

MAGIC

OF LANGUAGE



GAME GUIDE

THE MYSTIC PATH



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THE VEIL LIFTS

Number of Players: 2 to 7 players

Game Components:

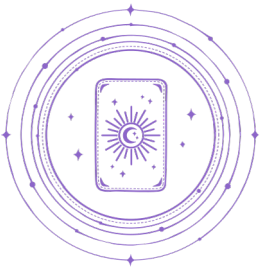
- 7 Cards - each card represents a unique challenge in mastering inner dialogue.
- Game guide (the one you are reading now) - provides detailed explanations and guiding questions.

Game Setup:

- 1.Shuffle the deck thoroughly to ensure randomness.
- 2.Choose a ***Mystery Master***—this person reads the guiding questions from the Game Guide. The role rotates each round.
- 3.Players sit in a circle and take turns drawing a card.

Card Deck Structure - 7 unique cards:

- 1.The Voice Within – overcoming self-doubt
- 2.The Lens of Language – changing perspectives through words
- 3.The Power of Ownership – taking responsibility
- 4.The Language of Confidence – building self-confidence
- 5.The Phoenix Mindset – resilience and recovery
- 6.The Green-Eyed Monster – transforming envy into motivation
- 7.The Calm Within – reframing anxiety through meditation



THE ORACLE WHISPERS

Scoring System for The Mystic Path

Players earn points based on their depth of reflection, engagement, and ability to apply positive language.

Scoring Per Turn (1-5 Points)

- 5 Points – Deep, personal reflection with a strong effort to reframe thoughts positively.
- 4 Points – Thoughtful response with some self-awareness and effort to reframe.
- 3 Points – General response with a basic level of reflection.
- 2 Points – Minimal effort or surface-level engagement.
- 1 Point – Avoidance, off-topic, or no meaningful response.

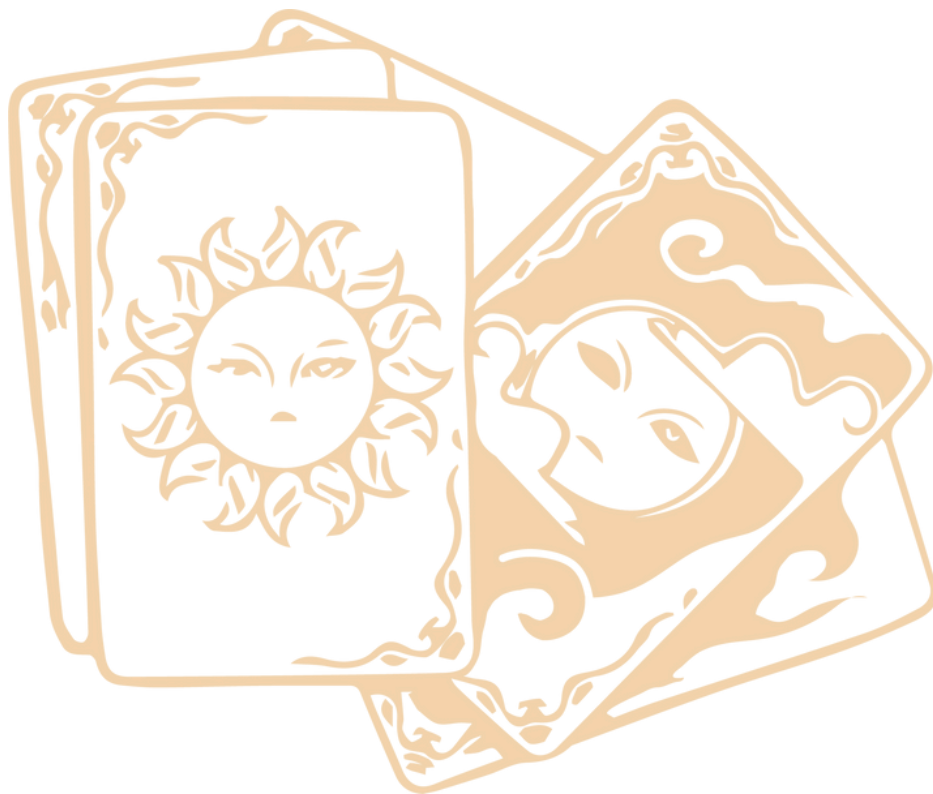
Bonus: The group can give +1 bonus point for particularly creative, insightful, or inspiring responses.



THE PATH IS NOW REVEALED

Game Completion

- The game ends when all 7 cards have been played OR after a set time (e.g., 30 minutes).
- Players add up their total points—there's no "winner," but players can reflect on their growth.
- If desired, the highest-scoring player can be recognized as the "Mystic Sage" for the session.



Are you ready to delve into the mysteries of your inner world?

Welcome, Seeker!

The Mystic Path is your first step towards mastering the true essence of language—the language we use to talk to ourselves.

Each challenge you face is a mirror, reflecting the hidden aspects of your mind and spirit.

You will learn to harness the power of self-talk, transform negative thoughts, and cultivate emotional resilience.

RULES FOR THIS PATH:

1. Be honest, only honesty can set you free.
2. Avoid the path of the sheep - avoid answers that you expect others will “like” or find “right”.
3. Think of real experiences, as much as possible.
4. Have courage to stick to the game and not avoiding it with humor or other avoidance strategies.

Are you ready for the mysteries – this is how you begin this path.

Objective: Be mindful with your words. Speak about yourself with love and respect. Your words shape your world.

Goals:

- **Reframe Negative Self-Talk** - spot and shift the thoughts that hold you back.
- **Understand Emotions** - learn to identify and clearly express your feelings.
- **Build Resilience** - strengthen your ability to handle challenges with confidence.
- **Master Inner Dialogue** - use positive language to create a powerful personal narrative.

HOW DO YOU PLAY WITH THIS CARD DECK - PATH?

1. One player volunteers to be the **Mystery Master**. He/she reads the guiding questions from this guide.
2. All players sit in a circle.
3. Players take turns drawing cards, sharing, and discussing.
4. When a player draws a card, the **Mystery Master** reads the instructions from the guidebook.
5. The player share as much as she/he wants and can.
6. See the scoring.





CARD 1

THE VOICE WITHIN

As you navigate the winding paths of the **Mystic Isles**, you encounter the **Whispering Shadows**—a manifestation of your doubts. Only by confronting and transforming these whispers can you unlock the true power of your voice.

GUIDING QUESTIONS:

Ever caught yourself doubting your abilities?

Think back to a recent moment when you felt unsure.

- What were you trying to do?
- What thoughts popped into your head?
- What did you tell yourself? How did it feel?

Now, imagine your best friend was going through the same thing.

- What would you say to lift them up?
- Can you turn that advice around and give it to yourself?
- If a friend had those same doubts, what would you say to encourage them?

Next time, try flipping the script on those doubts.

- What did you learn from that experience?
- How can you remind yourself that self-doubt is just a stepping stone on the path to growth?
- How can you flip your self-doubt into something positive?



CARD 2

THE LENS OF LANGUAGE

*You stand before the **Mirror of Perception**, where the words you choose have the power to reshape how you and others view reality. To move forward, you must uncover how different language choices change the way a situation is perceived.*

GUIDING QUESTIONS:

Think of a frustrating moment. How did you describe it?

- What words did you use to explain it (to yourself or others)?
- How did those words make you feel?

Imagine telling the story with more positive language. How would it sound?

- Could softer or neutral words change how you feel? For example, instead of “I failed,” try “I didn’t get the result I wanted, but I learned something.”

How do the words we use shape how we see others?

- What happens when we label yourself or someone else with words like “lazy” or “stupid”?
- How would a more neutral language make you feel?

How do you talk to yourself?

- When you say, “I’m not good at this,” how does it feel?
- How about “I’m still learning this”?



CARD 3

THE POWER OF OWNERSHIP

*In the heart of the **Storm of External Forces**, chaos swirls around you. To pass through, you must reflect on a moment when taking responsibility changed the course of a challenge.*

GUIDING QUESTIONS:

Think of a recent situation where things didn't go as planned. Who did you initially blame?

- Were you blaming others (friends, teachers, circumstances)
- What part of the situation depended on you?

How did taking responsibility affect you and others?

- If you knew the situation was in your control, what would you do?
- How can your mindset shift after taking responsibility?

The circles of ownership

- Which part of the situation you had 100% no control over?
- Which part of the situation you could have influenced - sharing, communicating, seeking help, ...?
- Which part of the situation you had control over, undoubtedly?
- What part of the situation did you give your attention to - the one you cannot control, the one you can influence, the one you can control?



CARD 4

THE LANGUAGE OF CONFIDENCE

*At the **Gates of Triumph**, you must unlock the power of confidence. The words you choose for yourself are the keys to these gates. To advance, you need to reflect on how positive language can transform your confidence.*

GUIDING QUESTIONS:

What's something you've always wanted to try but haven't?

- What do you usually tell yourself that holds you back?
- How could you rephrase that self-doubt as if you were encouraging a friend?

Imagine speaking those same encouraging words to yourself.

- How would it feel to use supportive language in your self-talk?
- Can you recall a time you felt confident? What were you telling yourself?
- How would it sound like if you were your own cheerleader?

Think about a small goal you want to achieve this week.

- What positive statements could help you build confidence toward that goal?
- How do you think these words will shape your actions?



CARD 5

THE PHOENIX MINDSET

*From the ashes of setbacks rises the **Phoenix**. Each challenge you face is an opportunity for rebirth and growth, fueled by the language you use. Reflect on a setback you've experienced and how your words helped you rise again.*

GUIDING QUESTIONS:

Think about a time things didn't go as planned—what was your first thought?

- Did you jump to "failure" or try to stay hopeful?
- How did your words, to yourself or others made you feel?

What was the most negative thing you told yourself?

- How did it make you feel? How did it affect your actions?

Imagine telling your story to someone else.

- How would you describe the role of language in bouncing back?
- What's a simple phrase or mantra you use now to stay resilient?

What advice would you give to someone going through a similar setback?



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