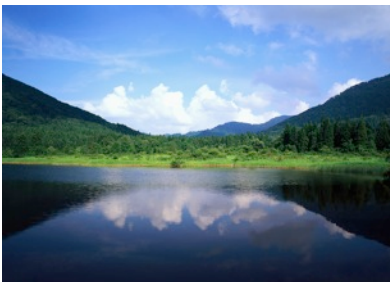
## **Word of the Day . . .**

An easy and fun way to play with the e-card is to use the Flashcard for the Soul™ as your “word of the day” focus. Notice how the *word* on the Flashcard shows up in **your** life over the course of the day. Make note of it and use a journal to record what you discover.



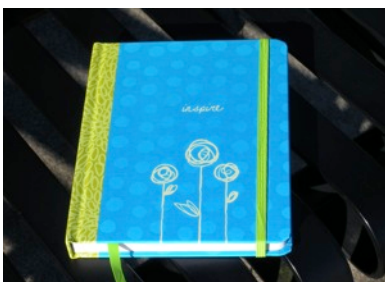
## **Journaling . . .**

Use a journal to collect your impressions, thoughts and feelings in working with the Flashcards for the Soul™. Be creative. Use colored pens, pencils, and markers in your journal to write, draw, illustrate or sketch your experience of working with the e-cards. Over time, review your journal to discover themes that reveal your life purpose and mission.



## **Meditation . . .**

Before you begin your meditation session, bring a Flashcard for the Soul™ image and word combination to mind. Ask that impressions or specific information be revealed to you during meditation. After you receive the information, tune in to what you receive and feel if it rings true for you.



## **Creative Writing . . .**

Select one, two, or three Flashcards for the Soul™ e-cards and ask your inner guidance to reveal how the words and images relate to each other. Use this information to write an inspirational story, article, poem or blog post.