How to play

6–12 players recommended

This deck includes:

(20) Question cards
(12) Check-in cards
1/player

Setup:
1. Shuffle deck and place question cards facedown.
2. Hand out 1 check-in card to each player.

Instructions:
1. Player 1 draws a question card, places it faceup, and answers question.
2. Player 2 either answers the same question as player 1 or draws a new question card.
3. The next player answers a question on any card that's already been played or draws a new card. And so on...
4. At any point, a listener can use a check-in card to ask a player how they are feeling. The responding player answers by completing the sentence “I am feeling...” (We recommend that each player use their check-in card no more than 2–3 times, depending on the length of the game.)
5. Once all question cards have been drawn, shuffle the deck and start over.

Guiding principles:
• Confidentiality is key (trust is critical to the success of any group!)
• Everyone participates
• Stretch outside your comfort zone

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What are you most proud of?

Tell us about a time when you overcame adversity.

What do you most regret?

When have you felt most powerful?
When have you felt least powerful?

What brings out the best in you?

What is one thing about yourself that you wish you could change?

What is one thing in your life that you wish you could change?
Who do you most admire and why?

Who do you most envy and why?

A year from now, what will you wish you had done today?

If you could give one piece of advice to your younger self, what would it be?
If there was one more hour in the day, what would you spend it on?

If you could ask for anything, what would you ask for and from whom?

If you had to describe your life in 3 sentences, what would you say?

How would your closest friend describe you?
What are the three things you most value? How does your daily routine align with these values?

Who’s had an impact on your life who you haven’t thanked? Why?

What makes you happy? Why?

What makes you sad? Why?
CHECK IN
How are you feeling?