

A silhouette of a person's head and shoulders is shown against a warm, golden sunset sky. The person's face is in profile, looking towards the right. The text 'LIVING WHAT MATTERS' is positioned at the top, with a dotted line below it. The main text, 'If I had a year to live what would I face?', is written in a large, white, cursive font across the center of the image.

LIVING WHAT MATTERS



*If I had a  
year to live  
what would  
I face?*



# FACE IT

WISDOM CARDS

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LIVING WHAT MATTERS



*For things  
to change  
what needs  
to be faced  
head on?*



# FACE IT

WISDOM CARDS

© GERRY VISCA + ANGELA KONTGEN

A silhouette of a person with long hair, seen from the back and slightly to the side, against a warm, golden sunset sky. The person's arms are at their sides, and the overall mood is contemplative and serene.

LIVING WHAT MATTERS



*What are  
you not  
facing?*



# FACE IT

WISDOM CARDS

© GERRY VISCA + ANGELA KONTGEN

A silhouette of a person's back and shoulders is centered against a warm, golden sunset sky. The person's hair is long and dark. The overall mood is contemplative and inspiring.

LIVING WHAT MATTERS



*What's  
Possible?*



# FACE IT

WISDOM CARDS

© GERRY VISCA + ANGELA KONTGEN



A silhouette of a person's head and shoulders is centered against a warm, golden sunset sky. The person's hair is long and dark. The overall mood is contemplative and serene.

LIVING WHAT MATTERS



*What is the  
impact of not  
facing what  
needs  
to be faced?*



# FACE IT

WISDOM CARDS

© GERRY VISCA + ANGELA KONTGEN

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LIVING WHAT MATTERS



*Why are you  
afraid of  
dying?*



# FACE IT

WISDOM CARDS

A silhouette of a person's head and shoulders is shown against a warm, golden sunset sky. The person's hair is long and dark. The overall mood is contemplative and serene.

LIVING WHAT MATTERS



*If I had a  
year to live  
who would  
I choose to  
be?*



# GO IN

WISDOM CARDS

A silhouette of a person's head and shoulders is shown against a warm, golden sunset sky. The person's hair is long and dark. The overall mood is contemplative and serene.

LIVING WHAT MATTERS



*What is the  
joy in being  
with  
yourself?*



# GO IN

WISDOM CARDS



A silhouette of a person with long hair, seen from the back, looking out over a landscape at sunset. The sky is a warm, golden-orange color, and the foreground shows dark silhouettes of grass and hills.

LIVING WHAT MATTERS



*Where do  
you find  
true peace?*



# GO IN

WISDOM CARDS

A silhouette of a person with long hair, seen from the back, against a warm, golden sunset sky. The person's arms are slightly away from their body. The overall mood is contemplative and serene.

LIVING WHAT MATTERS



*Who do you  
need to be  
with the  
time you  
have left?*



# GO IN

WISDOM CARDS

A silhouette of a person with long hair, seen from the back and side, looking out over a landscape at sunset. The sky is a warm, golden-orange color, and the foreground shows dark silhouettes of hills and vegetation.

LIVING WHAT MATTERS



*Why do you  
need to tune  
out the  
external  
world?*



# GO IN

WISDOM CARDS

A silhouette of a person's head and shoulders is centered against a warm, golden sunset sky. The person's hair is long and dark. The overall mood is contemplative and inspiring.

LIVING WHAT MATTERS



*What is  
possible  
when you  
tune in?*



# GO IN

WISDOM CARDS



A silhouette of a person with long hair, seen from the back and slightly to the side, against a warm, golden sunset sky. The person's arms are slightly away from their body. The overall mood is contemplative and serene.

LIVING WHAT MATTERS



*If I had a  
year to live  
what would  
I change?*



# EMBRACE CHANGE

WISDOM CARDS

A silhouette of a person's head and shoulders is shown against a warm, golden sunset sky. The person's hair is long and dark. The overall mood is contemplative and serene.

LIVING WHAT MATTERS



*What needs  
to change  
now?*



# EMBRACE CHANGE

WISDOM CARDS

A silhouette of a person with long hair, seen from the back, looking out over a landscape at sunset. The sky is a warm orange and yellow, and the foreground shows dark silhouettes of grass and hills.

LIVING WHAT MATTERS



*Why are  
you afraid  
of change?*



# EMBRACE CHANGE

WISDOM CARDS

A silhouette of a person's head and shoulders is centered against a warm, golden sunset sky. The person's hair is long and dark. The overall mood is contemplative and inspiring.

LIVING WHAT MATTERS



*What is  
possible  
through  
change?*



# EMBRACE CHANGE

WISDOM CARDS



The image features a silhouette of a person's head and shoulders against a warm, golden sunset sky. The person's hair is long and dark. The overall mood is contemplative and serene. The text is overlaid on the image in white.

LIVING WHAT MATTERS



*Why does  
change  
make you  
feel alive?*



# EMBRACE CHANGE

WISDOM CARDS

A silhouette of a person's back and shoulders is centered against a warm, golden sunset sky. The person's hair is long and dark. The overall mood is contemplative and serene.

LIVING WHAT MATTERS



*What  
challenges  
are you  
inviting  
into your  
life?*



# EMBRACE CHANGE

WISDOM CARDS

A silhouette of a person with long hair, seen from the back and side, looking out over a landscape at sunset or sunrise. The sky is a warm, golden-orange color, and the foreground shows dark silhouettes of hills and vegetation.

LIVING WHAT MATTERS



*If I had a  
year to live  
what would  
I discover?*



# GO DEEPER

WISDOM CARDS

The image features a silhouette of a person's head and shoulders against a warm, golden sunset sky. The person's hair is long and dark. The overall mood is contemplative and serene. The text is overlaid on the image in white.

LIVING WHAT MATTERS



*Who in  
your life do  
you need to  
go deeper  
with?*



# GO DEEPER

WISDOM CARDS



A silhouette of a person with long hair, seen from the back, looking out over a landscape at sunset. The sky is a warm orange and yellow, and the foreground shows dark silhouettes of hills and vegetation.

LIVING WHAT MATTERS



*What is the  
impact of  
living on  
the surface  
of life?*



# GO DEEPER

WISDOM CARDS

A silhouette of a person with long hair, seen from the back, looking out over a landscape at sunset. The sky is a warm orange and yellow, and the foreground shows dark silhouettes of grass and hills.

LIVING WHAT MATTERS



*What are  
ways you  
can go  
deeper?*



# GO DEEPER

WISDOM CARDS

A silhouette of a person's back and shoulders is centered against a warm, golden sunset sky. The person's hair is long and dark. The overall mood is contemplative and serene.

LIVING WHAT MATTERS



*What do  
you need to  
uncover  
about  
yourself?*



# GO DEEPER

WISDOM CARDS

A silhouette of a person with long hair, seen from the back and slightly to the side, against a warm, golden sunset sky. The person's arms are resting on their hips. The overall mood is contemplative and serene.

LIVING WHAT MATTERS



*Why are  
you really  
here?*



# GO DEEPER

WISDOM CARDS



A silhouette of a person with long hair, seen from the back, against a warm, golden sunset sky. The person's arms are slightly out to the sides. The overall mood is contemplative and serene.

LIVING WHAT MATTERS



*If I had a  
year to live  
who would  
I stop  
blaming?*



# OWN IT

WISDOM CARDS

The background of the image is a silhouette of a person with long hair, seen from the back and slightly to the side, looking out over a landscape at sunset or sunrise. The sky is a warm, golden-orange color, and the foreground shows dark silhouettes of hills and vegetation.

LIVING WHAT MATTERS



*What am I  
ready to take  
responsibility  
for?*



# OWN IT

WISDOM CARDS

A silhouette of a person's head and shoulders is shown against a warm, golden sunset sky. The person's hair is long and dark. The overall mood is contemplative and serene.

LIVING WHAT MATTERS



*Who do you  
have to stop  
blaming?*



# OWN IT

WISDOM CARDS

A silhouette of a person's head and shoulders is shown against a warm, golden sunset sky. The person's hair is long and dark. The overall mood is contemplative and serene.

LIVING WHAT MATTERS



*What is the  
freedom of  
letting go of  
expectations?*



# OWN IT

WISDOM CARDS



A silhouette of a person's head and shoulders is shown against a warm, golden sunset sky. The person's hair is long and dark. The overall mood is contemplative and serene.

LIVING WHAT MATTERS



*What  
expectations  
are sucking  
the life force  
out of you?*



# OWN IT

WISDOM CARDS

A silhouette of a person with long hair, seen from the back, with their hands on their hips. The background is a warm, golden sunset sky. The text is overlaid on the image.

LIVING WHAT MATTERS



*What shifts  
when you stop  
complaining?*



# OWN IT

WISDOM CARDS

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The image features a silhouette of a person's head and shoulders against a warm, golden sunset sky. The person's hair is long and dark. The overall mood is contemplative and serene. The text is overlaid on the image in white.

LIVING WHAT MATTERS



*If I had a  
year to live  
what would  
I begin?*



# DAILY PRACTICES

WISDOM CARDS

A silhouette of a person's head and shoulders is shown against a warm, golden sunset sky. The person's hair is long and dark. The overall mood is contemplative and serene.

LIVING WHAT MATTERS



*What habits  
do not serve  
you?*



# DAILY PRACTICES

WISDOM CARDS



A silhouette of a person with long hair, seen from the back and slightly to the side, against a warm, golden sunset sky. The person's arms are resting on their hips. The overall mood is contemplative and serene.

LIVING WHAT MATTERS



*What actions  
need to end?*



# DAILY PRACTICES

WISDOM CARDS

A silhouette of a person's back and shoulders is centered against a warm, golden sunset sky. The person's hair is long and dark. The overall mood is contemplative and serene.

LIVING WHAT MATTERS



*Who do you  
need to  
surround  
yourself  
with?*



# DAILY PRACTICES

WISDOM CARDS

A silhouette of a person with long hair, seen from the back and side, looking out over a landscape at sunset. The sky is a warm orange and yellow, and the foreground shows dark silhouettes of hills and vegetation.

LIVING WHAT MATTERS



*What are  
daily ways to  
strengthen  
your mind?*



# DAILY PRACTICES

WISDOM CARDS

A silhouette of a person's head and shoulders is shown against a warm, golden sunset sky. The person's hair is long and dark. The overall mood is contemplative and serene.

LIVING WHAT MATTERS



*What actions  
serve and  
support  
your life?*



# DAILY PRACTICES

WISDOM CARDS



A silhouette of a person with long hair, seen from the back and slightly to the side, against a warm, golden sunset sky. The person's arms are slightly away from their body. The overall mood is contemplative and serene.

LIVING WHAT MATTERS



*If I had a  
year to live  
what would  
I create?*



# BIG PICTURE

WISDOM CARDS

A silhouette of a person with long hair, seen from the back, looking out over a landscape at sunset. The sky is a warm orange and yellow, and the foreground shows dark silhouettes of grass and hills.

LIVING WHAT MATTERS



*What is the  
bigger  
picture of  
your life?*



# BIG PICTURE

WISDOM CARDS

A silhouette of a person's head and shoulders is shown against a warm, golden sunset sky. The person's hair is long and dark. The overall mood is contemplative and serene.

LIVING WHAT MATTERS



*What are  
you ready to  
experience  
with your  
brief life?*



# BIG PICTURE

WISDOM CARDS

A silhouette of a person with long hair, seen from the back, looking out over a sunset landscape. The sky is a warm orange and yellow, and the foreground shows dark silhouettes of hills and vegetation.

LIVING WHAT MATTERS



*What would  
help you see  
& feel the  
bigger  
picture of  
your life?*



# BIG PICTURE

WISDOM CARDS

© GERRY VISCA + ANGELA KONTGEN

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LIVING WHAT MATTERS



*Why do you  
need to  
remove  
yourself  
to create  
yourself?*



# BIG PICTURE

WISDOM CARDS

A silhouette of a person with long hair, seen from the back, against a warm, golden sunset sky. The person's arms are slightly out to the sides. The overall mood is contemplative and serene.

LIVING WHAT MATTERS



*What are the  
unnoticed  
gifts that are  
passing  
you by?*



# BIG PICTURE

WISDOM CARDS

A silhouette of a person's head and shoulders is shown against a warm, golden sunset sky. The person's hair is long and dark. The overall mood is contemplative and serene.

LIVING WHAT MATTERS



*If I had a  
year to live  
what would  
I no longer  
fear?*



# OPEN UP

WISDOM CARDS

A silhouette of a person with long hair, seen from the back, against a warm, golden sunset sky. The person's arms are slightly out to the sides. The overall mood is contemplative and serene.

LIVING WHAT MATTERS



*What would  
be possible if  
you kept  
your heart  
open?*



# OPEN UP

WISDOM CARDS



A silhouette of a person with long hair, seen from the back, looking out over a landscape at sunset. The sky is a warm orange and yellow, and the foreground shows dark silhouettes of grass and hills.

LIVING WHAT MATTERS



*How does  
trust open  
the way?*



# OPEN UP

WISDOM CARDS

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A silhouette of a person with long hair, seen from the back, looking out over a landscape at sunset. The sky is a warm, golden-orange color, and the foreground shows dark silhouettes of hills and vegetation.

LIVING WHAT MATTERS



*What does  
being  
vulnerable  
open up?*



# OPEN UP

WISDOM CARDS

A silhouette of a person's head and shoulders is shown against a warm, golden sunset sky. The person's hair is long and dark. The overall mood is contemplative and serene.

LIVING WHAT MATTERS



*What if you  
allowed  
others in?*



# OPEN UP

WISDOM CARDS



LIVING WHAT MATTERS



*What are the  
walls that  
need to  
come down?*



# OPEN UP

WISDOM CARDS



A silhouette of a person with long hair, seen from the back, looking out over a landscape at sunset. The sky is a warm orange and yellow, and the foreground shows dark silhouettes of grass and hills.

LIVING WHAT MATTERS



*If I had a  
year to live  
what would  
I explore?*



# EXPLORE

WISDOM CARDS

A silhouette of a person with long hair, seen from the back, looking out over a landscape at sunset. The sky is a warm orange and yellow, and the foreground shows dark silhouettes of grass and hills.

LIVING WHAT MATTERS



*Where do  
you need to  
be?*



# EXPLORE

WISDOM CARDS

A silhouette of a person with long hair, seen from the back and side, looking out over a landscape at sunset. The sky is a warm, golden-orange color, and the foreground shows dark silhouettes of hills and vegetation. The overall mood is contemplative and serene.

LIVING WHAT MATTERS



*Why are you  
still waiting  
for  
someday?*



# EXPLORE

WISDOM CARDS

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A silhouette of a person with long hair, seen from the back, looking out over a landscape at sunset. The sky is a warm orange and yellow, and the foreground shows dark silhouettes of grass and hills.

LIVING WHAT MATTERS



*What does  
your soul  
want you to  
explore?*



# EXPLORE

WISDOM CARDS



A silhouette of a person with long hair, seen from the back, looking out over a sunset landscape. The sky is a warm orange and yellow, and the foreground shows dark silhouettes of hills and vegetation.

LIVING WHAT MATTERS



*What new  
adventures  
are you  
seeking?*



# EXPLORE

WISDOM CARDS

A silhouette of a person's head and shoulders is shown against a warm, golden sunset sky. The person's hair is long and dark. The overall mood is contemplative and serene.

LIVING WHAT MATTERS



*How is  
playing it  
safe working  
for you?*



# EXPLORE

WISDOM CARDS

A silhouette of a person with long hair, seen from the back, against a warm, golden sunset sky. The person's arms are slightly out to the sides. The text is overlaid on the image.

LIVING WHAT MATTERS



*If I had a  
year to live  
what would I  
step into?*



# LIVE FULLY

WISDOM CARDS

A silhouette of a person with long hair, seen from the back, looking out over a landscape at sunset. The sky is a warm, golden-orange color, and the foreground shows dark silhouettes of grass and hills.

LIVING WHAT MATTERS



*What does  
aliveness  
feel like?*



# LIVE FULLY

WISDOM CARDS



A silhouette of a person's head and shoulders is centered against a warm, golden sunset sky. The person's hair is long and dark. The overall mood is contemplative and serene.

LIVING WHAT MATTERS



*Knowing  
you will die  
how does it  
help you  
truly live?*



# LIVE FULLY

WISDOM CARDS

A silhouette of a person with long hair, seen from the back, against a warm, golden sunset sky. The person's arms are slightly out to the sides. The overall mood is contemplative and serene.

LIVING WHAT MATTERS



*How would  
playing full  
out open  
your  
world?*



# LIVE FULLY

WISDOM CARDS



LIVING WHAT MATTERS



*What would  
you regret  
not stepping  
into?*



# LIVE FULLY

WISDOM CARDS

A silhouette of a person with long hair, seen from the back, looking out over a landscape at sunset. The sky is a warm orange and yellow, and the foreground shows dark silhouettes of grass and hills.

LIVING WHAT MATTERS



*What would  
you regret  
not saying?*



# LIVE FULLY

WISDOM CARDS



A silhouette of a person with long hair, seen from the back and slightly to the side, against a warm, golden sunset sky. The person's arms are slightly away from their body. The overall mood is contemplative and serene.

LIVING WHAT MATTERS



*If I had a year  
to live what  
spiritual truth  
would I  
embrace?*



# SPIRITUALITY

WISDOM CARDS

A silhouette of a person with long hair, seen from the back, against a warm, golden sunset sky. The person's arms are slightly out to the sides. The overall mood is contemplative and serene.

LIVING WHAT MATTERS



*What do you  
believe about  
the true  
nature of  
yourself?*



# SPIRITUALITY

WISDOM CARDS

A silhouette of a person with long hair, seen from the back, looking out over a landscape at sunset. The sky is a warm, golden-orange color, and the foreground shows dark silhouettes of grass and hills.

LIVING WHAT MATTERS



*Why does it  
make sense  
that  
everything is  
connected?*



# SPIRITUALITY

WISDOM CARDS

A silhouette of a person with long hair, seen from the back, against a warm, golden sunset sky. The person's arms are slightly away from their body. The overall mood is contemplative and serene.

LIVING WHAT MATTERS



*What is the  
freedom of  
knowing you  
are pure  
spirit?*



# SPIRITUALITY

WISDOM CARDS



A silhouette of a person's head and shoulders is centered against a warm, golden sunset sky. The person's hair is long and dark. The overall mood is contemplative and serene.

LIVING WHAT MATTERS



*What signs  
confirm that  
you are more  
than this  
body?*



# SPIRITUALITY

WISDOM CARDS



LIVING WHAT MATTERS



*What does  
love reveal  
about your  
true  
nature?*



# SPIRITUALITY

WISDOM CARDS