PROGRESS IS PROGRESS LLC / BELLE MOREY / AGES 13-18

Your Next Move

52 real-life cards for teens. A companion to More Than This Moment.

A moment on the front. A move on the back.

START WHERE IT FITS

Choose a card that fits today, or browse by category. Random drawing is optional; nobody has to use a card that does not fit.

KEEP IT PRIVATE

Use a made-up person, think silently, talk with someone safe, or use separate paper. There is no requirement to share names or personal experiences.

TRY SOMETHING REAL

Rehearse a sentence, compare a choice, sketch a map, or try a small change. You do not need to write on the cards; keep them reusable.

CHECK WHAT HAPPENED

Use the question at the bottom as a check-in, not a test. Keep, adapt, or stop an activity. Passing is always an option.

Find a starting point

Pressure / Capacity	01-09
People / Boundaries	10-18
Online / Identity	19-27
Substances / Choices	28-36
Hard Days / Resets	37-44
Future / Support	45-52

Use it with care.

A practical activity deck. Educational use, with choice and privacy.

FOR THE ADULT BESIDE THEM

Offer choice, explain privacy limits, and accept passing. Do not make disclosure or a personal answer the price of participation. In groups, fictional situations work. Do not use the deck to diagnose or score a teen.

WHEN A CARD IS NOT ENOUGH

Persistent distress, substance concerns, threats, or safety worries deserve adult or professional support. Help with the practical connection. The deck does not replace treatment or an individualized safety plan.

U.S. REAL-TIME SUPPORT

If you might hurt yourself or cannot stay safe, pause the cards and seek immediate support. Call or text 988, or use 988lifeline.org/chat/. For immediate danger or suspected overdose, call 911.

HOME PRINTING

The 26-page print-and-cut draft has four cards per sheet. Print pages 1-2 first, at 100% actual size, portrait, duplex, flip on the LONG edge. Check matched card numbers, orientation and cut alignment before printing the rest. Turn off fit-to-page. Printer drift can still need adjustment.

COMMERCIAL PRINTING

The working size is 2.75 x 4.75 inches finished. Each exported side is 900 x 1500 pixels including bleed, using The Game Crafter size baseline. Match 001_FRONT to 001_BACK and so on; every back is unique. Do not use one common back. See the production notes for template verification and a physical proof before sale.

Review edition 01 / October 27, 2026. Original activities with AI-assisted drafting, layout and generated imagery. Pictured people are illustrative, not clients or endorsers. Content and print proof reviews remain; no clinical validation or teen testing is claimed.