

## **Kavanah Cards Suggestions for Use**

You can use the Kavanah cards for yourself alone, or with a partner, or with a group. Ask open-ended questions like the following:

1. When you look at these photos, which remind you of your best self, and why? Choose 1-3 cards and give an example for each.
  
2. When you are worried or stressed or overwhelmed, what helps to bring you back to steady yourself? Which of these pictures portray that? Choose your top 3 and describe the feeling each gives you.
  
3. When you think of your future, what hopes do you have for yourself? Which 2 or 3 cards best represent this? What feeling or image would you like to cultivate for yourself?