



**For 2-4 Players  
Ages 8 & Up**

**Contents :**

75 Esteem Cards, 25 Problem Cards,  
Game Board with Spinner,  
4 Play Pieces with Stands,  
1 Die, Sticker Sheet

### Object

Be the first player to go all the way from Mopesville to Self-Esteem City.

### Set-Up

- Place the Game Board in the center of the playing area.
- Apply the stickers to the Die (it doesn't matter on which sides you place the stickers). Then, place the Die near the Game Board.
- Place the decks of **Esteem** Cards and **Problem** Cards face down on the designated spots on the Game Board.
- Punch out the Play Pieces and insert them into their color-matching bases. Each player choose a Play Piece and place it on the Mopesville space on the Game Board.



### Play

- The youngest player goes first. Then, play passes to the left.
- On your turn, roll the Die. There are four possible options:

**Esteem** – If you roll **Esteem**, take an **Esteem** card and read it aloud. For example, a card might say, "I am very loving. Tell about somebody you love. Move ahead 4." After reading the card, you may tell the other players about somebody in your life that you love (but you don't have to if you don't want to). Then move your Play Piece ahead 4 spaces.

**Problem** - If you roll **Problem**, take a **Problem** card and read it aloud. For example, a card might say, "You feel sorry for yourself." Now, here's your chance to cope with your problem. Spin the Spinner and read aloud what's on the indicated section of the Spinner. Then, move your Play Piece as directed. As with any problem in life, you may end up coping well and move ahead, or you may experience a setback and move backward. (You cannot be set back beyond Mopesville.)

**I Feel Good About Me** – If you roll **I Feel Good About Me**, move to the next **I Feel Good About Me** space on the board. Show everyone just how good you *really* feel by saying, "I feel good about me" and doing your own little dance! Then, tell everybody something that makes you feel good about yourself.

**Brainwash** – If you roll **Brainwash**, move to the next **Brainwash** space on the board. On each **Brainwash** space is a different affirmation. For example, the first one on the board is, "I am special." Repeat it aloud three times. Be proud of who you are and say your affirmation like you really mean it!

- When moving your Play Piece forward or backward as a result of drawing a card or spinning the Spinner, you may end up landing on an **I Feel Good About Me** or **Brainwash** space. If this happens, do your little **I Feel Good About Me** dance or repeat the **Brainwash** affirmation.
- If you're in the homestretch on the game path (the five spaces near the end), and you roll **Brainwash** or **I Feel Good About Me**, advance to Self-Esteem City.

### Winning

If you're first to land on Self-Esteem City, you're the first to reach **Self-Esteem!** Shout three times "I have self-esteem!" and do your **I Feel Good About Me** dance. Be a gracious winner and pay each of the other players a compliment to help them feel good about themselves!

