

INSTRUCTIONS

MONDAY SLOW DOWN

CARD DECK

How to use this card deck?

1. Shuffle the cards before using them.
2. Create some stillness - Take three deep breaths in and out.
3. Ask a question in your head or out loud (You can find some sample questions on the back of this card).
4. You will automatically pull the card that is most fitting for you. Trust your intuition here. If it works better for you, you can lay out the cards on a surface and then pick a card.
5. Take some time to reflect on the message written on the card. Sometimes it is not clear at first but it will become clear during the rest of the day or week.

Here are some sample questions you can ask yourself:

- + What is my intention for today or this week?
- + What should be my focus for today or this week?
- + What is my best next step to take?
- + What do I need to let go?

The quality of your questions defines the quality on your answers. You can also ask specific questions about specific situations. Trust that the interpretation of the cards will always point you in the right direction.

Love,

Hilde

FOUNDER MONDAY

*Do you prefer to watch an instruction video?
You can find it on www.mon-day.nl/slowdown*

Monday