

Gamification



Key Takeaways

- What Is Gamification?
- 2 Gamification Shows up Everywhere Because It's So Powerful
- 3 Why Should We Gamify Our Lives?
- Gamification Is a Remarkably Potent Meta-Flow Trigger
- Gamification Can Drive Post Traumatic Growth
- 6 Gamifying Flow
- The Flow from Gamification Is No Joke

Quote:

- The great thing then in all education, is to make our nervous system our ally instead of our enemy.
 - William James

Diagnostic N/A

Exercise

Exercise 1:

Create Your Own Dangerous Daily & Dangerous Long-Term Checklist.

Exercise 2:

Use the Gamification Tool to Gamify Flow.

See next page for details

Exercise

Create Your Own Dangerous Daily Checklist

The Dangerous Daily Checklist	✓
Hours Of Accurately Deployed Flow	
Power Down Ritual	
Clear Goals	
 Scheduling 	
Eliminating Self-Distraction	
Eliminating Interruptions	
Positive Psychology Basics	
 Exercise, Fuel, Mindfulness, Social Support, Gratitude 	
Surfing Your Biorhythms	
Cognitive Load Management	
 Capping Work Hours 	
 Minimizing/Leveraging Friction 	
 Simplifying 	
 Eliminating Everything Possible 	
 Automatizing Decisions 	
 Saying No & Avoiding Rushing 	
Active Recovery	
Sleep Protection	
Triggers & Flow Cycle	
 Deploying All Triggers 	
 Persistence Through Struggle, Tools for Release 	
Recovery Phase	

Exercise

Create Your Own Dangerous Long-Term Checklist

The Dangerous Long Term Checklist	✓
Growth Mindset & Critical Thinking	
Goal Stack Set & Reviewed Weekly	
Intrinsic Motivational Stack Aligned	
Social Support & Network	
Dopamine Trigger Regulation	
Harnessing Your Strengths	
Burnout Proofing	
Dopamine Detoxing	

Exercise

Use the Gamification Tool to Gamify Flow

Use the Gamification Tool to Gamify Flow.

- 1. Tweak it to your own preferences
- 2. You can outsource the updating
- 3. There'll also be an intro walkthrough
- 4. Use it once to get a sense for it
- 5. Add it to the agenda of your power down ritual

How Does Jane Recommend We Deploy Gamification?

- 1. Challenge yourself
- 2. Collect and activate power-ups
- 3. Find and battle the bad guys
- 4. Seek out and complete quests
- 5. Recruit your allies
- 6. Adopt a secret identity
- 7. Go for an epic win

Checklisting the High Flow Blocker when Performance Dips.

Here's the Full List-simplified:

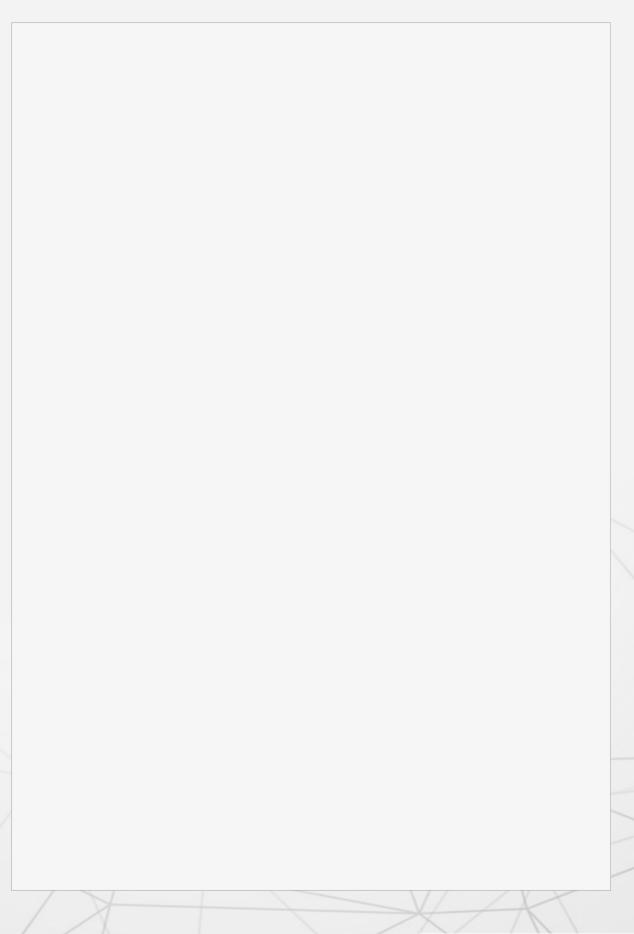
- 1. Negative Thinking & Fixed Mindset
- 2. Distraction
- 3. Burnout
- 4. Exhaustion
- 5. Overwhelm
- 6. Lack of Clarity
- 7. Motivational Stack Out Of Whack
- 8. Time Management
- 9. Stress (Suboptimal Arousal/Stress)
- 10. Self-Sabotage

Glossary

Post-Traumatic Growth: Post-traumatic growth (PTG) can be defined as positive personal changes that result from the survivor's struggle to deal with trauma and its psychological consequence). The process of post-traumatic growth can lead to improved relationships with others, more compassion, openness, appreciation for life, spiritual growth, personal strength, and a renewed sense of possibilities in the world. This personal growth extends beyond pre-trauma functioning. Therefore, PT is not merely a bouncing back to the level of functioning prior to the trauma, but rather a sense of positive growth beyond pre-trauma functioning.

Regression To The Mean: In statistics, regression toward the mean is the phenomenon that arises if a random variable is extreme on its first measurement but closer to the mean or average on its second measurement and if it is extreme on its second measurement but closer to the average on its first.

Notes



Lesson Resources

- 1. TED: Jane McGonigal
- 2. Gamestorming: A Playbook for Innovators, Rulebreakers, and Changemakers, By Dave Gray, James Macanufo, Sunni Brown
- 3. Ideo Resources
- How gamification motivates: An experimental study of the effects of specific game design elements on psychological need satisfaction,
 By Sailer, M., et al., 2017
- 5. The Future of Gamification
- Gamification as a tool for engaging student learning: A field experiment with a gamified app,

By Welbers, K., et al., 2019