




Gamifying the Human Wellness Model:

Using Strategic Pattern Recognition (Go, Chess, Tic-Tac-Toe style)







Game Title:
"LifeGrid"









Concept:




"LifeGrid" uses pattern recognition gameplay, inspired by Tic-Tac-Toe or Go, to strategically build wellness and holistic growth.


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- Game Board:**
- **3x3 or 5x5 grid** drawn with chalk, sticks on sand, paper, or any simple medium.


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- Objective:**
- Form strategic patterns (rows, columns, diagonals, or clusters) that represent balanced wellness.
 - Achieve a balance across all five wellness categories:
 - 1 Cognitive** 
 - 2 Physical** 
 - 3 Spiritual** 
 - 4 Human Connections** 
 - 5 Environmental** 


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- Gameplay Mechanics:**
- **Two-player game** (can be teams for larger groups).
 - Players alternate turns placing symbols representing different wellness categories onto the grid:


Symbol
Wellness Category

Cognitive

Physical

Spiritual

Human Connections

Environmental
 - **Each symbol placed must reflect a personal action** the player commits to doing that day (or week).

Example:
 - : "I will walk for 15 minutes today."
 - : "I will spend 20 mins reading."
 - : "I will call a friend."




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- Scoring (Pattern Recognition):**
- Players aim to form wellness patterns:
 - **Complete line (row, column, diagonal):** Achieving balance (1 point).
 - **Cluster of same category (3 or more adjacent):** Focused growth (2 points).
 - **Full set (one of each category anywhere):** Holistic wellness (3 points).
 - Players must **recognize and announce** their intended pattern clearly upon placement.




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- Strategic Layer (Advanced Play):**
- Players can block each other strategically.
 - Players must balance short-term goals (quick points) with longer-term strategies (complex patterns, higher points).






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- Victory Conditions:**
- Game ends when all spaces are filled or one player reaches a predetermined point total.
 - Highest points win—but everyone benefits from committed wellness actions.


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- Example Grid:**
- markdown


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- **Player 1** might announce: "I placed , committing to connect with family today, completing my balanced row for 1 point."
 - **Player 2** might respond: "I'll place  to do an act of environmental care, forming a cluster for 2 points."

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- Outcomes & Benefits:**
- Encourages intentional wellness actions.
 - Strengthens cognitive skills (pattern recognition, strategic thinking).
 - Fosters commitment through gamified accountability.
 - Promotes personal growth and meaningful social interaction.

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- Accessibility & Inclusion:**
- Requires minimal resources (chalk, sand, sticks, paper).
 - Simple rules allow immediate cross-cultural adoption.
 - Easily scalable (larger grids, multiple teams).

By gamifying wellness in this way, we leverage strategic pattern recognition to create practical, engaging experiences that reclaim human agency, foster balance, and unite communities around shared goals.