Liminal

Hello and welcome to the open-source, printable version of Deck of Disruptions! We're so glad you're here.

Liminal has made this activity open source because we believe that when futures thinking is experienced as a lived practice, rather than only a professional method, its value becomes easier to recognize and sustain. Futures and foresight stops being abstract and becomes something practitioners embody.

This activity is not designed to be completed in a single sitting. Like any skill, it takes repetition and time. It often requires unlearning, especially for those most familiar in professionalized methods and organizational settings.

We ask that if you use this activity in a group setting (professional or otherwise) that you **please credit Liminal as the owner, author, and designer.**

We are hosting recurring community sessions every three to four months to create space for this practice to continue collectively.

To join a community session or learn more about the activity, please visit: ***www.liminalfutures.co/deckofdisruptions***

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INSTRUCTIONS:

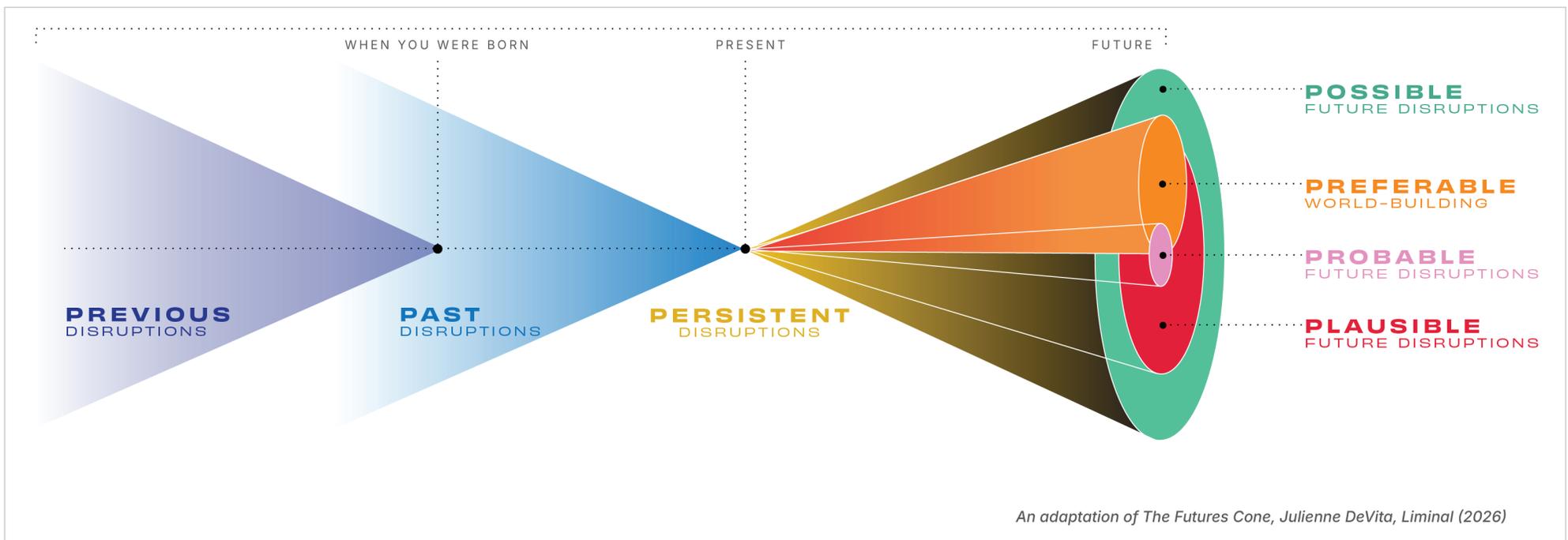## Step One:

Gather Materials

To build and play Deck of Disruptions, you'll need the following:

• A printed version of this document. Print double-sided, and cut the cards out.

• A pen or pencil.

• Scissors or a method to cut out cards individually using the crop marks on each page.

• A deck of small sticky notes (1"x2") to write disruptions on each card so that the deck can be reused. It is recommended to avoid writing directly on the cards, this way the deck is "alive" and can be modified down the road as your life inevitably changes.

Step Two:

Review Futures Cone and Disruption Definitions

Review the futures cone graphic on below, which has been modified by Liminal specifically for this activity. Familiarize yourself with the graphic as well as definition of disruptions.
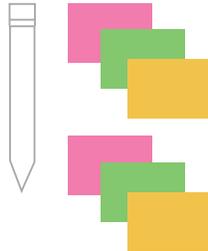

WHEN YOU WERE BORN   PRESENT   FUTURE

POSSIBLE
FUTURE DISRUPTIONS

PREFERABLE
WORLD-BUILDING

PROBABLE
FUTURE DISRUPTIONS

PLAUSIBLE
FUTURE DISRUPTIONS

PREVIOUS
DISRUPTIONS

PAST
DISRUPTIONS

PERSISTENT
DISRUPTIONS

An adaptation of The Futures Cone, Julienne DeVita, Liminal (2026)

Step Three:

Ideate Disruptions

- Gather materials:
  1) Blank card deck (at least 3 cards per disruption are needed, 18 total)
  2) Worksheets: a) Disruption Worksheet, and b) Preferable Worldbuilding Worksheet
  3) Small sticky notes, about 20, sized at 1"x2"
  4) Pen or pencil

- Using the **worksheet** on the following page, write down the future time horizon you want to work within and how old you'll be in that year. We recommend using a 12-15 year time horizon, but the choice is up to you.

- In the boxes the worksheet, identify and write down as many possible disruptions you can think of, in the following order: 1) Probable, 2) Plausible, 3) Possible, 4) Present, 5) Past, 6) Previous. Set a timer for 5 minutes for each disruption.

- At the end of each round, select at least three of disruptions from each category, **write them down on sticky notes, and stick them on your disruption cards**. The disruptions you select should be the most interesting, provocative, or resonant to you. Do note: this printable version includes 8 cards per disruption, but to play the game you only need to fill out three cards per disruption. However, there is no limit, so complete as many sticky notes on cards as you like.

Tips:
  - **Quantity is key.** Try to write constantly without overthinking your responses; don't move on to the next disruption category until the five minutes are complete.
  - **You are encouraged to go deep and get vulnerable.** These answers are for you and no one else.
  - **Remember, there are no "right" or "wrong" answers.**
  - **We recommend using a 12-15 year future time horizon** for Probable, Plausible, and Possible disruption categories.

INSTRUCTIONS:

Step Four:
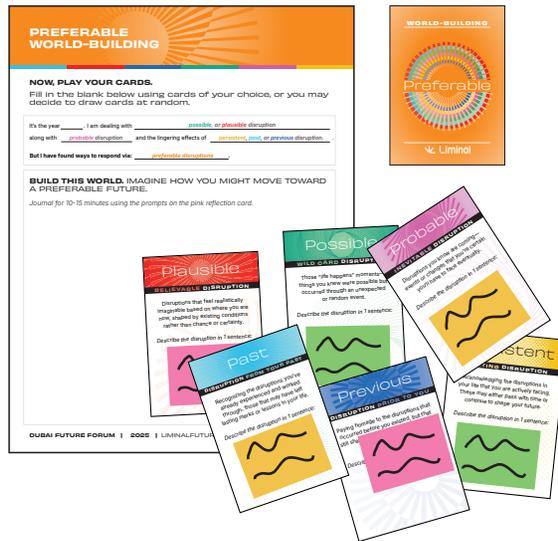
Play Your Disruption Deck

- Gather materials:
  1) Card deck with disruptions written on sticky notes (at least 18 cards, 3 per disruption)
  2) Preferable Worldbuilding Worksheet,
  3) Pencil or Pen
  4) Preferable Disruptions card (orange)

- Locate your card deck. Shuffle the deck and randomly draw 1 disruption per category (6 total.) Place these face up on the table in front of you.

- Locate your Preferable card (orange) and Preferable Worldbuilding Worksheet. Using the fill-in-the-blank formula, create a mad-lib of your 12-15 year future time horizon. You can pick and choose from the six cards drawn at random.

Step Five:

Build Your World

- Gather materials:
  1) Preferable Worldbuilding Worksheet
  2) Pencil or Pen
  3) Reflection card (pink)

- Imagine and build this future world, journal for 10-15 minutes using the prompts on the pink reflection card, and also below:

  - *What do these disruptions mean for you, your family, and your community? Feel and imagine yourself in this world.*

  - *How do these disruptions reshape your life story? How might you need to pivot or adapt?*

  - *What possibilities open up because of these disruptions? What can you do now that you couldn't have imagined before?*

  - *How might you scale your actions toward preferable impact?*

DISRUPTIONS WORKSHEET

IT'S THE YEAR _____, I AM _____ YEARS OLD.

PROBABLE	POSSIBLE	PAST

PLAUSIBLE	PERSISTENT	PREVIOUS

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PREFERABLE WORLD-BUILDING

NOW, PLAY YOUR CARDS.

Fill in the blank below using cards of your choice, or you may decide to draw cards at random.

It's the year _____. I am dealing with _____ *possible, or plausible disruption*

along with _____ *probable disruption* _____ and the lingering effects of _____ *persistent, past, or previous disruption.* .

But I have found ways to respond via: _____ *preferable disruptions* _____ .

BUILD THIS WORLD. IMAGINE HOW YOU MIGHT MOVE TOWARD A PREFERABLE FUTURE.

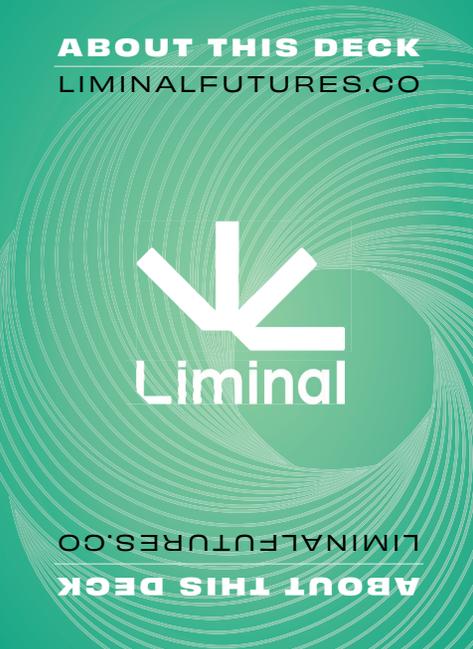*Journal for 10-15 minutes using the prompts on the pink reflection card.*

ABOUT THIS DECK

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ABOUT THIS DECK

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WORLD-BUILDING

Preferable

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PROMPT GUIDE
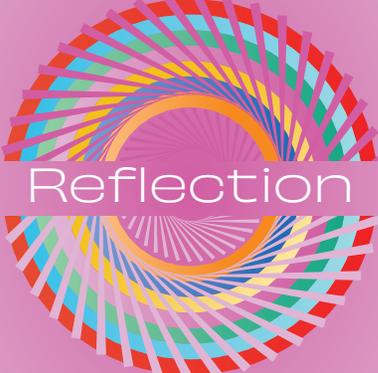
Reflection

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DECK OF

Disruptions

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Preferable
WORLD-BUILDING

It's the year _____ . You're dealing with

possible, or *plausible disruption* along with

probable disruption _____

and the lingering effects of

persistent, *past*, or *previous disruption*. _____

But you've found ways to respond via:

preferable disruptions. _____

Build this world. Imagine preferable disruptions you create in response to the above scenario. Journal for 10 minutes **using the prompts on the reflection card.**

REFLECTION GUIDE

After completing your Disruptions Deck and World-building prompt, spend 10-15 minutes writing or discussing. Imagine how you might move toward a preferable future.

Allow the following questions to guide you:

- What do these disruptions mean for you, your family, and your community? Feel and imagine yourself in this world.
- How do these disruptions reshape your life story? How might you need to pivot or adapt?
- What possibilities open up because of these disruptions? What can you do now that you couldn't have imagined before?
- How might you scale your actions toward making a preferable impact?

DISRUPTION

Probable

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Probable

INEVITABLE DISRUPTION

Disruptions you know are coming—
events or changes that you're certain
you'll have to face eventually.

Describe the disruption in 1 sentence:

Probable

INEVITABLE DISRUPTION

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Describe the disruption in 1 sentence:

Plausible

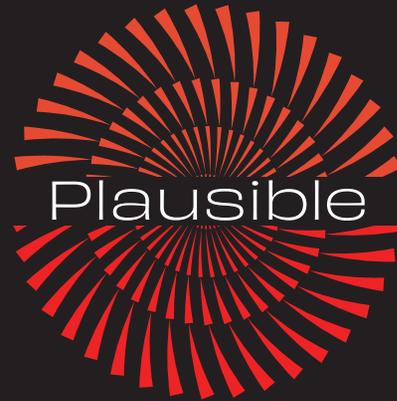Disruptions that feel realistically imaginable based on where you are now, shaped by existing conditions rather than chance or certainty.

Describe the disruption in 1 sentence:

Plausible

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Plausible

Disruptions that feel realistically imaginable based on where you are now, shaped by existing conditions rather than chance or certainty.

Describe the disruption in 1 sentence:

Possible

WILD CARD DISRUPTION

Those "life happens" moments—
things you knew were possible but
occurred through an unexpected
or random event.

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Possible

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WILD CARD DISRUPTION

Those "life happens" moments—
things you knew were possible but
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or random event.

Describe the disruption in 1 sentence:

DISRUPTION

Persistent

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DISRUPTION

Persistent

⬐ Liminal

DISRUPTION

Persistent

⬐ Liminal

DISRUPTION

Persistent

⬐ Liminal

DISRUPTION

Persistent

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DISRUPTION

Persistent

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DISRUPTION

Persistent

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DISRUPTION

Persistent

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Persistent

EXISTING DISRUPTION

Acknowledging the disruptions in your life that you are actively facing. These may either pass with time or continue to shape your future.

Describe the disruption in 1 sentence:

Persistent

EXISTING DISRUPTION

Acknowledging the disruptions in your life that you are actively facing. These may either pass with time or continue to shape your future.

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Describe the disruption in 1 sentence:

DISRUPTION

Past

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DISRUPTION

Past

↙ Liminal

DISRUPTION

Past

↙ Liminal

DISRUPTION

Past

↙ Liminal

DISRUPTION

Past

↙ Liminal

DISRUPTION

Past

↙ Liminal

DISRUPTION

Past

↙ Liminal

DISRUPTION

Past

↙ Liminal

Past

DISRUPTION FROM YOUR PAST

Recognizing the disruptions you've already experienced and worked through, those that may have left lasting marks or lessons in your life.

Describe the disruption in 1 sentence:

Past

DISRUPTION FROM YOUR PAST

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DISRUPTION FROM YOUR PAST

Recognizing the disruptions you've already experienced and worked through, those that may have left lasting marks or lessons in your life.

Describe the disruption in 1 sentence:

Previous

DISRUPTION PRIOR TO YOU

Paying homage to the disruptions that occurred before you existed, but that still shaped who you are and how your life has unfolded.

Describe the disruption in 1 sentence:

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