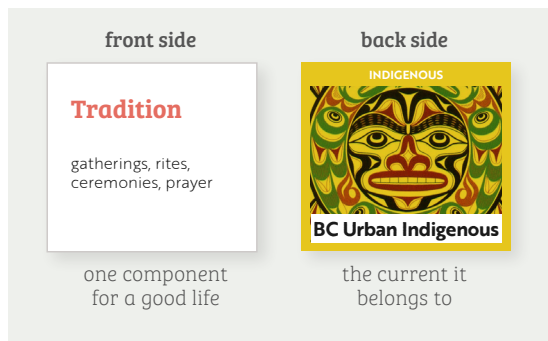


# THE GOOD LIFE GAME

What is a good life for you? Explore the components you believe are most relevant for a good life. In the document we've introduced multiple perspectives about what makes a good life; from different time periods, beliefs, geographies and cultures. Discover which ones resonate most with you.



This card set includes some of the wellness concepts from different traditions. Each card is a component that a philosophy proposes as crucial for a good life. Which ones are important to you? The cards have 2 sides:

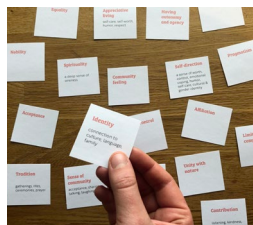


Use *The Good Life* cards to explore your own perspective or use them with other people and get to know each other better. Play it with family, friends, co-workers, or use it as an icebreaker when meeting someone new!

## How does it work?

1. Choose a maximum of 10 cards that represent the elements that are most important to you for a good life. It's hard to choose only 10, so many are ingredients for a good life but which ones are most important to you?

Start by placing the cards with the color side down to then choose. You can do this in multiple ways:



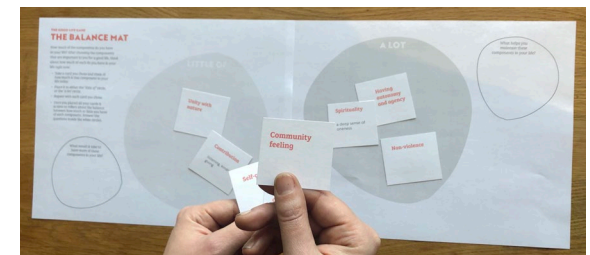
Display them all and select your top 10.



Go one by one selecting or discarding until you narrow down to 10.

2. After choosing, flip the cards to see which currents of thought the concepts belong to! Are they from the philosophy you identify with? Anything surprising to you?

3. How much or how little of your chosen components do you have in your life? Use the Balance Mat to place each card in the 'little of' or 'a lot' circle. Reflect on the balance between these elements in your life, what could you do to get to your desired balance?



Using the Balance Mat



# MAKE YOUR THE GOOD LIFE GAME

The following pages have the two parts of The Good Life game - the cards and the balance mat - for you to print. Follow the following instructions to get them ready to use.

How to make The Good Life Game parts:

- For the cards you need to print them and then cut the cards following the instructions
- The Balance Mat is easy peasy, just print the 2 pages on letter size and place one next to the other

## Making Cards

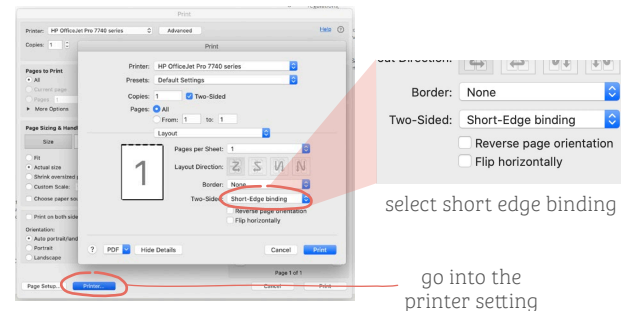
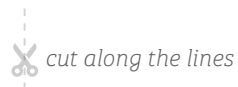
### 1. Print the cards

- Print on letter size. Print pages 3 to 8. If possible print in cardstock paper, thicker paper.
- Print double sided. The cards have a front and a back side so you need to print double sided! Make sure the double sided print setting is on short edge binding, this means it flips it on the short side of the paper to print, if not the front and the back wont match.
- Print a test first, try and only print pages 3-4 first, cut one of the cards and see if the front and back match!

Oh no! Back and front printing is not working well? Don't worry, use pages 11-17 to make the cards printing on one side only.

### 2. Cut the cards

- Follow the cut lines in the sheet
- All the cards are the same size, so cut ahead



for example the back of the Self-control card should be Hinduism

or try the gray cards, they should have grey background in the front and back side!



cut out the white edges

**Instructions:**

1. Put all the cards with the color side down.
2. Choose your top 10 cards. Use the blanks to add your own if you wish.
3. Flip them to see what currents of thought they belong to.

# The Good Life Cards

**Non-violence**

**Limitless compassion**

**Self-control**

**A present mind**

**Enduring hardships**

**Experiential knowledge**

**Gratitude**

**Giving up illegitimate desires**

**The virtue of human-heartedness**

feelings of love and compassion for others

**The virtue of honesty & justice**

**The virtue of practical knowledge & reflection**

**The virtue of integrity**

**Intuitive knowledge**

**Wholehearted acceptance**

**Inner harmony**

**Union with the Divine**

EASTERN



Hinduism

EASTERN



Hinduism

EASTERN



Hinduism

### What does a good life mean to you?

These cards are components of a good life from the following currents of thought:

- Hinduism
- Confucianism
- Sufism
- Carol Ryff
- Alfred Adler
- Dr. Tim Kasser
- BC Urban Indigenous
- Pythagoras
- Aristippus & Epicurus
- The Odyssey & Iliad
- Aristotle
- Nehiyawak

EASTERN



Hinduism

EASTERN



Hinduism

EASTERN



Hinduism

EASTERN



Hinduism

Sufism

INTERDISCIPLINARY

Carol Ryff

EASTERN



Hinduism

EASTERN



Confucianism

EASTERN



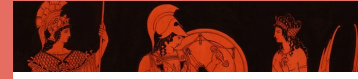
Confucianism

EASTERN



Confucianism

WESTERN



The Odyssey & Iliad

EASTERN



Hinduism

EASTERN



Sufism

EASTERN



Sufism

EASTERN



Sufism

EASTERN



Sufism

**Nobility**

**Wealth**

**Beauty**

**Courage**

**Generosity**

**Pragmatism**

**Piety**

**Tranquility  
of mind**

**Healthy body**

**Self-  
actualization**

**Virtuous action**

**Decent  
behaviour**

**Strong  
character**

**Unity with  
the cosmos**

**Coming through  
hardship**

pain, perseverance,  
integration

**Sense of  
community**

acceptance, sharing,  
talking, laughing

**Identity**

connection to culture,  
language, family

**Tradition**

gatherings, rites,  
ceremonies, prayer

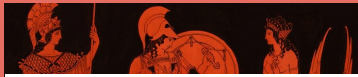
**Contribution**

listening, kindness,  
giving

**Appreciative  
living**

self-care, self-worth,  
humor, respect

WESTERN



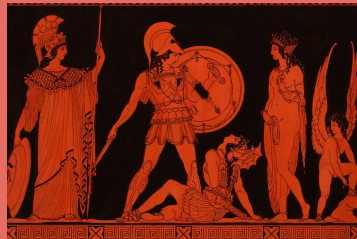
The Odyssey & Iliad

EASTERN



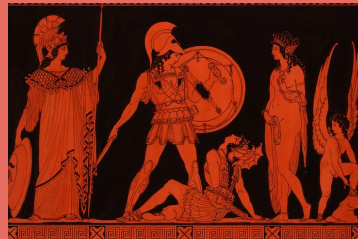
Hinduism

WESTERN



The Odyssey & Iliad

WESTERN



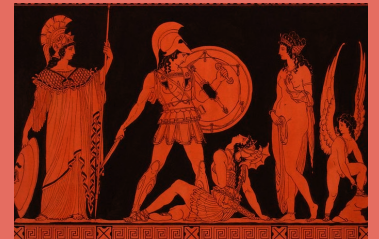
The Odyssey & Iliad

WESTERN



The Odyssey & Iliad

WESTERN



The Odyssey & Iliad

WESTERN



Eudaimonia  
Aristotle

WESTERN



Hedonism  
Aristippus & Epicurus

WESTERN



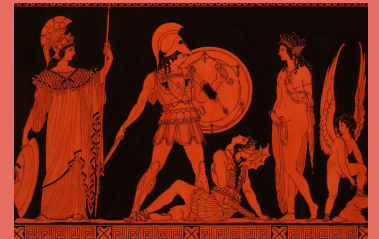
Hedonism  
Aristippus & Epicurus

WESTERN



The Odyssey & Iliad

WESTERN



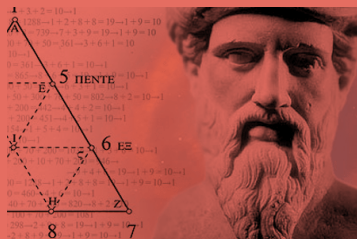
The Odyssey & Iliad

INDIGENOUS



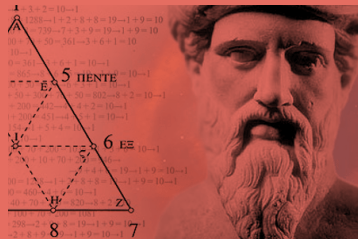
BC Urban Indigenous

WESTERN



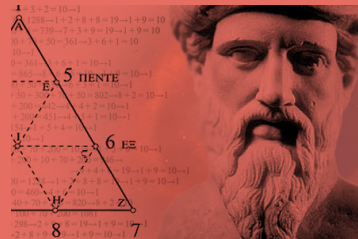
Pythagoras

WESTERN



Pythagoras

WESTERN



Pythagoras

WESTERN



Eudaimonia  
Aristotle

INDIGENOUS



BC Urban Indigenous

INDIGENOUS



BC Urban Indigenous

INDIGENOUS



BC Urban Indigenous

EASTERN



Confucianism

INDIGENOUS



BC Urban Indigenous

INDIGENOUS



BC Urban Indigenous

## **Spirituality**

a deep sense of oneness

## **Self-direction**

a sense of worth, control, emotional coping, humor, self-care, cultural & gender identity

## **Work & leisure**

a sense of achievement, mastery, and flow

## **Friendship**

social interest, empathy, cooperation

## **Love**

belonging, intimacy, trust

## **Acceptance**

## **Affiliation**

## **Creativity**

## **Self-respect**

## **Equality**

## **Community feeling**

## **Unity with nature**

## **Freedom**

## **Growing and developing**

## **Having autonomy and agency**

add your own:

add your own:

add your own:

add your own:

add your own:

**INTERDISCIPLINARY**

EXTS:  
 (safety) by neighborhood  
 (politics & laws) by profession  
 (world events) by time and events  
 treatment

**Holism**  
**Alfred Adler**

**INTERDISCIPLINARY**

EXTS:  
 (safety) by neighborhood  
 (politics & laws) by profession  
 (world events) by time and events  
 treatment

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**Holism**  
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**INTERDISCIPLINARY**

EXTS:  
 (safety) by neighborhood  
 (politics & laws) by profession  
 (world events) by time and events  
 treatment

**Holism**  
**Alfred Adler**

**INTERDISCIPLINARY**

Lower Learning:  
 Family  
 Neighborhood  
 Community

**Holism**  
**The**  
**Alfred Adler**

**INDIGENOUS**

**BC Urban Indigenous**

**INTERDISCIPLINARY**

**Dr. Tim Kasser**

**INTERDISCIPLINARY**

**Dr. Tim Kasser**

**INTERDISCIPLINARY**

**Dr. Tim Kasser**

**INTERDISCIPLINARY**

**Dr. Tim Kasser**

**INTERDISCIPLINARY**

**Dr. Tim Kasser**

**INTERDISCIPLINARY**

**Carol Ryff**

**INTERDISCIPLINARY**

**Carol Ryff**

**INTERDISCIPLINARY**

**Dr. Tim Kasser**

**INTERDISCIPLINARY**

**Dr. Tim Kasser**

**INTERDISCIPLINARY**

**Dr. Tim Kasser**



ᑭᑭᑦᑲᑦᑲᑦ

**kisewâtisiwin**

compassion, loving kindness

add your own:

add your own:

add your own:

ᑭᑭᑦᑲᑦᑲᑦ

**miyotwehewin**

generosity

add your own:

add your own:

add your own:

ᑭᑭᑦᑲᑦᑲᑦ

**tapwewin**

speaking the truth with precision & accuracy, honesty

ᑭᑭᑦᑲᑦᑲᑦ

**witaskewin**

living together in harmony

add your own:

add your own:

ᑭᑭᑦᑲᑦᑲᑦ

**tipeyimisowin**

self-determination, freedom, liberty

ᑭᑭᑦᑲᑦᑲᑦ

**wichitowin**

helping one another; partnership or friendship; unity

add your own:

add your own:

ᑭᑭᑦᑲᑦᑲᑦ

**manâtisiwin**

respect

ᑭᑭᑦᑲᑦᑲᑦ

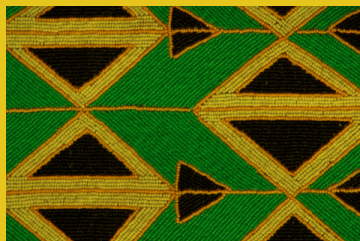
**tapeyimisowin**

humility, humbleness

add your own:

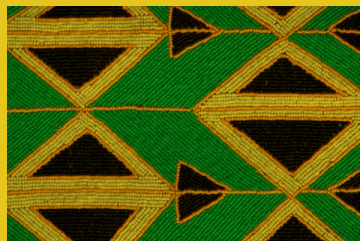
add your own:

INDIGENOUS



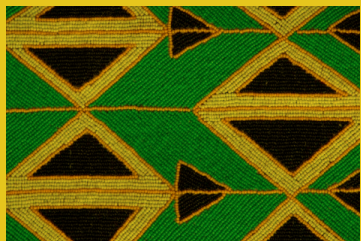
nehiyawak

INDIGENOUS



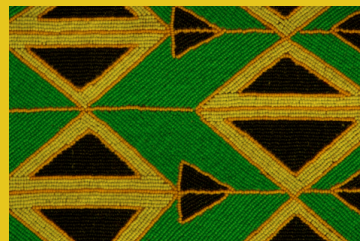
nehiyawak

INDIGENOUS



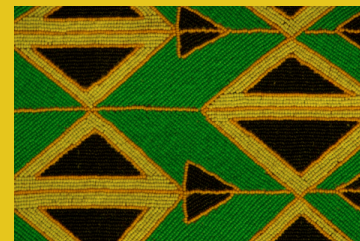
nehiyawak

INDIGENOUS



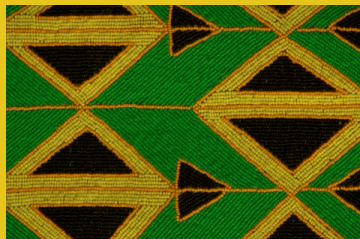
nehiyawak

INDIGENOUS



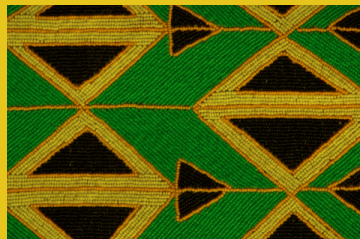
nehiyawak

INDIGENOUS



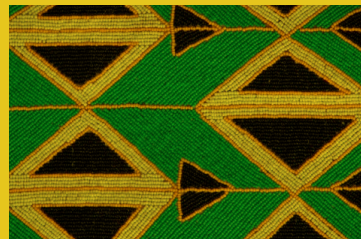
nehiyawak

INDIGENOUS



nehiyawak

INDIGENOUS



nehiyawak

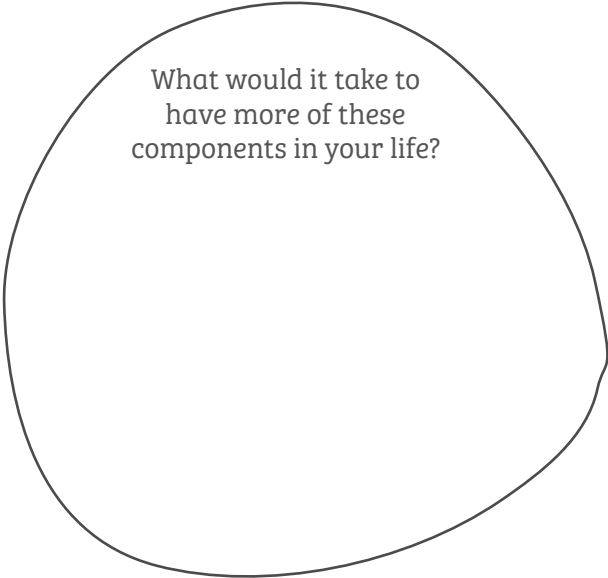


## THE GOOD LIFE GAME

# THE BALANCE MAT

How much of the components do you have in your life? After choosing the components that are important to you for a good life, think about how much of each do you have in your life right now:

- Take a card you chose and think of how much is this component in your life today.
- Place it in either the 'little of' circle, or the 'a lot' circle.
- Repeat with each card you chose.
- Once you placed all your cards it is time to reflect about the balance between how much or little you have of each component. Answer the questions inside the white circles.



What would it take to have more of these components in your life?



LITTLE OF

**A LOT**

What helps you  
maintain these  
components in your life?

If double sided print fails print the cards using pages 11-17:

- Print on regular letter size paper
- Cut on the cut marks
- Then fold each card in half



<p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. Put all the cards with the color side down.</li> <li>2. Choose your top 10 cards. Use the blanks to add your own if you wish.</li> <li>3. Flip them to see what currents of thought they belong to.</li> </ol>	<h1>The Good Life Cards</h1>
<ul style="list-style-type: none"> <li>• Hinduism</li> <li>• Confucianism</li> <li>• Sufism</li> <li>• Carol Ryff</li> <li>• Alfred Adler</li> <li>• Dr. Tim Kasser</li> <li>• BC Urban Indigenous</li> <li>• Pythagoras</li> <li>• Aristippus &amp; Epicurus</li> <li>• The Odyssey &amp; Iliad</li> <li>• Aristotle</li> <li>• Nehiyawak</li> </ul>	<p><b>What does a good life mean to you?</b></p> <p>These cards are components of a good life from the following currents of thought:</p>

<p>INTERDISCIPLINARY</p> <p>TEXTS:  <small>(society)              life              neighborhood              humanity</small></p> <p>national (policies &amp; laws)  <small>action              opinion              environment              news/industry</small></p> <p>if (world events)  <small>ills              harm              bad Events              treatment</small></p> <p>Holism  <b>Alfred Adler</b></p>	<p><b>Self-direction</b></p> <p>a sense of worth, control, emotional coping, humor, self-care, cultural &amp; gender identity</p>
<p>INTERDISCIPLINARY</p> <p>TEXTS:  <small>(society)              life              neighborhood              humanity</small></p> <p>national (policies &amp; laws)  <small>action              opinion              environment              news/industry</small></p> <p>if (world events)  <small>ills              harm              bad Events              treatment</small></p> <p>Holism  <b>Alfred Adler</b></p>	<p><b>Work &amp; leisure</b></p> <p>a sense of achievement, mastery, and flow</p>
<p>INTERDISCIPLINARY</p> <p>TEXTS:  <small>(society)              life              neighborhood              humanity</small></p> <p>national (policies &amp; laws)  <small>action              opinion              environment              news/industry</small></p> <p>if (world events)  <small>ills              harm              bad Events              treatment</small></p> <p>Holism  <b>Alfred Adler</b></p>	<p><b>Friendship</b></p> <p>social interest, empathy, cooperation</p>
<p>INTERDISCIPLINARY</p> <p>TEXTS:  <small>(society)              life              neighborhood              humanity</small></p> <p>national (policies &amp; laws)  <small>action              opinion              environment              news/industry</small></p> <p>if (world events)  <small>ills              harm              bad Events              treatment</small></p> <p>Holism  <b>Alfred Adler</b></p>	<p><b>Love</b></p> <p>belonging, intimacy, trust</p>

✂ cut along the lines

INDIGENOUS



BC Urban Indigenous

EASTERN



Confucianism

### Tradition

gatherings, rites,  
ceremonies, prayer

INDIGENOUS



BC Urban Indigenous

### Sense of community

acceptance, sharing,  
talking, laughing

INDIGENOUS



BC Urban Indigenous

### Identity

connection to  
culture, language,  
family

INDIGENOUS



BC Urban Indigenous

### Contribution

listening, kindness,  
giving

INDIGENOUS



BC Urban Indigenous

### Coming through hardship

pain, perseverance,  
integration

INDIGENOUS



BC Urban Indigenous

### Appreciative living

self-care, self-worth,  
humor, respect

INTERDISCIPLINARY



Dr. Tim Kasser

### Freedom

INTERDISCIPLINARY



Dr. Tim Kasser

### Self-respect

INTERDISCIPLINARY



Dr. Tim Kasser

Acceptance

INTERDISCIPLINARY



Dr. Tim Kasser

Community feeling

INTERDISCIPLINARY



Dr. Tim Kasser

Affiliation

INTERDISCIPLINARY



Dr. Tim Kasser

Unity with nature

INTERDISCIPLINARY



Dr. Tim Kasser

Equality

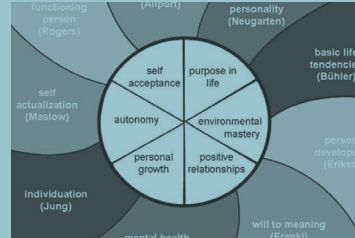
INTERDISCIPLINARY



Dr. Tim Kasser

Creativity

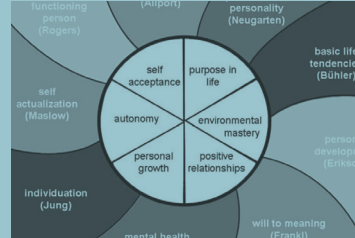
INTERDISCIPLINARY



Carol Ryff

Growing and developing

INTERDISCIPLINARY



Carol Ryff

Having autonomy and agency



cut along the lines

EASTERN



**Confucianism**

**The virtue of practical knowledge & reflection**

EASTERN



**Confucianism**

**The virtue of integrity**

EASTERN



**Confucianism**

**The virtue of honesty & justice**

EASTERN



**Confucianism**

**The virtue of human-heartedness**

feelings of love and compassion for others

WESTERN



**The Odyssey & Iliad**



**Hinduism**

EASTERN



**Sufism**

**Intuitive knowledge**

EASTERN



**Sufism**

**Inner harmony**

EASTERN



**Sufism**

**Wholehearted acceptance**

EASTERN



**Sufism**

**Union with the Divine**





EASTERN



Hinduism

Non-violence

EASTERN



Hinduism

Limitless compassion

EASTERN



Hinduism

Self-control

EASTERN



Hinduism

Giving up illegitimate desires

EASTERN



Hinduism

Experiential knowledge

EASTERN



Hinduism

Gratitude

EASTERN



Hinduism

A present mind

EASTERN



Hinduism

Sufism

INTERDISCIPLINARY

Carol Ryff

Enduring hardships



cut along the lines

WESTERN

The Odyssey & Iliad

**Nobility**

WESTERN

The Odyssey & Iliad

EASTERN

Hinduism

**Generosity**

WESTERN

The Odyssey & Iliad

**Wealth**

WESTERN

The Odyssey & Iliad

**Pragmatism**

WESTERN

The Odyssey & Iliad

**Beauty**

WESTERN

The Odyssey & Iliad

**Piety**

WESTERN

The Odyssey & Iliad

**Courage**

INTERDISCIPLINARY

Holism  
Alfred Adler

INDIGENOUS

BC Urban Indigenous

**Spirituality**  
a deep sense of oneness



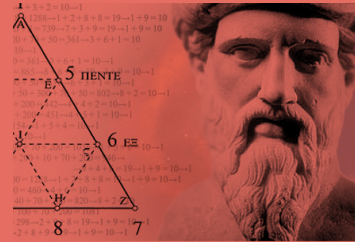
WESTERN



Eudaimonia  
**Aristotle**

**Self-actualization**

WESTERN



**Pythagoras**

**Decent behaviour**

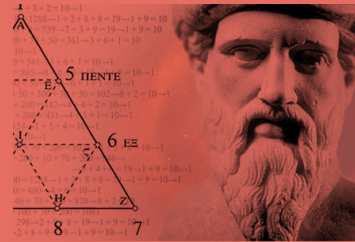
WESTERN



Eudaimonia  
**Aristotle**

**Virtuous action**

WESTERN



**Pythagoras**

**Strong character**

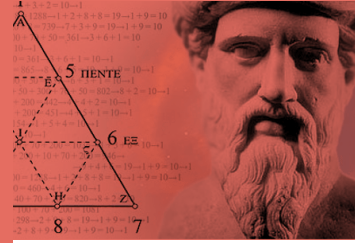
WESTERN



Hedonism  
**Aristippus & Epicurus**

**Tranquility of mind**

WESTERN



**Pythagoras**

**Unity with the cosmos**

WESTERN



Hedonism  
**Aristippus & Epicurus**

**Healthy body**

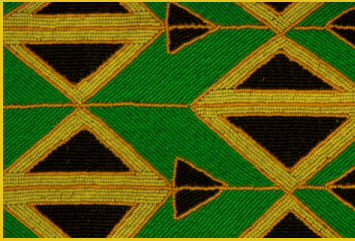
add your own:

add your own:



cut along the lines

INDIGENOUS

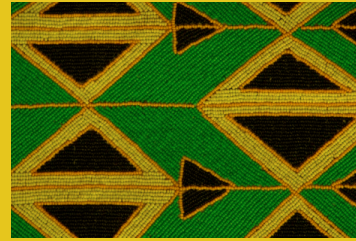


**Nehiyawak**

**kisewâtisiwin**

compassion, loving kindness

INDIGENOUS

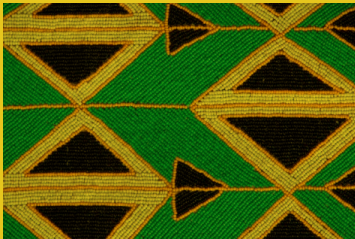


**Nehiyawak**

**manâtisiwin**

respect

INDIGENOUS

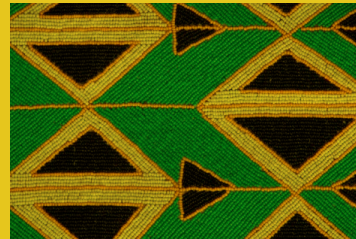


**Nehiyawak**

**miyotwehewin**

generosity

INDIGENOUS

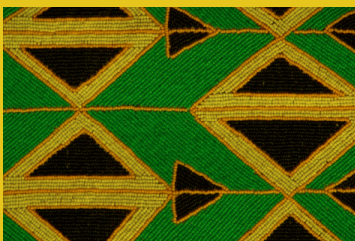


**Nehiyawak**

**wichitowin**

helping one another;  
partnership or  
friendship; unity

INDIGENOUS

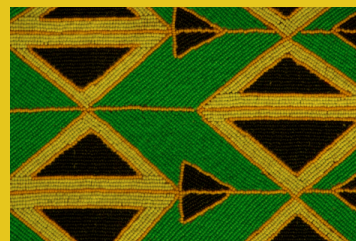


**Nehiyawak**

**tapwewin**

speaking the truth  
with precision &  
accuracy, honesty

INDIGENOUS

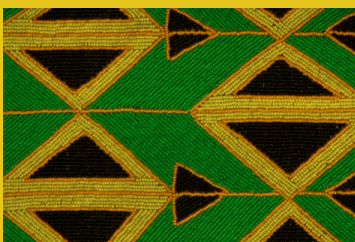


**Nehiyawak**

**tapeyimisowin**

humility, humbleness

INDIGENOUS

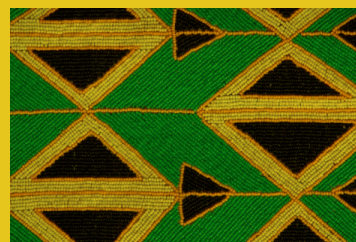


**Nehiyawak**

**tipeyimisowin**

self-determination,  
freedom, liberty

INDIGENOUS



**Nehiyawak**

**witaskewin**

living together  
in harmony

