

Realworld AI Use Cases

Member-only story

This Ridiculous XP System Made Me Run Further, Read More, and Work Harder



Chris Dunlop

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70

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I've found an incredibly cool and incredibly geeky way of motivating myself and I just wanted to share it.

One of my favourite things about growing up was collecting things in video games, playing games like Path of Exile or Diablo and grinding for ages to get the latest item.

It all started with this item.

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This was such a cool item to collect and served as the base currency of Diablo 2

Then I got into collecting cards.



I got this haul in 2016 in Hawaii

But the funny thing is when you grow up from a teenager to an adult, you can basically buy anything you want, just like in the photo above. You are

basically just a big pay to win human playing a real life game and as we all know, being a pay to win gamer isn't as fun.

As David Goggins says: “**I never set a goal I can reach**” — so I wanted to make things a bit more fun and motivating for myself, aka I wanted things to be harder.

Now I realise that this might be an extremely niche blog post, here I am, a person trying to arbitrarily motivate myself — but I know there is at least 1 other person in the world that thinks this way. Surely.

So here is my guide of how you can also use AI to motivate yourself to do tasks in the real world.

Step 1— Choose a task

Choose a task. Don't overthink this step but I'd recommend it's something you do all the time. For me it's going to be reading.

I basically want to make it so that I earn Magic cards for reading.

Step 2— We need to convert things to experience

This step I've had to calibrate with different amounts but I've settled on the following:

- I get 1 experience point per page read
- I get 1 experience point per minute that I read
- I get 200 points + $0.3 * \text{pages read}$ for finishing a book

Now every time I read, I get experience



Reward Simulator (Does not actually reward ca

Pages Read

20

Minutes Spent

30

Experience Formula:

Pages + Minutes = 50 XP

▷ Run Simulation

Don't worry you can always change these calculations later.

Step 3 — I connected to the Scryfall API and bought in all the cards



Now I have all these cards in the database

Now here is the fun part, next thing I add a detail page for each card.

Plains

Amonkhet

Collecting

Collection Progress

Experience 30 / 35 XP
5 XP remaining to collect

Artist: Volkan Bağ'a

Set Code: AKH

Collector Number: 255

Rarity: Common

Market Value

Regular \$0.10 Foil \$0.53

Experience Required

35 XP

Basic Plains

Scryfall gives you the market value of each card

Now what I do is assign experience in the following way. Basically each card requires 25 experience points to earn + 1 experience point per cent that it costs.

The above card is 35 XP because it's 25 base XP + 10 cents or 10 XP

This makes it motivating, some cards are ridiculously expensive.



Scrubland

Foreign Black Border

⌚ Collecting

⚡ Collection Progress

Experience 98 / 60025 XP

59927 XP remaining to collect

Artist:

Jesper Myrfors

Set Code:

FBB

Collector Number:

286

Rarity:

Rare

Market Value

Regular

\$600.00

Foil

\$0.00

Experience Required

60025 XP

Special Plains

This card is \$600 and so is 600025 XP

Now that's what I call a David Goggins card. I have to get 60,025 experience to buy it. That's a massive amount of reading.

The next thing I do is make it so that every time I read, it randomly picks a card from the list. As we all know randomness is part of what makes games fun.



Reading Session Complete!

Congratulations on your progress

[← Back](#)

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Session Summary

30

Pages Read

1

Minutes Spent

+31

Experience Gained

Cards Affected (1)



Vivien, Champion of the Wilds

War of the Spark Promos

+31 XP

Progress

31/10090 XP

Starting from 0

10059 XP to go

So now I get awarded random experience per card

This is very similar to the Marvel Snap reward system. I think it makes it quite fun.

Now, each card is like a mini quest of things to get.

Cards in Progress



Canopy Vista

Land – Forest Plains
($\text{R}, \text{G}, \text{B}$ or W)
Canopy Vista enters the battlefield tapped unless you control two or more basic lands.
“Apalapucua, rated number two plant in the top ten greatest delicacies for the discerning interplanar traveler.”

157 / 198 XP



Chandra, Hope's Beacon

Legendary Planeswalker – Chandra
 $\text{R}, \text{G}, \text{B}$
Whenever you cast an instant or sorcery spell, you may choose one target for the copy. This ability triggers only once each turn.
“ R : Add R or G .
 G : Add the top five cards of your library. Until the end of your turn, you may cast an instant or sorcery spell from them.
 B : Chandra, Hope's Beacon deals X damage to

31 / 488 XP



Elegant Parlor

Land – Mountain Plains
($\text{R}, \text{G}, \text{B}$ or W)
Elegant Parlor enters the battlefield tapped.
When Elegant Parlor enters the battlefield, surveil 1. (Look at the top card of your library. You may put it into

154 / 856 XP



Godless Shrine

Land – Plains Swamp
($\text{R}, \text{G}, \text{B}$ or W)
As Godless Shrine enters the battlefield, you may pay 2 life. If you don't, it enters the battlefield tapped.
“Log 1,7,618: Starshades, a relic of a culture lost to calamity. Its people were eradicated in a single day—but by what?”

104 / 1527 XP



Godless Shrine

Land – Plains Swamp
($\text{R}, \text{G}, \text{B}$ or W)
As this land enters, you may pay 2 life. If you don't, it enters tapped.
“Log 1,7,618: Starshades, a relic of a culture lost to calamity. Its people were eradicated in a single day—but by what?”

225 / 875 XP



Hallowed Fountain

Land – Plains Island
($\text{R}, \text{G}, \text{B}$ or W)
As Hallowed Fountain enters the battlefield, you may pay 2 life. If you don't, it enters the battlefield tapped.
“Two starmen stand watch over the entrance to Valor's Reach, celebrating its

262 / 2225 XP



Hallowed Fountain

Land – Plains Island
($\text{R}, \text{G}, \text{B}$ or W)
As Hallowed Fountain enters the battlefield, you may pay 2 life. If you don't, it enters the battlefield tapped.
“Two starmen stand watch over the entrance to Valor's Reach, celebrating its

390 / 18003 XP



Hallowed Fountain

Land – Plains Island
($\text{R}, \text{G}, \text{B}$ or W)
As Hallowed Fountain enters the battlefield, you may pay 2 life. If you don't, it enters the battlefield tapped.
“Two starmen stand watch over the entrance to Valor's Reach, celebrating its

6 / 1344 XP



Indatha Triome

Land – Plain Swamp Forest
($\text{R}, \text{G}, \text{B}$ or W)
Indatha Triome enters the battlefield tapped.
Cycling 3 (R , Discard this card. Draw a card.)
Indatha Triome enters the battlefield tapped.

74 / 1830 XP



Indatha Triome

Land – Plains Swamp Forest
($\text{R}, \text{G}, \text{B}$ or W)
Indatha Triome enters the battlefield tapped.
Cycling 3 (R , Discard this card. Draw a card.)
Indatha Triome enters the battlefield tapped.

277 / 1760 XP

I can then do an aggregation at the top level to see how much my collection is worth.



I can now control that collection amount by my budget that I set. E.G if I am happy to spend \$50 a month on rewards then I just have to chart the rate of experience gained and make adjustments.

What's the net result of this XP system been?

Like it says in the title, this system has literally changed my life for the better. I'm doing more of the tasks that I want and enjoying the whole process.

- I have found it incredibly motivating, it's cut down my social media scrolling and increased the tasks that I want to do.
- I've managed to read 61 books so far this year!
- I've also managed to write 150 articles now!
- I've also managed to start regularly lifting weights at the gym

So now I want to try to help you with your own goals.

But I don't collect Magic Cards! What do I do?

Don't worry this system can be applied to anything.

I recently bought a Remarkable Pro for writing on and I absolutely love it.

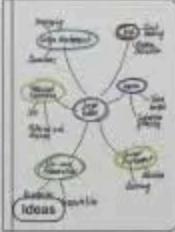
So let's say I wanted to motivate myself and this would be a reward.

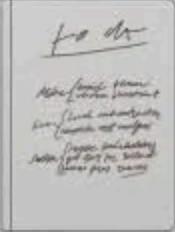
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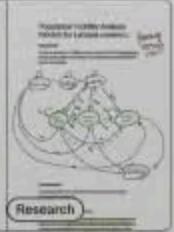
Articles Projects Concepts Reports Sketches Development To-dos Layouts Meeting notes Workshops

 Design process
17 pages

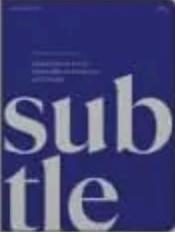
 To-dos
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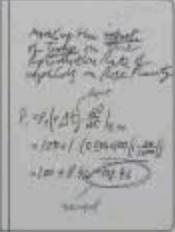
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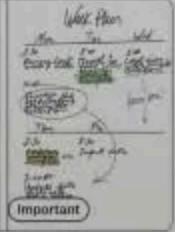
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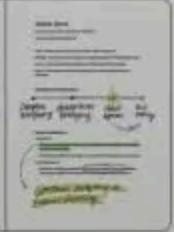
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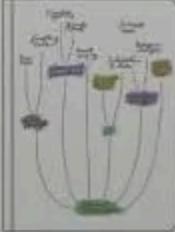
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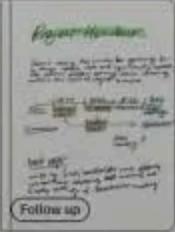
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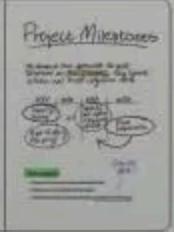
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 Esmond project
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 2030 Sustainability
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🔍 | +

This has been a game changer for meetings

So this cost \$799 which under my system is quite a lot, it's 79,000 experience points.

So I'd add that to the database.



It's quite fun seeing an experience bar added to your rewards

Now we choose our task. Let's say it's running that we want to motivate ourselves on.

- 10 experience points per 1km run
- 5 experience points per minute run
- 20 experience points bonus for running more than 5k

Running would be a great one, you could come up with all sorts of experience requirements

So here would be an example. Say I went for a 7k run

Run Completed!

Distance

7 km

Time

42 min

Distance XP (7km × 10)

+70 XP

Time XP (42min × 5)

+210 XP

Bonus (5k+ run)

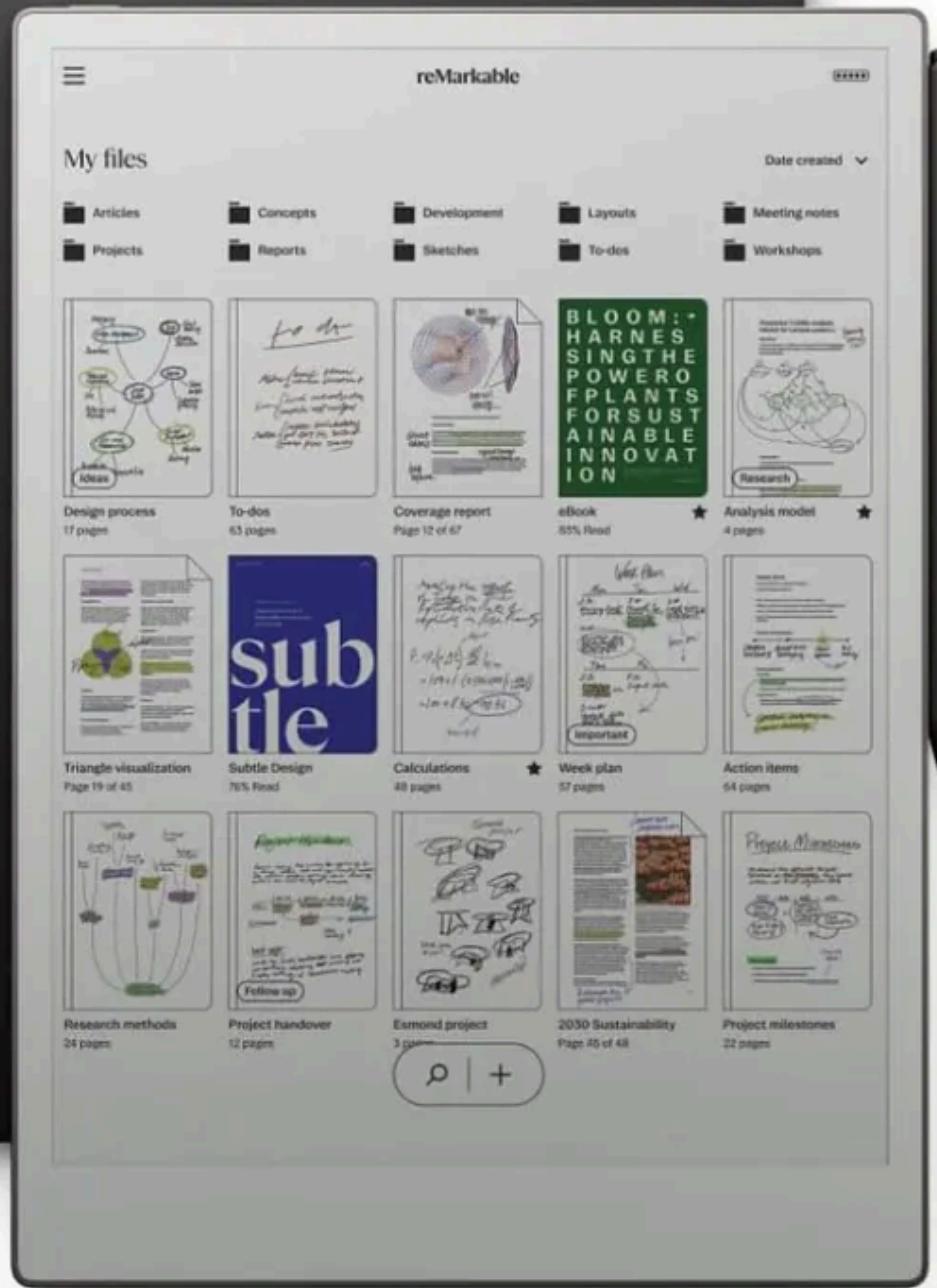
+20 XP

Total Earned

+300 XP

That would give me a total of 300 experience

reMarkable



Experience

0.38%

300 XP

/ 79,000 XP

Boom now I'm 0.38% of the way to getting the Remarkable

Basically the system is the same no matter what task you are doing

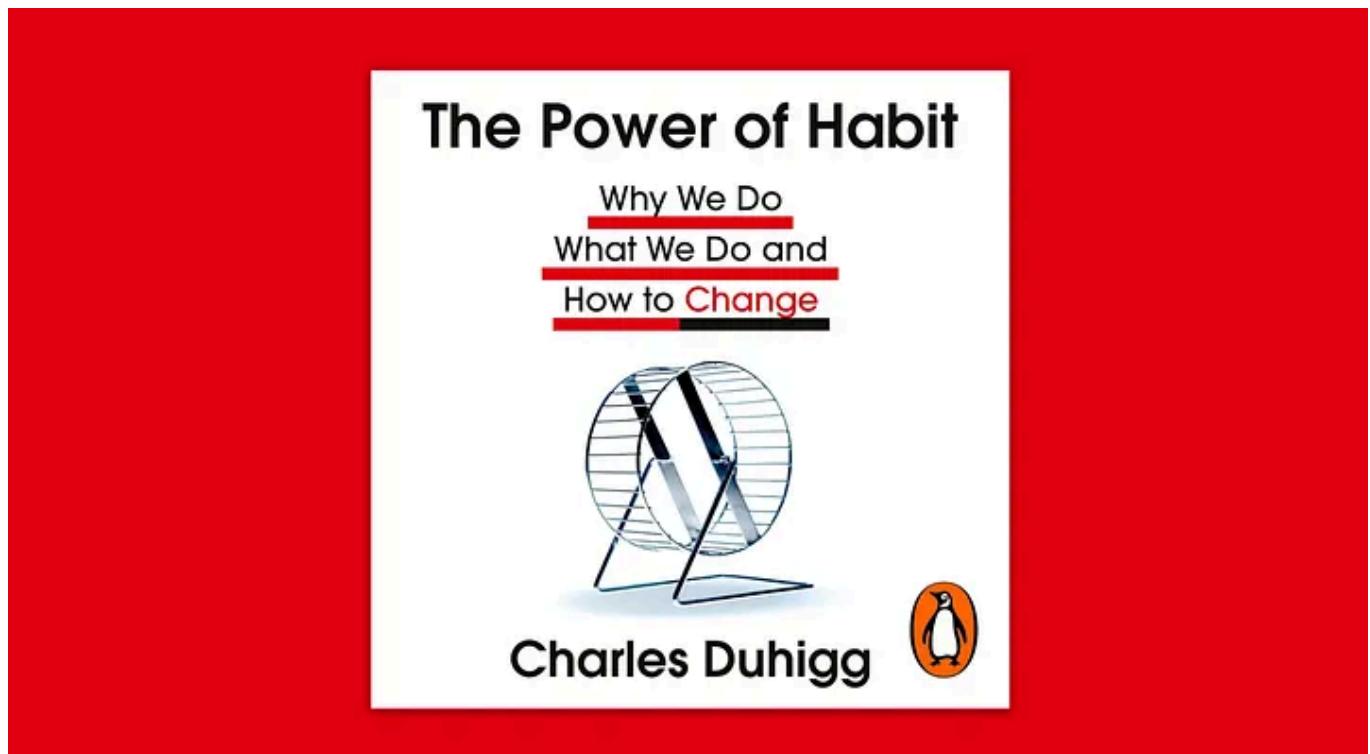
- Take the task and break it down into smaller chunks
- Assign experience for those chunks and get creative

You could even assign a bunch of bigger rewards and then chip away at them over a few months or a year.

I reckon this is a mean system

I know I'm biased but if you like games and want to try this out I reckon it is absolutely epic. If you do want to give it a go, please message me and then we could chat about it. I seriously find it so fun. I could help you craft a way to motivate yourself as well.

If you need help with habits — here are some books



I loved this book and it really helped me to understand my own triggers

Atomic Habits

James Clear



There is a reason this is such a big bestseller — I was skeptical due to the hype but I think it's great

- The Power of Habit — [view on Amazon here](#)
- Atomic Habits — [view on Amazon here](#)

Before you go

Subscribe to my [newsletter](#) because this is what I send to my clients and executives every Sunday :) Plus it contains a weekly book club of books I read. I also link all the Medium posts from the week so it's an easy way to stay up to date.

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I wanted to have a publication that helped share tips and tricks from my consultancy where we implement ai for companies like the Olympic team, the Stock Exchange and other B2C companies.



Written by Chris Dunlop

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Responses (2)



Bgerby

What are your thoughts?



Cassie Autumn she/her

2 days ago (edited)

...

Damn. I wish I had seen this last week. I literally just sold off the last of my MtG (IRL) collection, and I had been playing and collecting since Alpha came out. I literally JUST sold all of my dual-lands, and I had full deck sets of 4 of each for... [more](#)



47



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TechHarry
1 day ago

...

This is a fantastic read! I love how you gamified your daily routine with an XP system—turning mundane tasks into engaging challenges. It's a creative way to boost motivation and productivity. I'm inspired to try implementing something similar myself.

👏 19

🗨 1 reply

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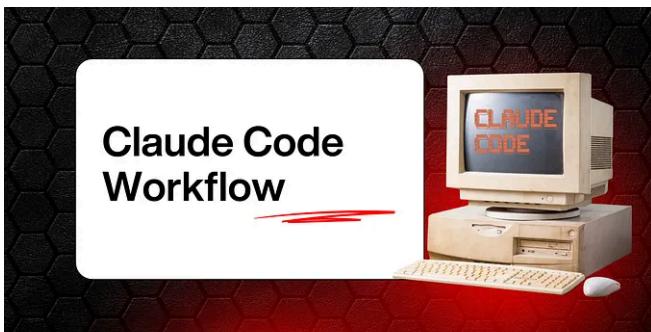
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Stop styling your websites

Chris Dunlop

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Claude Code's hidden advantage: it loves minimalism. I ran some tests to verify this...

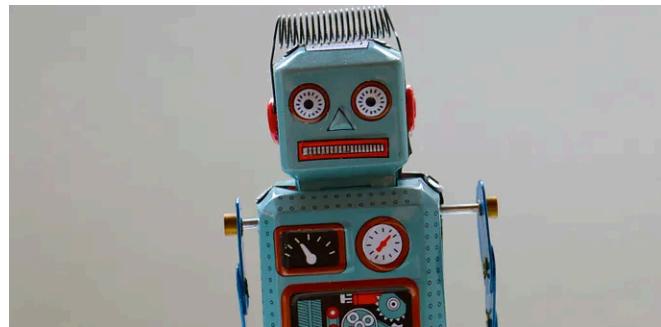
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Will Lockett

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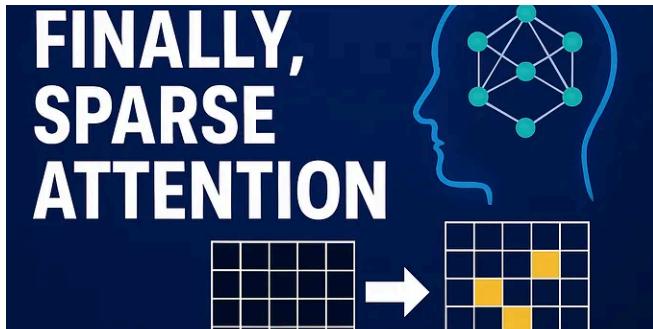
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