



Hiking boots

**Outdoorsy**



DVD player

**Watching  
TV & Movies**



Joke book

**Humor**



Denim vest

**Rebellious**

# Rüminate

THE DECLUTTERING GAME



Cast iron pan

**Cooking**



Art supplies

**Creativity**



Yarn

**Crafting**



Little black dress

**High Fashion**

## HOW TO PLAY

# Rüminate

## THE DECLUTTERING GAME



2-4



10+



### OBJECT

Our lives are filled with stuff, some of which brings us happiness, and some which just keeps our places looking like a mess! The goal is to be the first player with the most happiness points before the game ends. Points are earned by matching cards in your hand with your personality cards which are a secret to you at the start.



### YOU SHOULD HAVE

Object cards (logo on back)



=



Cookbook  
Cooking



Floppy hat  
Bohemian



First place trophy  
Achievement



64x  
Total

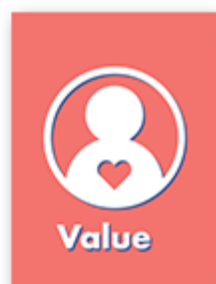
30x  
Hobby

20x  
Style

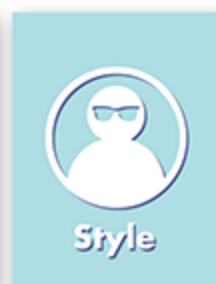
10x  
Value

4x  
Blank

Personality Cards (30 Total, 10 of each type)



Value

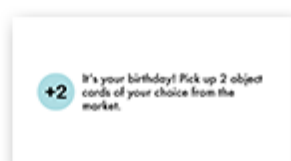
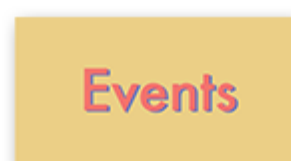


Style



Hobby

## Event Cards (48 Total)



- 1 Final Epiphany card
- 6 Guess a Personality cards
- 18 Ruminates cards
- 23 Gain/Loss/Swap cards

## 4 Scoring Guide + Personality List cards



Hobbies	Styles	Values
Cooking	Artsy	Achievement
Crafting	Athletic	Adventure
Fishing	Bohemian	Beauty
Gaming	Business	Challenge
Gardening	Casual	Community
Music	High Fashion	Creativity
Reading	Outdoor	Friendship
Sports	Preppy	Fun
Travel	Rebellious	Humor
TV & Movies	Vintage	Learning

2 blank cards (for a custom game)



## RUMINATE IN A NUTSHELL

The **Event** deck is first shuffled with the purple **Final Epiphany** card removed, and the card is reinserted in towards the back quarter of the deck and the pile of cards placed faced down in the center.

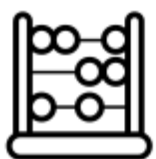
Each player is dealt a **Scoring Guide** card and one of each type of **Personality** card. These Personality cards are the goal of the opposite player (in 2 or 4 players) or the person to the left (3 players) and kept hidden from them.

Then, six **Object** cards are dealt to each player as their hand (called the player's **House**) and not to be shown to other players. 12 of the remaining cards are placed face up in the center as the **Marketplace**, with the remaining placed in a draw pile next to the pile of event cards.



For each turn, the player picks a card from the Marketplace, the draw pile, or the Events pile. If they pick an event card, they will follow the instructions written on the card. Then the player has an option to discard a single card if they want before their turn ends.

The game ends when the Final Epiphany card is drawn with one last final turn available to each player. Points are scored with positive points for object cards that match a personality and negative points for the number of cards in a player's House excess of six, and the person with the most is the winner.



## SCORING

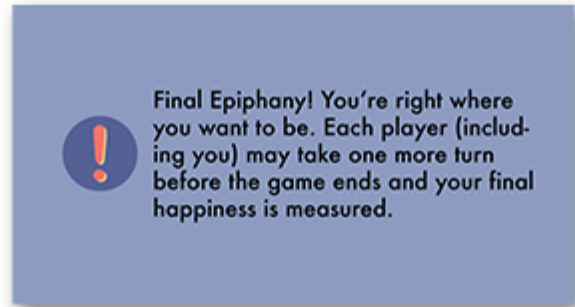
When a person draws a **Ruminate** card or the game ends, a person's hand will be scored. Use the scoring guide to determine the number of positive points a person has:

- Hobby: having 1 card is 1 point, 2 cards is 3 points, 3 cards is 5 points
- Style: having 1 card is 3 points, 2 cards is 5 points
- Value: matching card is 5 points

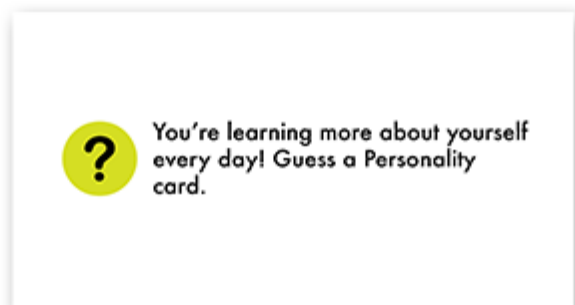
When the game ends, the final tally will deduct points for cards in excess of the original six cards in their House (the players hand) with each excess card being equal to negative two points.



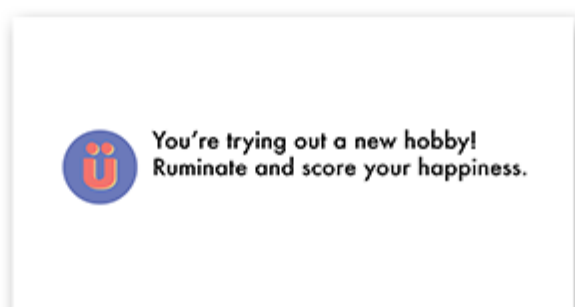
## EVENT CARDS



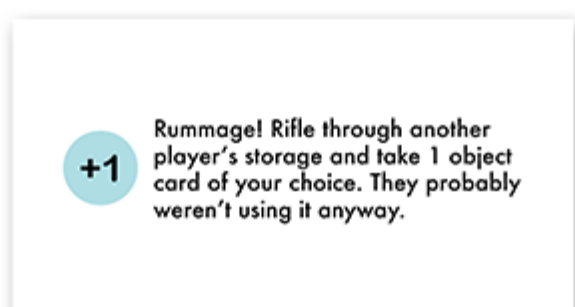
**Final Epiphany:** this card signals the last round in the game and will be a surprise exactly when it shows up in the course of the game.



**Guess a Personality:** lets the player to ask the person holding their personality cards if a certain personality is theirs. If guessed correctly, that personality card is displayed face-up in front of the player and anyone holding a card of that type must hand it to the player.



**Ruminare:** the player holding the person's personality cards tallies up the current score for that player without revealing the unknown personality cards. Only this card can be saved for future use at any time instead of used right away.



**Gain/Lose/Swap:** the player holding it must follow the directions on the card immediately. However, if a player has already revealed all their Personality Cards, they can choose to ignore the action on the card.



## SPECIAL RULES FOR 2P, 3P, TEAM PLAY

**2-Persons:** Since you know each other's Personality cards, anytime you pick up an object card that matches their Personality, you must discard it in the next turn. For cards that start off in your initial house, you must discard them as soon as possible.

**3-Persons:** The person to the left holds your personality cards.

**2 vs 2 Teams:** The players directly across from each other are a team and at the end of the game they have a combined score. Since they know each other's Personality cards, they are not allowed to share in any way the cards they hold.

**Custom Rules:** four blank object cards and two blank personality cards are available for you to insert into the deck and make up your own extra objects / points / etc!



## DECLUTTERING QUICKSTART GUIDE

Now you've played the game, try playing it with your own living space and life and increase your happiness points!

There are two steps to doing this: defining your own personality & decluttering your space. Why decluttering? Clutter, like items in your hand, detract from your happiness points in the following ways:



**Time & energy:** you have to spend time cleaning and organizing them



**Space & money:** you have to buy extra shelves, boxes, or a bigger house / storage unit to keep stuff



**Peace & efficiency:** you think about the mess around you and get distracted by unfinished business



### STEP 1: THINKING ABOUT YOUR PERSONALITY

- #1** Block off quiet time in a quiet place maybe 1 hour
- #2** Using the blank table, create a list of activities you like to do, the kinds of clothes you like to wear. Then circle which ones vibe with you the most.
- #3** Then on the list of values, circle everything that vibes with you. Then, keep crossing out the least important ones until you are left with three.
- #4** Let these simmer for a bit, share with a friend if you're comfortable, until they feel right.



CLOTHES	ACTITIVES/HOBBIES



Authenticity	Kindness
Achievement	Knowledge
Adventure	Leadership
Authority	Learning
Autonomy	Love
Balance	Loyalty
Beauty	Meaningful Work
Boldness	Openness
Compassion	Optimism
Challenge	Peace
Citizenship	Poise
Community	Popularity
Creativity	Recognition
Curiosity	Religion
Determination	Reputation
Fairness	Respect
Faith	Responsibility
Fame	Security
Friendships	Self-Respect
Fun	Service
Growth	Spirituality
Happiness	Stability
Honesty	Success
Humor	Status
Influence	Trustworthiness
Inner Harmony	Wealth
Justice	Wisdom



## STEP 2: MAKING IT REAL

Visualizing why completing your decluttering project can help you stay motivated when it gets tedious or tiring. Fill out the below prompts and snap a picture to make as your phone lock screen, or post it on your fridge!

**What type of life do you want after decluttering?**

**What is standing in your way?**

**What is the first step you will take to get started today?**



## STEP 3: DECLUTTERING YOUR SPACE

- #1** With your personality in mind, go through the list on the next page and gather them from throughout your home into a single room (your living room floor for example).
- #2** Scan the pile for things that match your personality and you want to hold onto and put them into a new pile
- #3** For the things you didn't choose, put them directly into the recycle/trash or for things you're unsure of a moving box. Once filled, put the box into a closet.
- #4** For the items you keep, try to put them into a single location or the fewest possible locations so they are easier to find and organize in the future.
- #5** After six months, if you haven't taken an item from the moving boxes, consider getting rid of the items (donating to thrift stores/charities, selling them at a garage sale, swap meeting, eBay/OfferUp, or taking them to your local recycling center before placing them in the trash).

## MORE RESOURCES

Want more copies of the worksheets & instructions? Visit us at [www.ruminategames.com](http://www.ruminategames.com) and download / print them for free!

Have a question for us? Find us on Instagram at [@ruminate\\_game](https://www.instagram.com/ruminate_game) or use the contact form on our website.

Cross them out as you go!

- #1** Clothing/Jackets/Shoes
- #2** Books/Magazines
- #3** Papers/Receipts/Manuals
- #4** DVD/CD/Games
- #5** Kids Toys
- #6** Office
- #7** Cleaning
- #8** Kitchen
- #9** Décor
- #10** Garage
- #11** Bathroom
- #12** Sentimental/Photos/Letters



# QUICK RULES

Each turn you can either:

1. Pick a card from the Marketplace
2. Pick a card from the Object draw pile
3. Pick an event card, which you must use right away unless it is a Ruminare card which you can save.

Then if you have a saved Ruminare card you can use it.

Finally, you can choose to discard an object card from your house (not mandatory).