

A little play. A fresh perspective.

A small game for a fresh perspective. Pick a card at the start of a meeting or working day. Read the prompt together and give it a go.

This set contains all 50 cards. One card per page, in A6 format.



Student Syndrome

We delay work until the last minute.

No Last-Day Heroes: The person who completes his task at the last day of the sprint receives the Last day hero award.



Murphy's Law

Expect setbacks; anything that can go wrong, will.

Disaster Drill Challenge: Plan a task, then introduce a fictional "disaster" midway to see if the team can still complete it on time.



Law of Diminishing Returns

After a point, more time yields smaller gains.

Peak & Pass: Set a timer for when you feel most productive; as soon as your output slows, pass the task to a teammate or switch to a new task to keep energy high.



Pareto Principle

80% of results come from 20% of efforts.

Trim the List: List the 10 things that will consume the most time on this project, rank them by importance, and eliminate the least important item to streamline your workload. It can be tasks, features, sessions.



Hofstadter's Law

Tasks take longer than expected, even if we account for this.

Time Gambit: Have each team member estimate the duration of a task, then play planning poker to reach a group consensus; track individual guesses and the actual time taken to see who predicted best.



Law of Triviality

Meetings waste time on minor issues.

Hit & Run Highlights: Each person gives just one sentence per topic, you have 30 seconds to think of something. no extras allowed—watch how quickly the meeting wraps up with only the highlights.



Eisenhower Matrix

Important tasks are rarely urgent, prioritize accordingly.

Secretly in Disguise: Find three tasks that cleverly disguise themselves as urgent but are actually non-essential.



Parkinson's Law

Tasks expand to fill the available time.

Half-Time Hustle: Allocate only half the expected time for a task and see if you can still achieve the same quality outcome.



Parkinson's Law 2

Resources (like time) are always fully used.

Strip Poker: As you work through a task, "strip away" one non-essential tool, resource, or extra step at regular intervals —see how lean you can go while still achieving a quality outcome!



Proximity Principle

Keep essential tools close to your workspace to boost efficiency and reduce distractions.

Close Quarters Challenge: Set up a "tool zone" where all team resources are easily accessible, and challenge team members to complete tasks without leaving this area to streamline focus and minimize distractions. This can be software, physical tools or a person.



Principle of Least Effort

We choose the easiest path, sometimes cutting corners.

Shortcut Showdown: Each team member finds the quickest way to complete a task, then shares their method with the group to see who found the most efficient shortcut.



The Curiosity Catalyst

Approaching tasks with curiosity boosts motivation and creativity.

Curiosity Quest: Start a project by having each team member write one question they're curious about; explore answers throughout the week and share insights at the next meeting.



Illich's Law

Efficiency drops with excessive hours.

Afternoon Tea Recharge: Schedule a daily afternoon tea break where the team gathers to catch up, replenish energy, and reset, helping everyone stay refreshed and productive for the remainder of the day.

Swoboda-Fliess-Teltscher Law

Productivity fluctuates with natural body rhythms.

Peak Performance Tracker: Have each team member note their energy levels hourly for a day to identify when they feel most productive, then compare patterns at the end of the week.



The Zeigarnik Effect

Unfinished tasks stick in our minds until completed.

Unfinished business: At midday, set a timer for four minutes to finish any lingering tasks or "open tabs" on your mind, helping you refocus for the rest of the day with a clear head.

Yerkes-Dodson Law

A bit of stress boosts performance; too much lowers it.

Stress Check-In: Send a random email or chat message to the team during the day with two questions: "What are you working on?" and "How stressed are you on a scale of 1 to 10?"—helping everyone find their optimal stress-performance level.



1% Rule

Small daily improvements lead to big gains over time.

Micro-Habit Marathon: Like marathon runners who experiment with different socks or shoes for optimal performance, team members identify a tiny, non-obvious habit-such as adjusting their chair height or organizing their workspace—that could boost productivity or well-being, then practice it daily for a week to see cumulative effects.



Cialdini's Reciprocity Principle

Give value first, and others will reciprocate.

Value Swap: Each team member starts the day by offering help or resources to a colleague, building a chain of reciprocal support throughout the team.



5 Minute Rule

If you start a task, you're likely to keep going.

Tiny Task Tackle: Each team member picks a task they've been putting off and spends exactly five minutes on it, sharing progress afterward to celebrate small wins.



Golden Hour

The first hour sets the tone for the day.

Focus First Sprint: For the day's opening hour, team members work without interruptions on their most important tasks, creating a solid productivity foundation for the rest of the day.



The Loss Aversion Principle 2

Fear of loss motivates more than potential gains.

Risk and Reward Scenarios: Present stakeholders with two project options—one with a high reward but potential loss, and another that's safer but with lower reward—encouraging them to consider the cost of missed opportunities.



The Fresh Start Effect

New beginnings (like Mondays) inspire motivation.

Do-Over Days: Choose a day each week where team members get to revisit and refresh a previous task, aiming to improve it with a "new start" mindset.



The Hawthorne Effect

People perform better when they're observed.

Performance Partner: Pair team members to observe each other's work for a short period, sharing constructive observations to encourage each other's best performance.



The Loss Aversion Principle

Fear of loss motivates more than potential gains.

Future Cost Countdown: Describe a problem or challenge and set a "countdown" to show stakeholders how potential losses (time, resources, or opportunities) increase the longer they delay a decision.

Hyperbolic Discounting

We prefer quick rewards over future gains.

Value Stone Challenge: Give each person five stones, each representing a set value, and let them choose between completing multiple "cheap" easy tasks or spending their stones on fewer, more "expensive" challenging tasks to finish their workload.



The Rule of Reciprocity

Small favors encourage mutual help.

Secret Support Santa: Draw a name from a hat, and throughout the week, secretly do small, positive things for that person-from compliments to helping with tasks—without them knowing who their "Santa" is!



The Contrast Effect

Mundane tasks seem better when compared to worse tasks.

Extreme Brainstorm: Begin brainstorming with an intentionally unrealistic idea to make realistic options feel more achievable by contrast.



Decision Fatigue

Early in the day, decisions are higher quality.

Decision Power Hour: Have each team member prepare a project choice with pros and cons, then hold a 30-minute session to make decisions; if time runs out, continue with the remaining choices first thing the next morning.



The Law of Least Regret

Choose the option that will leave you with the least regret in the long term.

Long-Term Lens: For each decision, team members briefly imagine potential outcomes five years from now, choosing the option they believe they'll look back on positively.



The Rule of Small Wins

Celebrate small wins to build motivation.

Golden Star Appreciation: Give each team member a sheet of golden star stickers to award to colleagues throughout the week for small acts they appreciate.



The Unexpected Delight

Use 10% of resources for true delight: that is what people remember.

Little Luxury Addition: Set aside 10% of the budget for one small luxury that will create a lasting memory for the end users.



The Carrot Is Better Than the Stick

Positive reinforcement (rewards) motivates better than punishment or threats.

Spotlight of Positivity: Start each session by putting one person in the "spotlight" to receive uplifting compliments from the group, continuing each session until everyone has had their turn.



Fear Procrastination

We delay tasks because of fear of failure, judgment or the unknown, which leads to avoidance rather than action.

Timed Task Tackle: Set a 5-minute timer and have everyone work on a task they've been avoiding, proving to themselves it's less daunting than it seemed.



Confirmation Bias

We tend to seek information that confirms our beliefs, ignoring opposing evidence.

Flip the Script: List 10 absolute truths about the project, then imagine if the opposite were true and discuss the insights from these alternative perspectives.



Analysis Paralysis

Overthinking options can prevent us from making any decision at all.

Speed Sorting: Provide 15 multiple A / B options for a task or challenge and have the team do a 5 second choose. then discuss the outcome.



Opportunity Cost

Every choice has a cost in terms of the next best alternative we're giving up.

Priority Pick: Present multiple project options and have the team vote on which to pursue, then discuss the potential value lost by not choosing the others.



Mere Exposure Effect

The more we're exposed to something, the more we tend to like it.

Visibility Challenge: Identify five ways for others in the company to see your current work, and put each one into action throughout the week.



Scarcity Principle

We value things more when they're perceived as rare or limited.

One and Done: Allow each team member to use a resource only once, challenging them to plan carefully and use it where it will have the most impact.



The IKEA Effect

We value things we put effort into more highly than similar items made by others.

Stakeholder Buy-In Boost: Brainstorm three ways to involve stakeholders in your project to create a sense of ownership and pride, tapping into the IKEA effect.



Anchoring Bias

Our decisions are heavily influenced by the first piece of information we receive.

First Idea Freeze: In brainstorming, have the first idea suggested written on a board as an "anchor" and challenge the team to come up with alternatives without referencing it.



The Pygmalion Effect

High expectations can lead to improved performance, as people tend to meet the level others believe they can achieve.

Believe to Achieve. Team members write down one skill they want to improve this project, you get a buddy that provides ongoing positive reinforcement, tracking improvement over time.



The Open Office Paradox

Open spaces encourage collaboration but can increase distractions.

Zone Swap Challenge: Set up collaboration and focus zones in the open office, and have team members rotate every 30 minutes, rating which zone best supports their task productivity and focus.

Environmental Priming

Our surroundings subtly shape our thoughts; greenery promotes calm.

Green Scene Week: Host a Bring Your Plant to Work week and let's transform the workspace into a calming, plant-filled environment where team members can relax and recharge surrounded by greenery.



Ceiling Height Effect

High ceilings inspire creativity; low ceilings aid focus.

High Ceiling Huddle: Find the tallest ceiling in the building—even if it's in a stairwell or hallway—and gather there to brainstorm solutions to a challenging project issue, letting the open space inspire big ideas and fresh perspectives.

Lighting’s Influence

Bright light boosts alertness; dim light is relaxing.

Light & Clarity Challenge: If it's winter, start your first meeting outside to boost clarity with natural light; otherwise, find the darkest meeting room and hold a session by candlelight for a cozy, focused atmosphere.



Scent and Memory

Scents (e.g., lavender, peppermint) enhance focus and mood.

Scent Sprint Experiment: For this week's sprint, introduce a different scent at each session and observe how it impacts mood, focus, and creativity.



Busy Person Effect

Want a task done? Ask a busy person: they find the quickest way to do something.

Lazy genius challenge, Assign a task and have everyone brainstorm ways to do it with minimal effort, rewarding the best idea that maintains quality with the least work.



Spatial Anchoring

Designated spaces help reinforce habits and behaviors.

Day Zone Challenge: Create different "zones" (focus zone, creativity corner, relaxation nook) and have team members rotate through each throughout the day, reflecting on how each space affects their productivity, mood, and task engagement.



Background Noise Impact

Moderate noise can boost creativity; loud noise distracts.

Sound Scene Setup: For each session goal, design a custom background sound (like soft music for creativity, white noise for focus, or nature sounds for relaxation) and see which "sound scene" helps the team reach their goals fastest and most effectively.



Cluttered Space Effect

Clutter can spark creativity by exposing us to unexpected ideas and objects.

Creative Clutter Zone: Create a small, intentional "clutter zone" with inspiring items and challenge each team member to draw creative ideas from it for a task.