



ponderfyTM

mindfulness hacks for busy people

**A
PLAYBOOK
FOR CURI●US USERS**

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ponderfy (v) to induce a ponder-like state for meaningful and reflective thought...

These days, it seems we are busier than ever before.

Often, too busy to pause and think about what we've accomplished, how we perceive the world around us, and what we have the potential to achieve.

We need to make more time to contemplate, to **ponderfy**.

With our set of 52 cards, you have a tactile tool to help you **ponderfy**

The cards are more than just conversation starters – they are mindfulness hacks.

They are designed to promote deep conversations and mindful thought.

When you **ponderfy**, you

- reflect ● connect ● provoke ● nudge ● plan ● visualise ●

Anyone can **ponderfy** ...any time...anywhere...

- facilitators ● team leaders ● coaches ● teachers ● counsellors ●
● friends ● family ● individuals ●

Mindfulness practices have been proven to help change the physiology of the brain, contributing to a positive effect on our thoughts, feelings and behaviours.

Go on... **ponderfy** ...you're worth it!

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How ponderfy came about

In my work with executive teams, change leaders and practitioners, I made two key observations:

Many people wanted to work on their mindset, and help their team members do the same. But they didn't know how to start.

Very few people are tapping in the power of now.

In the workshops. I wanted to find a way to nudge their thinking, both during and post-workshops, with a focus on new ways of working and developing a learning and growth mindset.

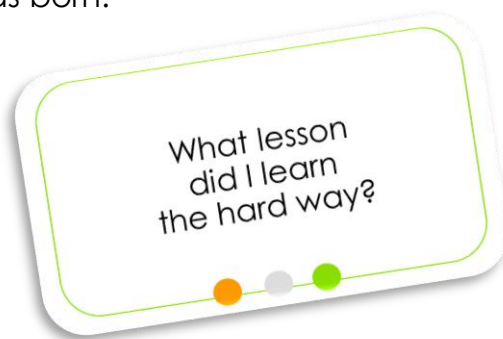
I designed a set of cards to encourage mindful thought in a couple of ways:

- To **reflect** on achievements, past thought processes and actions taken
- To ponder **future** action and consider possibilities
- To **nudge** their mindset, to think about how they think

More and more participants requested my home made, hand-written cards to take away and to use either alone for individual reflection, or with their team members to prompt conversations.

I decided to create a deck to be professionally printed.

And so, **ponderfy** was born.



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About the cards

The cards draw on the disciplines of positive psychology, neuroscience and design thinking.

They help you think about how you think, your past actions, what you've accomplished and what potential you have for more in the future.

You will notice that the questions and reflections are in one of two categories:

- Statements and questions - for reflection
- How might I questions – to visualise a future state, planting a seed for a range of options

One of my favourite design thinking methods is the 'how might we?' question. The cards that start with 'how might I' draw on this approach, which encourages us to see challenges as opportunities, to see the possibilities rather than the barriers.

Often what is holding us back is not opportunity or luck, it's our own mindset. And we take very little time to think about our thoughts. This is mindfulness.

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Tips for using the cards

There are benefits for both **team** and **individual** use.

Teams

In a team, **ponderfy** cards are a tool for deep conversations and disclosure. Disclosure builds trust, builds teams, connects, helps people find common ground and understanding/empathy, etc.

In a workshop or a meeting, a team may decide to discuss a particular question that is relevant to a challenge or issue they are currently facing. For example:



Watch this [clip](#) where a team brainstorms how they plan to use the cards.

Individuals

When you **ponderfy** alone, you take time to pause and reflect on what you've achieved and what you can accomplish. It promotes curiosity about yourself, other people and the world around you.

We'd love to hear more about you've used them.

Email us at - ponderfycards@gmail.com