

Liner Quotes: Growth Cards (Set 1)

Developed by Dr. Chris Cavert
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Liner Quotes: Growth Cards is a set of cards with short phrases (quotes) from recorded songs. The quotes chosen for this set are meant to help participants focus on moving from where they are now, to where they want to be – personal growth. The cards can be used to frontload a teambuilding activity to determine what will be important as the group/individuals move forward, or used as a debriefing tool to reflect on what happened during a recently completed activity.

Make It: Print out the cards included in this kit. I've printed my Growth Cards on light-green paper (lots of green things grow). But, of course, choose a color that works best for you. If you have an affordable laminating options (e.g., a laminator at home, work or school), laminate the cards for continued use. As a program giveaway, un-laminated cards can be great. You can have each person pick his or her own quote that best represents what they want to remember or take away from the program or you can have the group, through nomination or another process, pick a card for each person. In any case, when your cards are printed, you're ready.

Set-Up: Spread the cards, quote side up, around on a tabletop or on the floor. Say something like this to the participants:

(For Frontloading) Look through the quotes on the cards and choose one that 'speaks to you' and will represent something you want to focus on during the next activity. Once everyone has chosen a card – sharing a quote card with someone is allowed – we will go around and find out from everyone willing to share, what meaning the card has for them and how they want to grow.

(For Debriefing) Look through the quotes on the cards and choose one that 'speaks to you' and represents something you find important about the last activity in relation to how you want to grow – as an individual, or as a group. Once everyone has chosen a card, we will go around and find out from everyone willing to share, what growth-related meaning his or her card has.

Variation: Set out the cards face down. Each person randomly picks a Growth Card and (like an oracle or fortune cookie) decides how this particular quote relates to a growth area in his or her life. With this random choice, we are given the freedom to decide what the message is for us.

These are just a few suggested uses for the Growth Cards. Utilize them in any way that best fits the needs of your group.

If you have the time to share your experience with **Liner Quotes**, please email chris.cavert@gmail.com And, visit me at FUNdoing.com for more fun.....

All the best!
Chris Cavert

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*If it's a
broken part,
replace it.*

"Details in the Fabric" Jason Mraz

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*There's no
substitute
for time.*

"Split Screen Sadness" John Mayer

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*The wisdom's
in the trees,
not the
glass windows.*

"Breakdown" Jack Johnson

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You gotta cry
before you sing.

"Chance" Five for Fighting

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*Sometimes
the hardest thing
and the right thing
are the same.*

“All at Once” The Fray

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***I had to learn
what I got
and what I'm not.***

“I Won't Give Up” Jason Mraz

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There's nothing
you can do
that can't be done.

"All You Need is Love" The Beatles

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*All we are,
we are.*

"All We Are" Matt Nathanson

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I'm going to muster every
ounce of confidence
I have and cannonball
into the water

"Confidence" Teddy Geiger

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*I'd rather be
a comma
than a full stop.*

"Every Tear is a Waterfall" Coldplay

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*If I could be
like that,
what would I do?*

“Be Like That” Three Doors Down

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I was born to
be brave!

“I Was Born This Way” Lady GaGa

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*Fear is a friend
who's misunderstood.*

"The Heart of Life" John Mayer

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It's not about
what (*ch*)you done,
it's about
what (*ch*)you doin.

"Let's Go" Calvin Harris

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*There's only
one life to live, and
there's no time to wait.*

"Give Your Heart a Break" Demi Lovato

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*Change
the voices
in your head.*

"Perfect" Pink

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I'm just
beautiful me.

"Who Says" Salina Gomez

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*Gotta keep screamin
until
they hear you out!*

"Written in the Stars" Tinie Tempah

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Until you crash
what have you
done?

“Chances” Five For Fighting

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I'm gonna
get there soon.

“Closer to Love” Mat Kearney

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In pain,
there is healing.

“Broken” Lifehouse

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*You never
see the crash until
it's head on.*

“Live Like You're Dying” Kris Allen

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*Let's
write an ending
that fits.*

“Someday” Nickleback

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The hardest part
of ending is
beginning again.

“Waiting for the End” Linkin Park

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Everybody dies
but,
not everybody lives.

“Moment 4 Life” Nicki Minaj & Drake

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Hold on
to whatever
get's you through.

“I Don't Trust Myself (With Loving You)” John Mayer

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I feel
lovely
the way
that I am.

“Lovely” Sara Haze

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*I swim for
brighter days
despite the absence
of the sun.*

“Swim” Jack’s Mannequin

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*I don't want to hold on,
I want the strength
to let go.*

"Sweet Serendipity" Lee Dewyz

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**Make your past
your past.
It's a brand new day.**

"Brand New Day" Joshua Radin

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*So often we live our
lives in chains not
knowing we have the key*

“Already Gone” Eagles

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*The grass ain't always
greener on the other side.
It's greener
where you water it.*

“As Long As You Love Me” Justin Bieber

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