

Signposts

A card set for talking about life's big questions

Signposts: exploring everyday spirituality is a set of 48 cards for building rich conversations about values, hopes, dreams, connectedness, purpose and meaning. These cards do not come from any particular religious tradition. They can be used by people of any faith or no particular faith at all.

Counsellors, facilitators, social workers, educators: Here are some great ideas for using this card set for reflection, journalling, planning, storytelling and conversation-building!

Choose a card at random. Think about both the text and the picture:

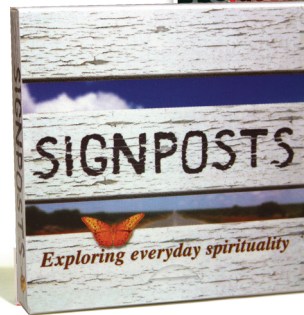
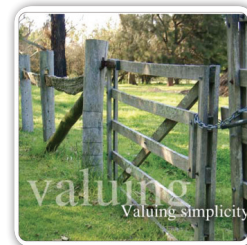
- What are some of the meanings this card has for you?
- Can you think of a time in your life that relates to this card?
- What was significant about that time?
- What did you learn most from that time?
- What challenges does this card have for you?
- Who has taught you most about this card?
- Have you thanked them?
- What more would you like to learn about this card?
- What is one step you could take towards that?

Choose a card and make it a topic of reflection, creative writing, or research for a day, week or longer.

- Create a mind map: Place the card in the middle of a sheet of paper and write words all around it that come to mind when looking at this card.
- Create a collage, painting or drawing based on your thoughts about this card.
- Write a poem or story about it.
- Research quotes on the internet that relate to this card.

Spread the cards out on a flat surface so you can quickly scan them all. Choose 2–6 cards that speak to you or evoke strong feelings:

- Why did these cards catch your eye? Was it the words, the picture or a combination of both?
- Looking at a selection of cards, sort them using the these criteria:
 - the most beautiful
 - those you are comfortable with
 - those you want to work on
 - those that are a challenge.
- Which cards remind you most of times when you:
 - had a strong sense of fulfilment/ purpose/optimism/connection?
 - were happiest?
 - experienced something that left a wonderful childhood memory?
 - overcame a challenge?
 - needed courage?



Choose several cards either deliberately or randomly and use them for storytelling:

- Can you make up a story around the card?
- Who are the characters in your story?
- What is happening for them?
- How does your story start and end? How does the sequence of events unfold?
- Can you write the story as a short story (say, up to 3000 words)?
- Can you write the story as a 'micro' story (say, between 150 and 300 words)?

For talking about spirituality:

- If you are part of a spiritual tradition or religion, which *Signposts* cards are central to this tradition?
- Whatever your belief system may be, which cards are important to you?
- Do any cards say something about spirituality that is new to you, or that you haven't thought much about?
- Thinking of a challenge that is currently in your life, which cards do you find most helpful, reassuring or supportive?
- As you scan the cards, can you associate particular people with certain cards?
- Which parts of your own spiritual journey are uppermost in your mind right now?
- Which parts of your spiritual journey do you find most difficult or challenging? Why?
- Can you imagine ways that you could use some of the cards to enhance or deepen your spiritual experience?

THERE ARE MORE IDEAS FOR USING *SIGNPOSTS* IN THE BOOKLET.



SIGNPOSTS

48 laminated, full-colour cards, 140mm x 140mm, polypropylene box, 28-page booklet.
ISBN: 9 780 958018 869
Booklet author: Russell Deal
Designer and photographer: Brent Seamer