



# How to Play

Your mission, should you choose to accept it, is to create the life of your dreams!  
Through engaging with this game's creative process, you can make choices to meet your life aims. You will adapt and innovate...

## How to Start:

Stack the AWARENESS, CONTEXT, IDEAS, IMPLEMENT, EVALUATE & EMERGENCE cards in separate piles on the playing surface.

You may also wish to have scrap paper and writing utensils on hand for recording your answers, or you can print a game specific worksheet from [Playadapt.com/worksheets](http://Playadapt.com/worksheets).

Adapt is played by 1-6 individual people or groups. Importantly it can be played in a way that is cooperative or competitive – the gameplay process is the same either way.

Each team or player on their first turn picks an AWARENESS card and a CONTEXT card. Identify the aspect of your life which you are creating for. **What is your aim?** Describe a life challenge that relates to the 'Life Aspects' and 'Core Needs' presented on the AWARENESS and CONTEXT cards you selected. It's important to clarify what your specific aim is for the full round of Adapt gameplay. Share what comes up and maybe take notes.

On your next turn pick an IDEAS card. **What ideas develop to meet your aim?** The IDEAS cards are 'Permaculture Design Principles'. Use the card you have selected to inspire and brainstorm ways to meet your aim. Share what comes up and maybe take notes.

On your next turn pick an IMPLEMENT card. **How can you take action to implement your idea?** Using the IMPLEMENT card you have selected, explain how you could bring your idea to reality in the part of your life represented on the card. Think of this as 'Exchanging Energy'. Share what comes up and maybe take notes.

On your next turn pick an EVALUATE card **How do your proposed ideas and actions care?** This is the 'Care Challenge' that asks you to ethically evaluate how your proposed choices and actions – the ones that you developed to meet your initial aim – care for the topic represented on the EVALUATE card that you have chosen.

**Please note:** At this point the other players then get to vote (with a show of hands) on whether or not they think that your answer ethically cares for the subject on the EVALUATE card you have selected. If the majority agree, then you can continue on to your next turn. If not, then you must adjust your proposed choices and actions and when it's your next turn repeat the 'Care Challenge'. Share what comes up and maybe take notes.

On your next turn pick an EMERGENCE card. **In real life things emerge when we attempt to put ideas into action.** Follow the direction on your selected EMERGENCE card. Share what comes up and maybe take notes.

## How to End:

The Adapt game play round is completed after you have found an answer for the EMERGENCE card.

OR.. you can keep the game rolling by pulling another IDEAS card and repeating the process for a new round of Adapt gameplay based on the initial aim you chose at the start of the game. More life-enhancing ideas will emerge!

**Further Information** The level 1, 2 & 3 icons on the cards indicate learning levels. If you have a group that is new to these concepts, or you want to gamify the cards, start with level 1 cards and work your way up through levels 2 and 3!

Go to [PlayAdapt.com](http://PlayAdapt.com) for further information including examples of how to play the game and 12+ other ways to play with the Adapt cards. There are also glossary and resources pages. These support and further explain the Adapt game for you.

At [PlayAdapt.com](http://PlayAdapt.com) there is also information about 'Train the trainer' workshops, our creative process facilitation sessions and consultancy service. Please feel welcome to contact us.

## Creative Process Poster

We have created an amazing and inspiring 'Adapt Creative Process' poster that graphically illustrates the ideas behind Adapt. Go to our website shop to order it and additional sets of Adapt for your friends and colleagues!



[WWW.PLAYADAPT.COM](http://WWW.PLAYADAPT.COM)

