

# THE HERO

## The game that makes you think

This is a non-competitive game for 3-5 players. The aim is to empower each other in achieving a goal or dream, by asking a lot of questions.

The game includes:



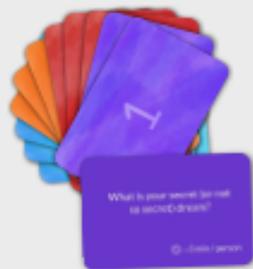
### 1 Hero card:

Shows who's turn it is. The group focuses on this person.



### 5 superpower cards:

They facilitate the discussion. Use (show) them as many times as you need.



### 3x4 question cards:

Answer them honestly. The corner shows how long you should discuss per person.

The game consist of 5 rounds: an introduction round, and 4 coaching rounds.

## Introduction round (1 time)

1. Introduce yourselves one by one: tell at least 3 things about yourself (hobbies, passions and something that the other players don't know).

- The youngest person in the group starts the round.

2. Take 4 **question cards**, 1 of each color. Put them face down on the table in the order from 1 to 4:

- Round 1 (Purple) - Goal
- Round 2 (Red) - Reality
- Round 3 (Orange) - Options
- Round 4 (Blue) - Next steps

3. Put the rest of the question cards away.



## Coaching rounds (4 times)

Players take turns in discussing one main coaching question per round.

1. Shuffle the **superpower cards**. Give each player a card (and divide the rest).
2. The **Time Master** starts the round by reading the **question card** aloud. Put the **HERO card** in front of you and answer the question card.
  - The others empower the HERO by asking clarifying questions and using the **superpowers** when needed.
  - When it's time to move on, the turn (and **the HERO card**) passes to the next player.

3. The round is completed when everybody has been **the HERO**.

Start the next round, by repeating all the above steps.



## Tips for the end of the game

Goals are easier to achieve if you make them S.M.A.R.T. In other words break down your goal into small and clear achievable steps, that you can do in the next two weeks. The most important thing is that you can say "Yes, I did it!"

Want reminders? Log your dream and next steps at

**[WWW.NURTUP.COM/MYDREAM](http://WWW.NURTUP.COM/MYDREAM)**

---

## Tips to level up your games

Broaden your perspective by playing with people you don't know too well. It takes your thinking to a new level.

Play with coworkers or with your neighbors. Look for people different to you. Or let us help you meet the community around you. Go to **NURTUP.COM** and plan a game there.

Join us and level up with others!