

## WELCOME TO MINDTIME CARDS A BEAUTIFUL GAME OF DISCOVERY



mindtime®

This game will teach you what guides your motivations, informs your approach to challenges, and drives your needs, and will enable you to identify these factors in others. With this understanding, we can communicate better and connect more deeply with the people around us.

MindTime Cards is designed to exemplify the concept of the golden thought:  
*everyone has value to bring*

### REVEAL CARDS INSTRUCTIONS

We recommend starting with the Reveal cards to literally reveal the patterns of time in everyday words. Can you find the patterns?

1. Shuffle then lay the nine Reveal cards, word-side up, in front of you.
2. The goal is to arrange the nine cards into three groups of three based on how the words seem to resonate and share similar qualities with one another.
3. When you're satisfied, turn the cards over and see if the colours on the backs match in each group of three.
4. Read the short *MindTime Framework: Primer* section below.
  - a. If all of your word groups matched colours, do you see the inherent patterns in time?
  - b. If your word groups didn't match colours, do you see now why they did not?

.....  
For additional information and video instructions, go to:  
[www.mindtime.com/play](http://www.mindtime.com/play)

### MINDTIME FRAMEWORK: PRIMER

*Everything we do begins with a thought*

While each of our brains is wired differently, all are motivated by three foundational priorities of mind. These foundational priorities arise out of time and define the value you bring, motivate the decisions you make, form your point of view and shape your personality.

#### **PAST:** RED CARDS REPRESENT THE PAST PERSPECTIVE

*This perspective moves towards Certainty as a priority. It orients itself around understanding, meaning, facts, data, research. It cares about what is factually true and how that information applies to current issues or decisions.*

#### **PRESENT:** GREEN CARDS REPRESENT THE PRESENT PERSPECTIVE

*This perspective moves towards Probability as a priority. It orients itself around norms, order, structure, schedules, stability. It cares about maintaining the status quo and making sure that things are working normally.*

#### **FUTURE:** BLUE CARDS REPRESENT THE FUTURE PERSPECTIVE

*This perspective moves towards Possibility as a priority. It orients itself around opportunity, change, novel ideas, inventiveness. It cares about the big picture and staying open to what is possible.*

.....  
For additional information about the MindTime framework, go to:  
[www.mindtime.com/how-mindtime-works](http://www.mindtime.com/how-mindtime-works)

Each person's unique perspective and experience in the world is a blend of these three foundational priorities of mind.

## MINDTIME CARDS - BASE GAME INSTRUCTIONS

MindTime Cards reveal your point of view or perspective within the MindTime framework. The goal is to find the 12 words that most accurately describe your patterns of behaviour. To embark on your journey of self-discovery:

1. Find the 36 MindTime Cards and shuffle them well.
2. Holding the cards word-side up, ask yourself for each card you hold:
  - a. *Does this word describe my default patterns or ways of approaching life, work, challenges, and relationships?*
3. As you do this for each word, place the card into either a YES or a NO pile.
4. Set your NO pile aside (these can be used in different game to discover your resistances—go to [www.mindtime.com/play](http://www.mindtime.com/play) for more MindTime discovery strategies).
5. Count the number of cards in your YES pile:
  - a. If you have more than 12, go through and discard cards until you are down to the 12 that most reflect or describe your behavioural patterns and how you operate in life.
  - b. If you have exactly 12, proceed to the next step.
6. Lay your 12 cards out in front of you. Your cards should look like this:



7. Turn your cards over. The ratio between the colours reveals your blend of the three MindTime perspectives:
  - a. **Red cards** represent **Past** perspective and the priority of **Certainty**
  - b. **Green cards** represent **Present** perspective and the priority of **Probability**
  - c. **Blue cards** represent **Future** perspective and the priority of **Possibility**
8. Go to [www.mindtime.com/calculate](http://www.mindtime.com/calculate) to determine your MindTime archetype.
9. You can read all about your archetype online, or find a brief overview on the archetype cards in your deck of MindTime Cards.

See the “Applications for MindTime Cards” page for ideas and instructions for how to interpret and apply the MindTime framework in different scenarios!



### ABOUT THE MINDTIME FOUNDATION

Our mission is to provide a universal framework to help people understand people and thrive. MindTime represents the collaboration between psychologists, writers, scientists, thought-leaders, story-tellers, designers, graphic artists and digital developers since 1997.

For additional information about us and what we do, go to [www.mindtime.com/about-us/](http://www.mindtime.com/about-us/)

For additional information and video instructions, go to [www.mindtime.com/play](http://www.mindtime.com/play)

For additional archetype information and access to in-depth ebooks, go to [www.mindtime.com/archetype](http://www.mindtime.com/archetype)

### Contents

- 55 cards total:
- Reveal Cards (9)
- MindTime Cards (36)
- Archetype Cards (10)