



SFURTUNA

Working through a story is an exciting journey, though not always a straightforward one. In a fairy tale, balance is restored by the end, and the hero completes their journey by stepping into the next stage of self-development.

This is our task too: to interpret the twists and “codes” of the fairy tale in our own lives, and to discover the steps that will help us become better masters and mistresses of our own destiny.

This set of 21 illustrated cards is designed to guide you on your own self-discovery journey through the folk tale Sfurtuna.

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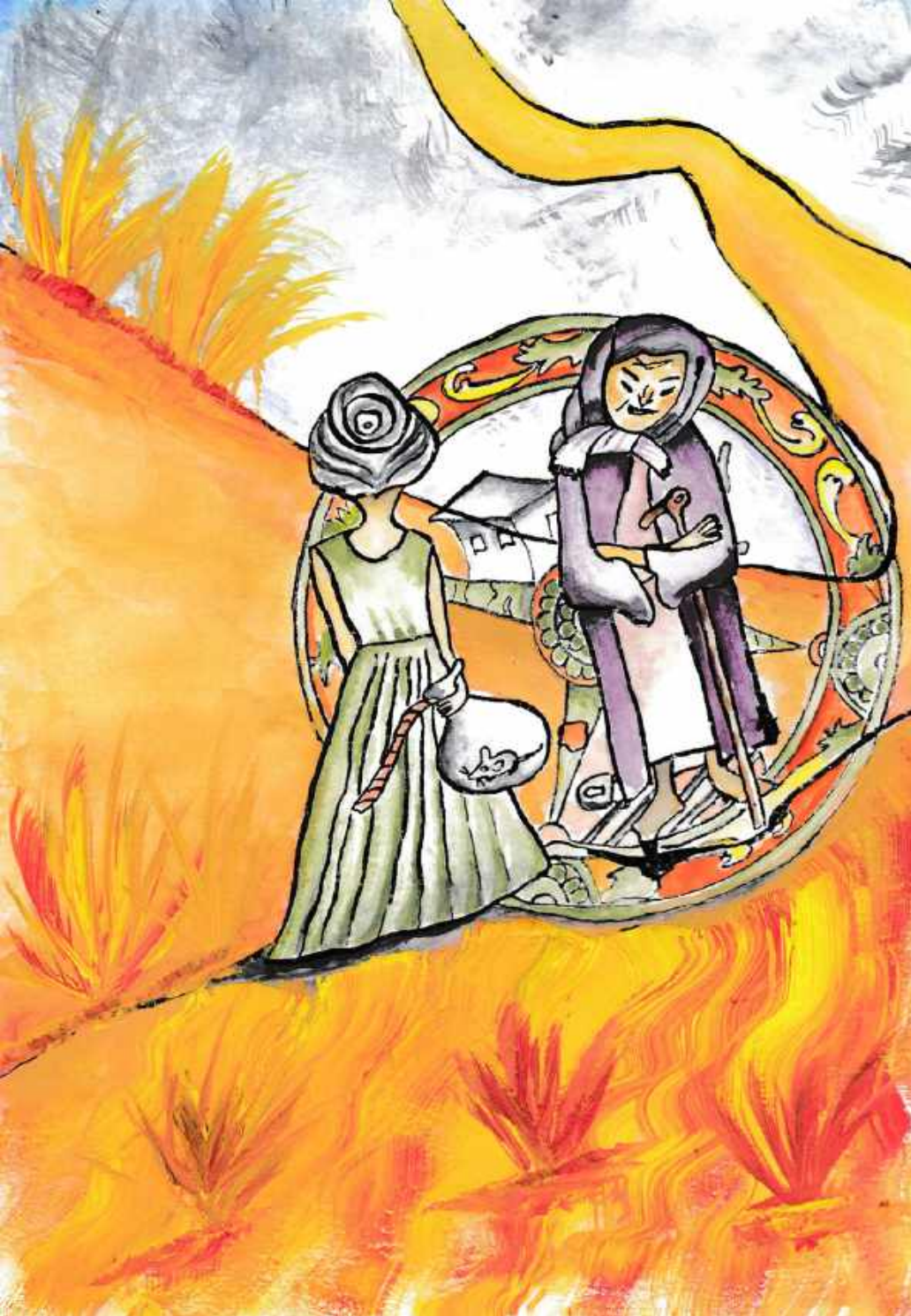
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A Family's Fate Turns Bad

SFURTUNA WAS BORN A PRINCESS, BUT HER FAMILY BECAME POOR FOR REASONS BEYOND THEIR CONTROL.

- WHAT IS THE STORY OF YOUR FAMILY?
- HAVE THERE BEEN ANY SIGNIFICANT CHANGES IN YOUR FAMILY'S LIFE? ASK YOUR PARENTS OR GRANDPARENTS ABOUT THEIR EXPERIENCES.
- HOW HAS THE FATE OF YOUR PARENTS AND GRANDPARENTS INFLUENCED YOUR LIFE?



The Beggar Woman's Claim

THE OLD BEGGAR WOMAN CLAIMS THAT ONE OF THE QUEEN'S DAUGHTERS IS CURSED, CAUSING THE FAMILY'S MISFORTUNE.

- HAVE YOU EVER BEEN ACCUSED OF SOMETHING THAT WASN'T YOUR FAULT? WHAT HAPPENED, AND WHAT WERE THE CONSEQUENCES FOR YOU?
- CAN BEING FORCED TO CHANGE DUE TO SOMEONE ELSE'S ACTIONS OR A PARTICULAR SITUATION BE BENEFICIAL?
- HOW MUCH DO YOU BELIEVE THAT CHANCE, LUCK, OR FATE INFLUENCES YOUR LIFE?



Sfurtuna's Crossed Hands

SFURTUNA SLEPT WITH HER HANDS CROSSED,
MARKING HERSELF AS THE CURSED ONE.

CROSSED HANDS OR ARMS ARE OFTEN A SIGN
OF DEFENSIVENESS OR RESERVE.

- IN WHAT POSITION DO YOU SLEEP? IS
THERE A REASON FOR THIS?
- WHAT DO YOU TYPICALLY DREAM
ABOUT? HOW MUCH DO YOUR DREAMS
REVEAL ABOUT YOUR FEARS AND LIFE
CHALLENGES?



Sfurtuna Sets Off

SFURTUNA'S MOTHER TELLS HER SHE IS CURSED, AND SFURTUNA LEAVES HOME IMMEDIATELY.

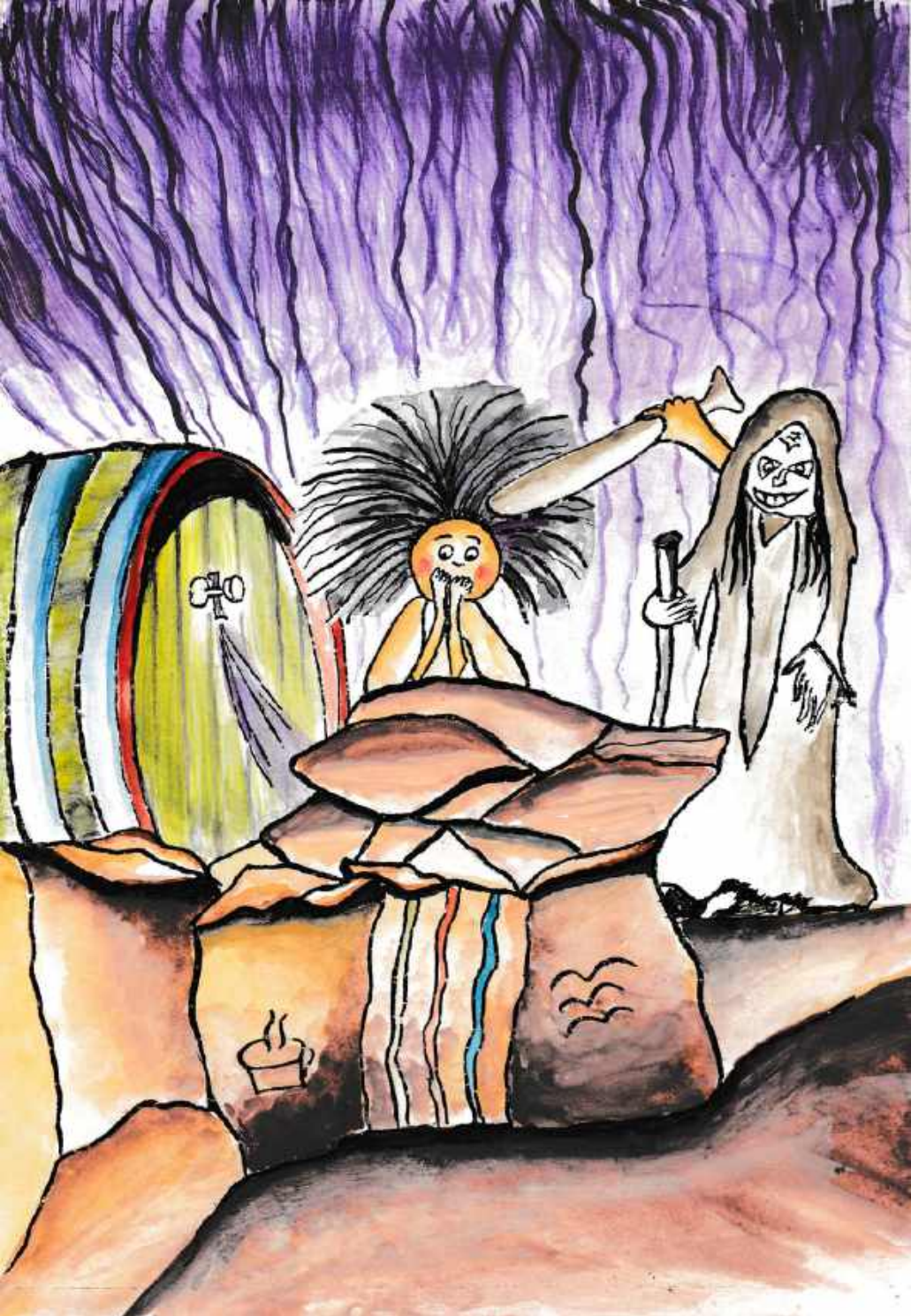
- HAVE YOU EVER HAD A CONFLICT WITH YOUR PARENTS AND WALKED OUT?
- DO YOU STILL LIVE WITH YOUR PARENTS? WHAT IS THE COST OF STAYING?
- HAVE YOU ALREADY LEFT HOME? WHAT IS THE COST OF LEAVING?



Sfurtuna's Fate at the Weavers' Cottage

SFURTUNA FIRST ENCOUNTERS HER FATE AT THE WEAVERS' COTTAGE WHEN SHE IS LOCKED UP AND LEFT ALONE.

- HOW DO YOU REACT WHEN YOU ARE LEFT ALONE?
- HAVE YOU EVER HARMED OR HURT SOMEONE UNINTENTIONALLY? WHY DID IT HAPPEN?
- HAVE YOU EVER REGRETTED A SUDDEN REACTION AND FELT ASHAMED OF IT?
- WHAT DO YOU DO WHEN YOU FEEL ASHAMED IN FRONT OF SOMEONE? HOW DO YOU HANDLE THE SITUATION?



Fate Continues to Follow Sfurtuna

SFURTUNA'S FATE ALSO APPEARS IN THE SHOP AND CAUSES TROUBLE, LEADING TO SFURTUNA BEING BEATEN AND CHASED AWAY.

- HAVE YOU EVER FELT LIKE YOU WERE FOLLOWED BY BAD LUCK? WHAT HAPPENED, AND HOW DID IT EVENTUALLY END?
- HAVE YOU EVER BEEN TREATED UNFAIRLY? HOW DID YOU HANDLE THE SITUATION?
- HAVE YOU EVER BEEN EXCLUDED OR SENT AWAY FROM SOMEWHERE (SCHOOL, WORK, OR A GROUP OF FRIENDS)? HOW DID IT MAKE YOU FEEL? WHAT DID YOU DO? WHAT WOULD YOU DO DIFFERENTLY NOW?



Mother Francesca

IN SPITE OF HER BAD LUCK, MOTHER FRANCESCA TAKES SFURTUNA UNDER HER WING.

- DO YOU HAVE A HELPER OR MENTOR YOU CAN RELY ON WHEN THERE'S NO ONE ELSE TO TURN TO?
- WHAT QUALITIES DOES MOTHER FRANCESCA HAVE THAT YOU NEED TO DEVELOP? WHAT QUALITIES DOES SHE HAVE THAT YOU ALREADY POSSESS?
- HAVE YOU EVER HELPED SOMEONE WHEN THEY WERE STUCK IN LIFE OR NEEDED ASSISTANCE? WHAT DID YOU LEARN FROM THAT EXPERIENCE? WHY WAS IT WORTH IT TO YOU? HOW WOULD YOU HAVE FELT IF YOU HADN'T OFFERED YOUR HELP?



Working with Mother Francesca

SFURTUNA STARTS WORKING ALONGSIDE MOTHER FRANCESCA, AN IMPORTANT STEP TOWARDS GETTING HER LIFE IN ORDER. SHE IS DOING A JOB THAT IS WELL-DEFINED, STRUCTURED, AND DIVIDED INTO PARTS.

- THINK ABOUT THE BIGGEST CHALLENGE OR PROBLEM YOU ARE FACING RIGHT NOW.
- WHEN WILL IT BE RESOLVED—NICE, CLEAN, AND FIXED?
- WHAT STEPS DO YOU NEED TO TAKE TO GET THERE?
- WHAT TOOLS WILL YOU NEED?
- WHAT HELP DO YOU NEED TO COMPLETE ALL THE STEPS?



The Prince's Satisfaction

SFURTUNA CLEANS AND MENDS THE PRINCE'S CLOTHES SO WELL THAT HE REWARDS HER WORK.

- HOW THOROUGHLY AND CONSCIENTIOUSLY DO YOU CARRY OUT YOUR DUTIES? HAVE YOU EVER BEEN REWARDED FOR YOUR WORK?
- IF YOU MESS UP A TASK, WHAT ARE THE REASONS BEHIND IT? WHEN IS IT WORTH SPENDING A LOT OF TIME ON A TASK, AND WHEN IS IT NOT?



The Aniseed Pretzels

MOTHER FRANCESCA BAKES SOME ANISEED
PRETZELS FOR HER OWN FATE AND FOR
SFURTUNA'S TOO.

- HOW DO YOU TAKE CARE OF YOURSELF?
IS THERE SOMEONE ELSE YOU LOOK
AFTER? WHAT DO THE WORDS “SELF-
CARE” AND “CARING FOR OTHERS”
MEAN TO YOU?
- WHAT ACTIONS DO YOU TAKE FOR YOUR
OWN HEALTH OR THE HEALTH OF
OTHERS—WHETHER PHYSICALLY,
EMOTIONALLY, PSYCHOLOGICALLY, OR
EVEN SPIRITUALLY?



A Conversation with Mother Francesca's Fate

SFURTUNA ASKS FRANCESCA'S FATE TO HELP
HER FIND HER OWN MOTHER FATE.

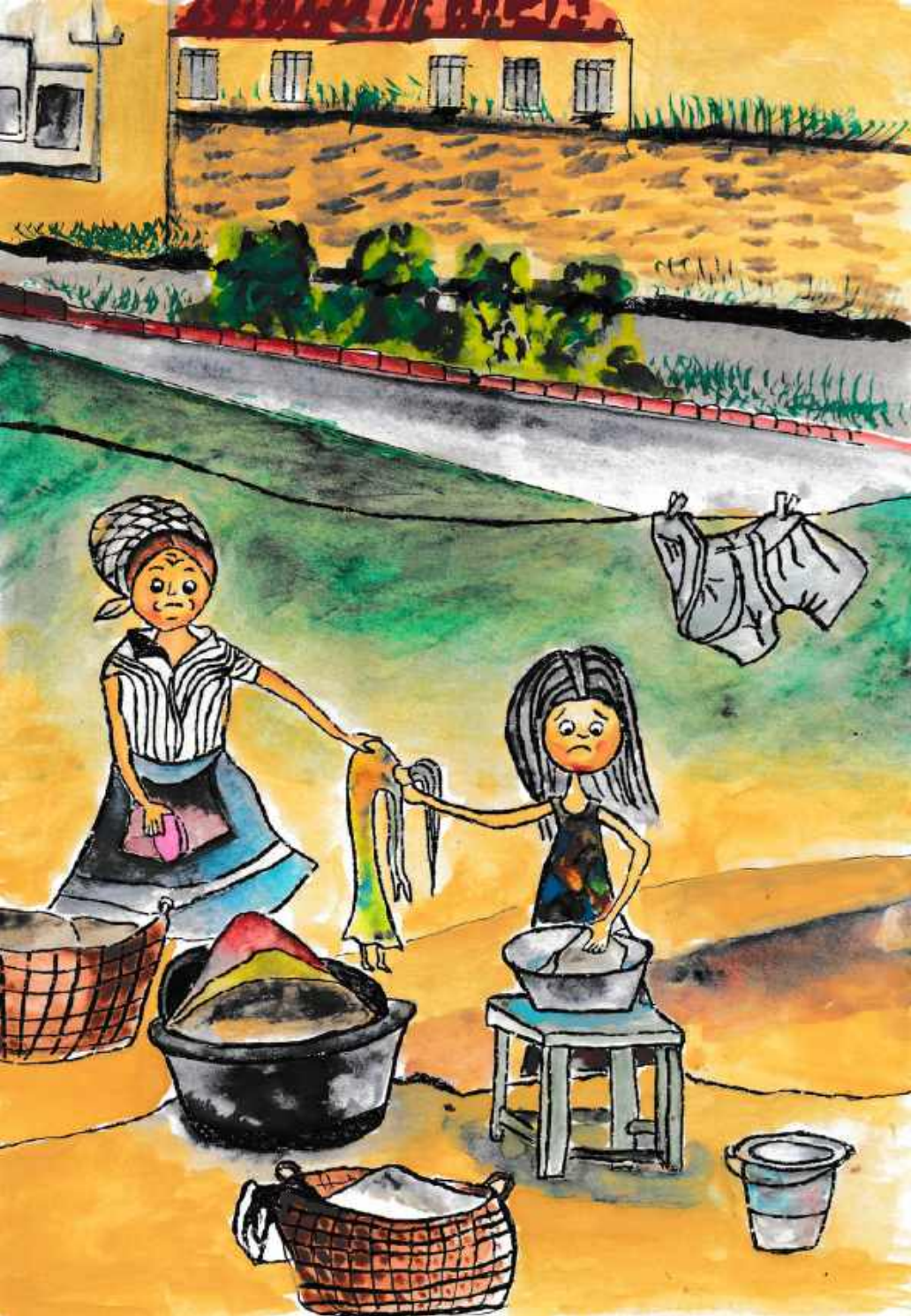
- WHAT DO YOU DO WHEN YOU NEED HELP?
- DO YOU ASK OTHERS FOR HELP WHEN YOU NEED IT?
- WHEN YOU RECEIVE HELP, DO YOU FEEL OBLIGATED TO GIVE SOMETHING IN RETURN?
- HOW DO YOU FEEL ABOUT GRATITUDE?
- DO YOU OFFER HELP TO OTHERS? HOW DO YOU HELP, AND WHAT DO YOU NEED IN ORDER TO DO SO?



Sfurtuna's Troubled Fate

SFURTUNA SEES THAT HER OWN FATE IS DIRTY AND SMELLY, AND SHE FEELS DISGUSTED.

- HOW DO YOU RELATE TO YOUR OWN LIFE AND FATE?
- HOW SATISFIED ARE YOU WITH YOUR LIFE? WHAT ASPECTS ARE YOU CONTENT WITH, AND WHAT WOULD YOU LIKE TO CHANGE?



Back to Work with Mother Francesca

MOTHER FRANCESCA AND SFURTUNA ARE
WASHING AGAIN TO EARN ENOUGH TO CLEAN
UP THE GIRL'S FATE.

- HAVE YOU EVER THOUGHT YOU HAD
SOLVED A PROBLEM, ONLY TO FIND THAT
IT RESURFACED? WHAT DID YOU DO IN
THAT SITUATION?
- HOW PERSISTENT ARE YOU IN
ADDRESSING CHALLENGES?
- IF YOU RECEIVE A REWARD OR BONUS,
WHAT DO YOU DO WITH IT?



Preparing to Clean Up Sfurtuna's Fate

MOTHER FRANCESCA AND SFURTUNA GATHER EVERYTHING THEY NEED TO MAKE THE GIRL'S FATE MORE BEAUTIFUL, AND THEY BAKE SOME MORE PRETZELS.

- HOW DO YOU PREPARE FOR A MAJOR CHALLENGE?
- DO YOU HAVE ANYONE TO SUPPORT OR HELP YOU IN THIS PROCESS?
- WHAT DO YOU NEED TO OVERCOME THE OBSTACLES IN YOUR PATH?
- IF YOU'RE FACING A SPECIFIC CHALLENGE RIGHT NOW, WHAT TOOLS, RESOURCES, OR QUALITIES DO YOU NEED TO ACQUIRE BEFORE TACKLING IT?



The Transformation of Sfurtuna's Fate

SFURTUNA WASHES AND DRESSES HER FATE.

- WHAT HAVE YOU DONE TO OVERCOME THE DIFFICULTIES YOU'VE FACED IN YOUR LIFE?
- WHAT CHALLENGES DO YOU STILL WANT TO TACKLE? BREAK DOWN THE PATH INTO STEPS! WHEN WILL YOU TAKE THE FIRST STEP?



The Small Gift

SFURTUNA RECEIVES A BOX AS A GIFT FROM HER FATE.

- WHAT HAVE YOU LEARNED FROM THE DIFFICULTIES YOU'VE DEALT WITH OR THE TRAUMAS YOU'VE EXPERIENCED?
- HAVE YOU EVER WORKED LONG AND HARD FOR SOMETHING, ONLY TO FEEL DISSATISFIED WHEN YOU FINALLY ACHIEVED IT?
- WHAT DID YOU DO, AND HOW DID YOU REACT IN THAT SITUATION?



The Ribbon's True Worth

THE TRUE VALUE OF THE PINK RIBBON IS REVEALED.

- WHY DO YOU THINK THIS RIBBON IS SO VALUABLE? HAVE YOU EVER ACHIEVED SOMETHING THAT MAY NOT SEEM SIGNIFICANT TO OTHERS, BUT WHICH YOU FIND VERY IMPORTANT?
- MAKE A LONG STRIP OF PAPER AND WRITE DOWN YOUR MAJOR ACHIEVEMENTS ON ONE SIDE. DECORATE THE OTHER SIDE. ALTERNATIVELY, COLLECT YOUR ACHIEVEMENTS ON SLIPS OF PAPER AND STRING THEM ON A RIBBON OR CORD. THIS IS HOW YOU CAN CREATE YOUR OWN VALUABLE RIBBON.



Sfurtuna and the Prince Meet

THE PRINCE THOUGHT SFURTUNA WAS JUST A WASHERWOMAN, BUT WHEN HE MEETS HER, HE IMMEDIATELY SEES HER VALUE.

- WHAT IMPORTANT ENCOUNTERS HAVE SHAPED YOUR LIFE SO FAR? WHAT DID YOU GAIN FROM EACH OF THEM?
- HAVE YOU EVER BEEN JUDGED BY YOUR APPEARANCE? HAS ANYONE EVER SEEN AND APPRECIATED YOUR INNER VALUES?



Redemption

THE PRINCE COMPENSATES THE WEAVERS AND THE SHOPKEEPERS FOR THE DAMAGE CAUSED BY SFURTUNA'S FATE, BUT HE ALSO REBUKES THEM.

- IN ADDITION TO APOLOGIZING, HAVE YOU EVER THOUGHT ABOUT MAKING AMENDS WHEN YOU'VE HURT SOMEONE?
- HAVE YOU EVER RECEIVED PAYBACK FAR GREATER THAN THE HARM YOU CAUSED? HAVE YOU EVER LOST MORE THAN YOU DAMAGED?
- HOW DO YOU FEEL WHEN YOU FACE INJUSTICE, EVEN IF YOU'VE PLAYED A PART IN IT? WHAT DO YOU DO?



The Wedding

SFURTUNA'S RIBBON CANNOT DECORATE ANYONE ELSE'S CLOTHES, SO SHE EVENTUALLY BECOMES THE PRINCE'S WIFE AND RETURNS TO HER RIGHTFUL PLACE AS A PRINCESS.

- WHAT STEPS WOULD IT TAKE FOR YOU TO GAIN THE 'RIGHTFUL PLACE' YOU DESERVE?
- HOW MUCH DO THESE STEPS DEPEND ON OTHERS? WHAT DO YOU NEED TO DO ON YOUR OWN TO ACHIEVE THEM?



The Family is Reconciled

THE PRINCE SEARCHES FOR SFURTUNA'S FAMILY AND TELLS THEM WHERE THEY CAN FIND HER. THE GIRL'S MOTHER VISITS HER IMMEDIATELY, AND THE FAMILY IS REUNITED.

- HAVE YOU EVER BROKEN OFF A RELATIONSHIP WITH SOMEONE OR MOVED AWAY EMOTIONALLY, ONLY TO LATER RECONNECT? WHAT HAPPENED? BE SURE TO LEARN THE OTHER PERSON'S SIDE OF THE STORY TOO!
- IS THERE ANYONE YOU ARE NOT CURRENTLY IN CONTACT WITH—EITHER CONSCIOUSLY OR UNCONSCIOUSLY—WHO MIGHT STILL BE WORTH REACHING OUT TO? WHAT COULD BE THE BENEFITS AND POTENTIAL CHALLENGES OF DOING SO?