

THE CHOOSE FORWARD PLAY SUITE

Activity Pack

*Reflection prompts, the Values Card Sort, the Script Flip worksheet,
and a deck of questions — yours to print and keep.*

A companion to *Who Told You That?* — generic reflection tools, not personalised to your pattern. For deeper, personalised work, take the Freedom Assessment at chooseforward.life.

How to use this pack

These are the same activities you'll find in the online Play Suite, laid out for paper. Work through them in any order. There are no right answers — only honest ones. Give yourself room: a quiet half-hour, a pen, and permission to write the true thing rather than the tidy one.

Print the whole pack, or just the pages you need. The Values Card Sort works best printed and cut into cards. The Script Flip is designed to be repeated — make copies.

Which limits are yours?

Eight everyday scenarios. For each, notice your first honest instinct — then write what that reaction tells you about the beliefs quietly running the show.

1. Someone offers you a big opportunity — exciting but unfamiliar. Your first instinct is:

2. You receive genuine praise for something you worked hard on. You:

3. A friend asks why you haven't pursued that thing you always talk about wanting. You say:

4. You've made a significant mistake at work. Your inner dialogue is mostly:

5. When you imagine your most expansive possible life, you feel:

6. Someone you respect disagrees with your opinion in a group setting. You:

7. The story you most often tell about why your life looks the way it does involves:

8. When you picture the version of you that is truly free and unchained, that person feels:

VALUES CARD SORT

What do you actually live by?

Cut these into cards. Sort them into three piles — **core to me**, **nice but not essential**, and **not mine**. Then narrow your core pile to five. The question isn't which values sound good — it's which are genuinely *yours*, not inherited.

Freedom	Security	Connection
Achievement	Creativity	Authenticity
Family	Adventure	Service
Loyalty	Independence	Growth
Peace	Courage	Belonging
Excellence	Honesty	Pleasure
Spirituality	Contribution	Stability
Recognition	Solitude	Playfulness
Discipline	Compassion	Ambition
Simplicity	Justice	Abundance

Tensions worth naming

If two of your chosen values pull against each other, that tension is where your real choices get made. A few common ones:

Courage & Security. You chose both Courage and Security. These two pull in opposite directions in most real decisions. When they conflict — which one wins? And is that the answer you would consciously choose?

Adventure & Stability. Adventure and Stability are in constant quiet negotiation. Which one is running your actual choices right now — and which one is on the waiting list?

Ambition & Peace. Ambition and Peace often require different things from the same day. Which one are you sacrificing most, and is that sustainable?

Independence & Connection. Independence and Connection pull in opposite directions in relationships. When you need both, which one do you tend to deprioritise — and what does that cost?

Creativity & Discipline. Creativity and Discipline can coexist — but they require different conditions. Which one are you better at protecting in your current life?

Authenticity & Harmony. Authenticity and Harmony often conflict when the honest version of you disrupts the peace. Which one tends to win?

Lived vs aspired

For each of your top five, ask: do I actually *live* this, or do I just admire it? Write one piece of evidence from the last month.

Value 1:

Value 2:

Value 3:

Value 4:

Value 5:

THE SCRIPT FLIP

Rewrite what you were given.

Four steps. Name an inherited belief, trace it, test it, and write something truer. Repeat for each script you carry — make copies of this page.

Step 1 — Name the script

What's a belief about yourself that you didn't choose — but you carry anyway?

e.g. "I need to earn my place in any room I walk into."

Step 2 — Trace it

Where did that belief come from? Whose voice does it sound like?

Be specific — a person, a moment, a message you absorbed.

Step 3 — Test it

Has this belief ever been wrong? What's one piece of evidence that contradicts it?

Even one small example is enough.

Step 4 — Flip it

Write the truer version. Make it honest, not perfect. It should sound like you.

Not an affirmation — a more accurate sentence.

CHOOSE FORWARD DECK

Forty questions to sit with.

Pull one at random, or work through a theme. Sit with it before you answer — the first response is often the inherited one; the second is usually closer to the truth.

ON FEAR

- *What would you do this week if you already knew the outcome would be fine?*
- *What's the difference between the risk being real and the risk feeling real?*
- *What would you stop apologising for if you trusted yourself more?*
- *What are you protecting yourself from — and is the protection still worth the cost?*
- *What are you doing to avoid the thing that would actually move you forward?*

ON IDENTITY

- *Which version of you shows up when no one is watching or judging?*
- *If no one from your past could see your choices, what would you choose differently?*
- *What parts of yourself have you put away to make space for who others needed you to be?*
- *What label do people use for you that no longer fits?*
- *If you could start over with the same skills but none of the old stories — what would you build?*

ON INHERITED SCRIPTS

- *Whose voice do you hear most when you're about to take a risk?*
- *What were you praised for as a child that you're still performing now?*
- *What rule do you live by that you've never actually agreed to?*
- *What did success look like in the family or culture you grew up in? Is that still your definition?*
- *What have you achieved that felt like betrayal — of a place, a family, an expectation?*

ON BELONGING

- *Where in your life are you performing belonging rather than feeling it?*
- *When do you feel most like an outsider — and does part of you prefer it there?*
- *Where are you tolerated rather than celebrated — and how long have you stayed?*
- *When do you shrink yourself — and who first taught you that was safer?*

ON WORTHINESS

- *What are you waiting to feel before you allow yourself to fully begin?*
- *What achievement are you most proud of that you've never properly celebrated?*
- *What do you give freely to others that you struggle to give yourself?*
- *What would you attempt if failure didn't say anything about your value?*

ON COURAGE

- *What's the thing you keep almost doing? What makes the 'almost' safe?*
- *What conversation are you postponing that would actually free you?*
- *What's the worst realistic outcome of the thing you've been avoiding?*
- *What's a boundary you need to draw that you keep explaining away?*
- *What would choosing forward look like for you, today — just today?*

ON RELATIONSHIPS

- *Who in your life makes you feel most like yourself? What do they see that others miss?*
- *What do you need from people that you've never asked for directly?*
- *Who are you different with — and which version of you is closer to the truth?*
- *What do you assume people think of you that you've never actually checked?*

ON PATTERNS

- *What's a story you've told about yourself for so long you forgot it was a story?*
- *In what area of your life are you most likely to self-sabotage — and why there?*
- *What does your best self know that your scared self keeps forgetting?*
- *Where in your life are you waiting for permission that only you can give?*

ON GROWTH

- *What are you better at than you were a year ago? When did you last say that out loud?*
- *What would the version of you from five years ago be surprised you're still struggling with?*
- *What's one belief you held a year ago that you've quietly let go of?*
- *What's a skill, quality or strength you've always had but undervalued?*

CONVERSATION CARDS

For the people you do life with.

Three decks — for partners, friends, and family — each in three depths. Take turns drawing. The only rule: answer the one you'd rather skip.

FOR COUPLES

Open

- *What's something small I do that makes you feel genuinely loved?*
- *What's a memory of us that you return to more than you'd expect?*
- *What did you think when you first realised this might be serious?*
- *When do you feel closest to me?*
- *What's something about me that still surprises you?*
- *What does a perfect day together look like to you?*
- *What's something you've always wanted us to try together?*
- *What do you think I'm most proud of you for?*
- *When do you feel most like a team?*
- *What's something you love about how we handle things together?*
- *What do you wish we did more of?*
- *What's one word you'd use to describe us at our best?*

Reflective

- *Is there a version of yourself you hold back in this relationship?*
- *What did your earliest relationship teach you about love — and is that still running in the background?*
- *Is there something I do that reminds you of a pattern from your past?*
- *What does feeling truly seen by me look like to you?*
- *Is there a need you have that you find hard to name to me?*
- *How has this relationship changed who you are?*
- *Is there something you expected love to feel like that's different from how it actually is?*
- *What do you think we've each had to unlearn to be good together?*
- *Is there a fear about us that you've never fully said out loud?*
- *What does security feel like in this relationship — and do we have it?*
- *Is there a version of our future you imagine that we haven't talked about yet?*
- *What would you want me to understand about how you experienced love growing up?*

Courageous

- *Is there something between us that we've been polite around?*
- *Have I ever made you feel like you had to earn my love?*

- *What's the conversation we most need to have that we keep avoiding?*
- *Is there something I do that quietly costs you something?*
- *What would you grieve if this relationship stayed exactly as it is?*
- *Have I ever let you down in a way I haven't fully acknowledged?*
- *Is there something you've needed from me that I haven't been able to give?*
- *What does repair look like to you — and do we do it well?*
- *Is there a part of you that you're afraid to show me?*
- *What would you say if you knew I could hear it without getting defensive?*
- *Is there a version of us you've had to let go of? How has that been?*
- *What would it mean for us to be truly honest with each other about where we are?*

FOR FRIENDS

Open

- *What's something I've done that meant more to you than I probably realise?*
- *What's a memory of us that you love to think about?*
- *What do you think we bring out in each other that no one else does?*
- *What's something you've always admired about how I move through the world?*
- *When did you first think — yes, this person is my people?*
- *What's something you'd want to do with me that we haven't done yet?*
- *What do you think makes our friendship different from other friendships?*
- *What's something I've said to you that's stayed with you?*
- *When do you feel most like yourself around me?*
- *What do you think we'll still be talking about in twenty years?*
- *What's something you've learned from watching how I live my life?*
- *What do you hope our friendship looks like in ten years?*

Reflective

- *Is there a version of yourself you feel more free to be around me than anywhere else?*
- *Has there ever been a moment when you needed me and I didn't quite show up?*
- *Is there something you've wanted to say to me that you've held back?*
- *How has our friendship changed who you are?*
- *Is there something about your life right now that you haven't told me the full version of?*
- *What do you think I don't fully understand about your experience?*
- *Is there something I do that you've never told me bothers you?*
- *What does being a good friend look like to you — and do we have that?*
- *Is there a time in our friendship that was hard that we've never fully talked about?*
- *What do you think we've both been through separately that has shaped us more than we've shared?*
- *What would you want more of in this friendship?*

- *Is there something in your life right now that you wish I knew but haven't known how to say?*

Courageous

- *Is there something between us we've both noticed but never named?*
- *Have I ever let you down in a way that still sits with you?*
- *Is there something about me that you've been kind about but secretly disagree with?*
- *Have I ever made you feel invisible or like you had to compete for my attention?*
- *What's the most honest thing you could say about what this friendship has cost you?*
- *Is there a version of our friendship you've had to let go of?*
- *What would you say to me if you weren't worried about how I'd take it?*
- *Have I ever done something that changed things between us that we've never fully talked about?*
- *Is there something you've outgrown that you haven't told me about?*
- *What would it mean to be truly honest with each other right now?*
- *Is there a drift between us that we've both felt but not named?*
- *What kind of friendship do you want us to have — and what would it take to get there?*

FOR FAMILY

Open

- *What's something you've always wanted to ask me but didn't know how?*
- *What do you think I don't fully understand about your experience?*
- *What's a memory of us that you return to more than I'd expect?*
- *What has surprised you most about who I've become?*
- *What do you wish we talked about more?*
- *What's something you've always admired about me that you've never said out loud?*
- *When do you feel closest to me?*
- *What do you think we both got from this family — good and hard?*
- *What would a perfect day together look like to you?*
- *What's one thing you'd want me to know about how you see the world?*
- *What does this relationship mean to you in your own words?*
- *Is there something you've wanted to ask about my life that you've held back?*

Reflective

- *Is there something this family expected of you that you never chose for yourself?*
- *What did love look like in your family growing up — and how has that shaped you?*
- *What version of yourself do you bring to our relationship? Is there a version you hold back?*
- *Has there been a moment when you felt I really saw you? And one when you felt invisible?*
- *What role did you play in your family growing up? Does it still feel true?*
- *Is there something I do that reminds you of someone else in our family?*

- *What's something I've done that I've never fully understood the impact of?*
- *What do you think we've inherited — from the generation above us — that we're still carrying?*
- *Is there a version of our relationship you've imagined that we haven't found yet?*
- *What does it take for you to feel safe enough to be honest with me?*
- *What do you think the next chapter of our relationship could look like?*
- *When did you first realise we were different from each other? How did that feel?*

Courageous

- *Is there something I did — or didn't do — that changed things between us? I'm ready to hear it.*
- *What would you say to me if you knew I could truly hear it without defending myself?*
- *What does forgiveness look like between us — and are we anywhere near it?*
- *Is there something between us we've never named but both know is there?*
- *Have I ever made you feel like you had to earn my love or approval?*
- *What's the conversation we most need to have that we keep avoiding?*
- *Is there a version of me you've had to let go of? And how has that been?*
- *What have you needed from me that I haven't been able to give?*
- *Is there a wound between us that hasn't been named? Can we try to name it now?*
- *What would you grieve if this relationship stayed exactly as it is?*
- *Have I ever sided with someone else over you in a way that mattered?*
- *What would it take for us to feel truly close — not just connected by history?*

Want to go deeper?

These activities are generic by design. The Freedom Assessment maps *your* specific belief pattern across six life domains — and gives you a personalised starting point for the real work.

Take the assessment at **chooseforward.life**

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