



Shift Your Focus

Energy Follows

How to Use the Cards

A guide for different situations and settings

 **Foundation**

I am

 **Feeling & Form**

I feel

 **Action & Execution**

I do

 **Giving & Atmosphere**

I give

 **Communication & Goals**

I speak

 **Intuition & Insight**

I see

 **Wholeness**

I understand



Café Life Hack

Before You Begin



This deck contains 91 exercise cards across 7 energy perspectives. Each card offers a small, body-based shift — a moment of awareness, movement, or connection that changes your state.

The cards are not a curriculum. There is no right order, no progression, no test. Think of them as a menu — you pick what you need, when you need it.

Every card has a front (the exercise) and a back (why it works). The 'why' is drawn from neuroscience, biology, and psychology — not to impress, but to give your mind permission to trust your body.

The 7 Energy Perspectives

Foundation — I am

Safety, grounding, the nervous system baseline

Feeling & Form — I feel

Body awareness, emotions, sensation

Action & Execution — I do

Movement, pattern-breaking, physical reset

Giving & Atmosphere — I give

Heart, connection, generosity, atmosphere

Communication & Goals — I speak

Focus, language, intention, expression

Intuition & Insight — I see

Inner knowing, perception, stillness

Wholeness — I understand

Integration, balance, the bigger picture

Play Modes

- **Pause Mode** Draw one card. Do the exercise. That's it.
- **Category Mode** Pick a specific energy perspective and draw from that category.
- ♦ **Journey Mode** 7 cards — one from each category. A full-spectrum check-in.
- **Nature Mode** 5 cards from nature-connected exercises across all categories.
- ♥ **Partner Mode** Cards designed to be done with someone else. Connection exercises.
- **Browse All** See all 91 cards. Filter by category. Pick what speaks to you.





The most powerful way to use Shift Your Focus is alone, as a daily ritual. No audience, no performance — just you and whatever your body and mind need right now.

Morning Opener

Draw one card before checking your phone. Read the exercise. Do it. Start the day from your own centre, not someone else's feed.

Pause Mode Reset

Feeling scattered at midday? Use Pause Mode — draw a single card and follow the exercise. Two minutes is all it takes to shift your state.

Evening Wind-Down

Before bed, draw from Feeling & Form or Wholeness. These categories are naturally calming and reflective. Let the card be your last conscious input of the day.

Weekly Journey

Once a week, use Journey Mode — 7 cards, one from each energy perspective. Journal a sentence about each. Over time, you'll see patterns in what you need.

Nature Walk Companion

Take the deck or the app on a walk. Use Nature Mode — 5 cards drawn from nature-connected exercises. Let the outdoors be your practice room.

TIP

There's no wrong way to draw. If a card doesn't resonate today, set it aside — it might land perfectly next week.





Most work breaks don't restore energy — they just pause the drain. These cards turn a break into an active reset. Keep the deck on your desk or the app on your phone.

The 2-Minute Reset

Between meetings or tasks, draw one card from Action & Execution or Foundation. Physical micro-exercises like Box Breathing, Power Pose, or Shake It Off cut through mental fog instantly.

Team Check-In Opener

Start a meeting by drawing one card and reading the exercise aloud. Let the team do it together — 90 seconds of shared presence before the agenda begins.

Stress First Aid

When tension is high, draw from Foundation. Cards like Safe Place, Box Breathing, and Two Systems are designed for exactly this moment. They activate the rest/restore system in under 2 minutes.

Lunch Break Journey

Use your lunch break for a solo Journey Mode — 7 cards across all energy perspectives. It's a full mental reset that fits in 15 minutes.

Friday Reflection

End the week with a card from Communication & Goals. Journal 3 Things or Energy Follows Focus are perfect for closing out the week with clarity.

TIP

Keep it light. The cards work best when they feel like a gift, not an assignment. If your team resists, start by just using them yourself — curiosity is contagious.





Students carry stress, restlessness, and big feelings into the classroom every day. These cards give teachers a simple, structured way to help students regulate — and learn that they have tools inside them.

Morning Landing

Start the school day with one card from Foundation. Grounding, Box Breathing, or Heartbeat helps students arrive in their bodies before the mind is asked to work.

Transition Tool

Between subjects or after recess, draw a card. It creates a conscious pause — a bridge between activities that helps the nervous system settle.

Emotional Vocabulary

Use Feeling & Form cards to teach students to name their inner states. The Zones, Emotion Wheel, and Temperature Scan build emotional literacy through experience, not theory.

Energy Break

When the class is restless, draw from Action & Execution. Shake It Off, Dance It Out, and Power Pose give physical release with structure — movement that serves a purpose.

Nature Connection

Take the class outside with Nature Mode. Walk & Notice, The Ant, Bird Language — these turn the schoolyard into a classroom for awareness and observation.

Reflection Journals

Pair cards with a simple prompt: 'What did you notice in your body?' Students who practise this develop self-awareness that transfers to conflict resolution, focus, and empathy.

TIP

Start with Foundation and Action cards — they're the most physical and accessible for young learners. Let students volunteer rather than forcing participation.





Children feel everything intensely and have fewer tools to process it. These cards give them simple, body-based ways to shift their own state — and they think it's a game.

The Pick-a-Card Ritual

Let the child draw a card themselves — the act of choosing matters. Read the exercise together and do it side by side. They learn by watching you try, not by being told.

Bedtime Card

Draw one card at bedtime. Safe Place, Night Sky, and Heartbeat from Foundation are naturally calming. The card becomes a gentle bridge from the day into sleep.

Big Feeling First Aid

When emotions are overwhelming, offer a card from Foundation or Action. 'Want to try something that might help?' works better than 'Calm down.' Let the card do the talking.

Nature Explorer

On walks or in the garden, draw a Nature Mode card. Children are natural observers — The Ant, Plant Something, and Soil connect them to the world through curiosity, not instruction.

Partner Mode Together

Use Partner Mode to draw cards to share. Doing an exercise together builds connection and co-regulation — your calm nervous system helps regulate theirs.

Feelings Map

Use Temperature Scan or Feel Your Body to help children map where emotions live in their bodies. Draw it on paper together. This builds interoception — the skill of reading their own signals.

TIP

Never force a card. If the child says 'no,' respect it. Offer, don't push. The cards should feel like an invitation, never a correction.





The best conversations often happen without words. These cards create a shared space between two people — a quiet invitation to slow down, notice, and reconnect.

Evening Ritual

Sit together. Each draw one card. Do the exercises side by side, then share one sentence about what you noticed. No fixing, no advising — just witnessing each other.

Partner Mode

Use Partner Mode — it draws cards designed for sharing. Breath Gift, Long Hug, and Social Joy turn the exercise into connection.

Conflict Cool-Down

When things are tense, draw a Foundation card together. Box Breathing or Full-Body Sigh done in sync can reset two nervous systems faster than talking. Calm the body first, then talk.

Weekend Journey

Do a full Journey Mode together on a weekend morning — 7 cards, one per category. Compare which cards landed differently. Differences are interesting, not wrong.

Walk Together

Take the app on a walk. Draw Nature Mode and explore together. Rock and Water, Cloud Reading, River Walk — nature exercises dissolve the daily script between you.

TIP

The cards work best between partners when neither is 'leading the session.' Draw together, explore together, stay curious about each other's experience.





When a group shares an embodied experience — even a brief one — it creates a different quality of attention. These cards give facilitators and team leads a simple tool to shift group energy.

Workshop Warm-Up

Open with a card from Foundation or Action. Do the exercise together as a group. 90 seconds of shared experience creates more psychological safety than 10 minutes of icebreakers.

Energy Check

Draw a Feeling & Form card and ask: 'Which zone are you in — green, orange, or red?' Quick round, no explanations needed. It makes the invisible visible.

Creative Unblock

When the group is stuck, draw from Action & Execution. Break the Pattern, Build & Destroy, and Growth Mind are designed to interrupt mental loops and restore creative flow.

Closing Ritual

End a session with a Wholeness or Giving card. The Whole You, Integration Walk, or Mirror Kindness bring the group back to themselves before returning to the world.

Card Rotation

Place 5–7 cards face-up on the table. Let each person choose the one that speaks to them. Share in pairs. Self-selection reveals more than assigned exercises ever could.

Retrospective Tool

Draw one card per category and use it as a metaphor: 'Where is our foundation right now? What are we feeling? What action do we need?' The cards make abstract team dynamics concrete.

TIP

Keep it voluntary. Forcing body-based exercises in a work context backfires. Offer the card, do it yourself, and let others join when they're ready.





For therapists, coaches, and counsellors, these cards offer a bridge between cognitive conversation and somatic experience. They give clients something to do, not just discuss.

Session Opener

Let the client draw a card at the start. 'What does this card bring up for you?' The response often reveals more than a direct question would.

Grounding Anchor

When a client becomes dysregulated, offer a Foundation card. Box Breathing, Safe Place, or Heartbeat provide structured re-grounding without breaking the therapeutic flow.

Homework That Works

Assign one card per week as practice. The exercises are short enough to actually do, and the 'why' on the back gives clients intellectual buy-in alongside the embodied practice.

Category as Lens

Which category does the client gravitate toward? Which do they avoid? This pattern reveals which energy dimensions feel safe and which feel threatening — useful clinical information.

Journey as Assessment

Run Journey Mode — 7 cards, one per category — as a structured intake tool. The client's response to each energy perspective maps their current relationship with their own system.

TIP

The 'why' on the back of each card is sourced from peer-reviewed research. This matters for clients who need intellectual permission before they'll try something embodied.





Many exercises are drawn from nature — and they work differently when you do them there. The forest, the garden, the park bench. Take the cards outside and let the environment be part of the practice.

Nature Mode Walk

Use Nature Mode to draw 5 nature-connected cards. Walk slowly and do each one where it fits — Grounding on grass, The Oak near a tree, Soil with your hands in earth.

Sit Spot Practice

Find a place outdoors you can return to. Sit. Draw one card. Do the exercise. Come back tomorrow, same spot, new card. Over weeks, the place becomes a practice anchor.

Forest Bath + Cards

During a slow forest walk, draw a card every 10 minutes. Let the forest and the card work together. Bird Language near trees. Water by a stream. Dew in the morning.

Garden Practice

Plant Something, Soil, The Flower, Pollination — these cards are designed for the garden. Pair your gardening with one card and let the physical work become a meditation.

Seasonal Rotation

In spring, focus on Action & Execution (new growth). Summer: Communication & Goals (expression). Autumn: Feeling & Form (release). Winter: Foundation & Wholeness (rest). Let the seasons guide your draws.

TIP

Nature doesn't need instructions. The cards are just a gentle nudge to pay attention to what's already happening around you.





Where you place your focus, energy follows.

91 exercises · 7 energy perspectives · one shift at a time

