

Gamifying Elite Performance

Today's Gameplan

- 1** What Is Gamification?
- 2** Why Should We Gamify Our Lives?
- 3** Gamifying Flow

Gamification – The Application of Game-Design Elements and Game Principles in Non-game Contexts



Gamification Shows up Everywhere Because It's So Powerful



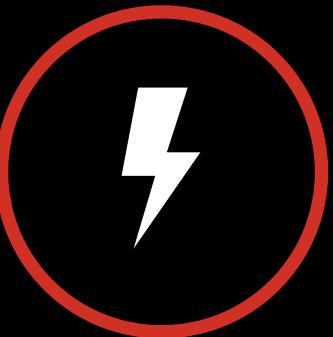
Gamification Is a Remarkably Potent Meta-flow Trigger



The Neuroscience of Gamification



Creates a Narrative to Forge an Emotional Connection



Increases Hippocampal Activation to Improve Recall



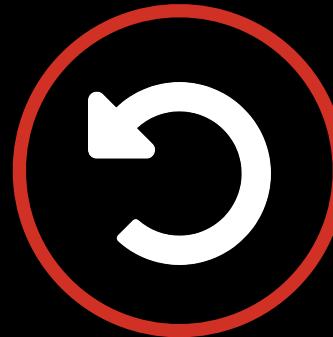
Leverages Immediate Feedback Trigger to Drive Dopamine and Serotonin



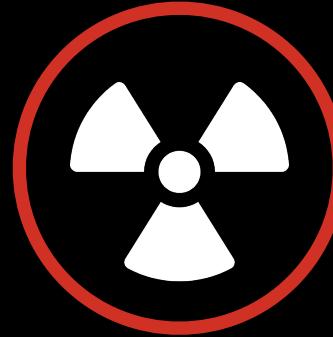
Leverages the Neurobiology of Story



Heightens Endorphin Release—an Important Component of Flow



Reduces Stress to Tune the Challenge Skills Balance



Reduces Cognitive Load

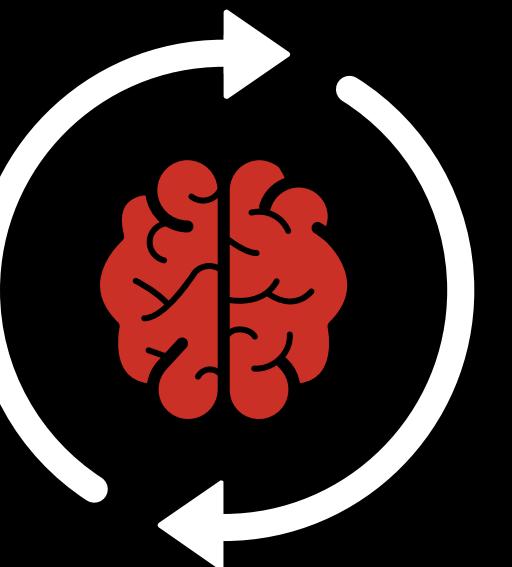
Jane McGonigal's Superbetter as an Example of Gamification



**Jane Shows Us That
Gamification Does Two
Things Extremely Well**



**Flow
Hacking**



**Cognitive
Reframing**

Gamification Can Drive Post Traumatic Growth



The Flow from Gamification Is No Joke

How Does Jane Recommend We Deploy Gamification?



Challenge yourself



Collect and activate power-ups



Find and battle the bad guys



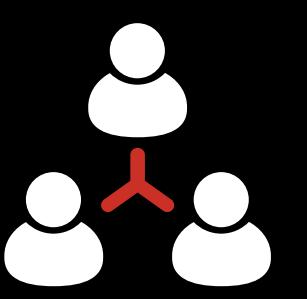
Seek out and complete quests



Go for an epic win



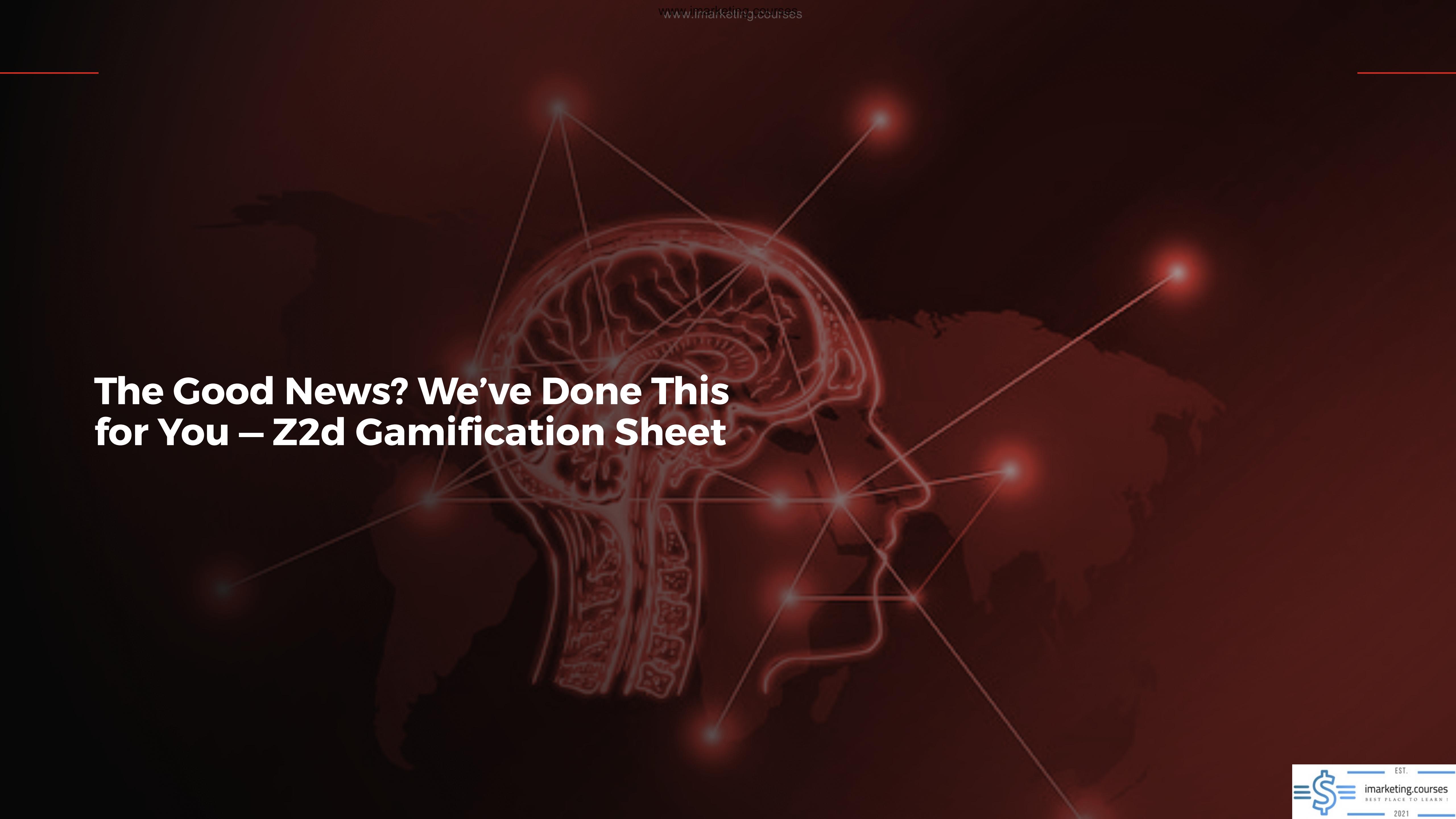
Adopt a secret identity



Recruit your allies

The Goal – Condense Zero to Dangerous into a Daily Game





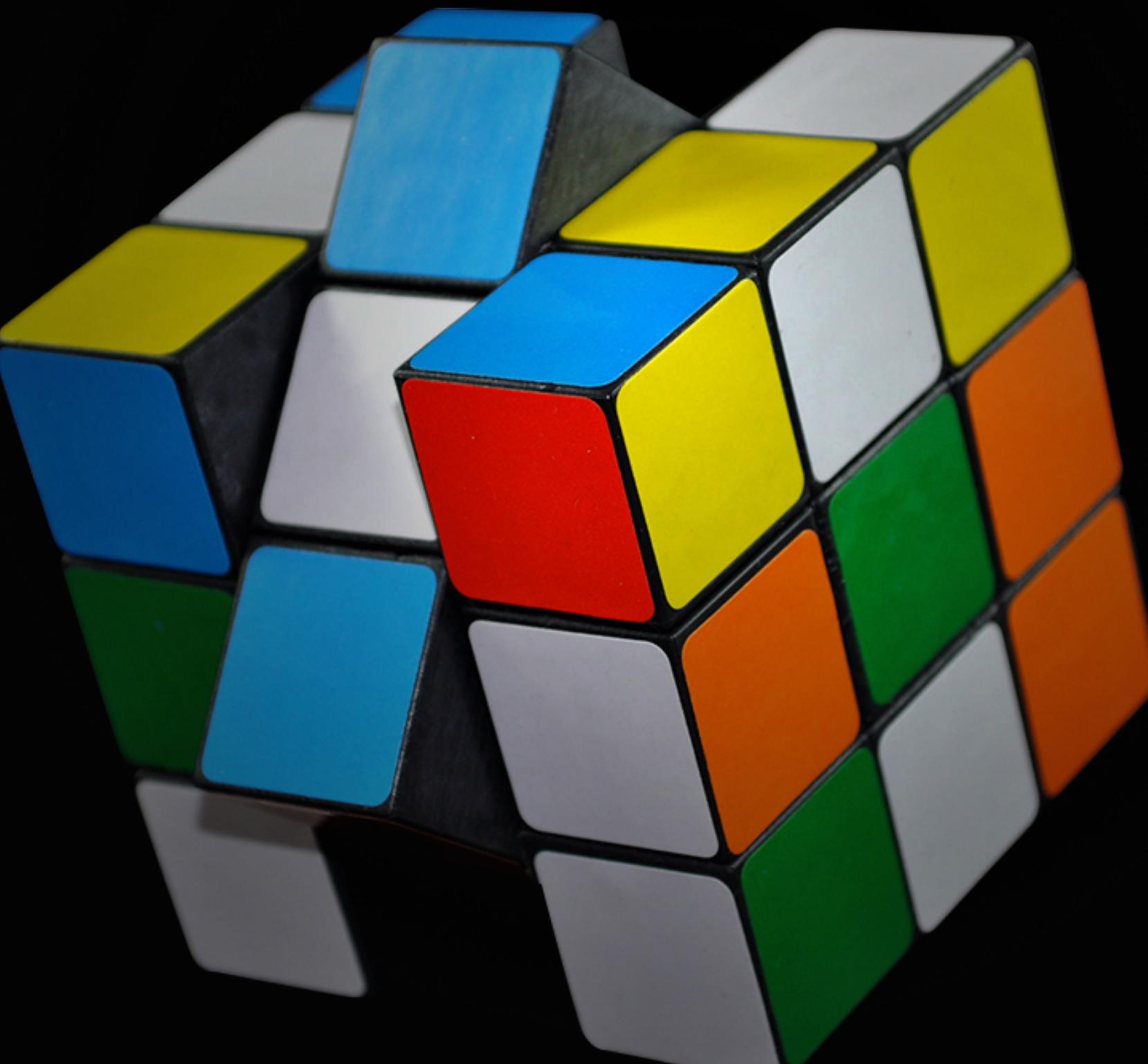
The Good News? We've Done This
for You – Z2d Gamification Sheet



Here's How It Works

- 1** Weighting for each behavior
- 2** Modify and tweak weightings
- 3** Add your own habits
- 3** Track your progression over the long-term

Example – Walk through Rian’s Equivalent to This



Why Is This So Critical?

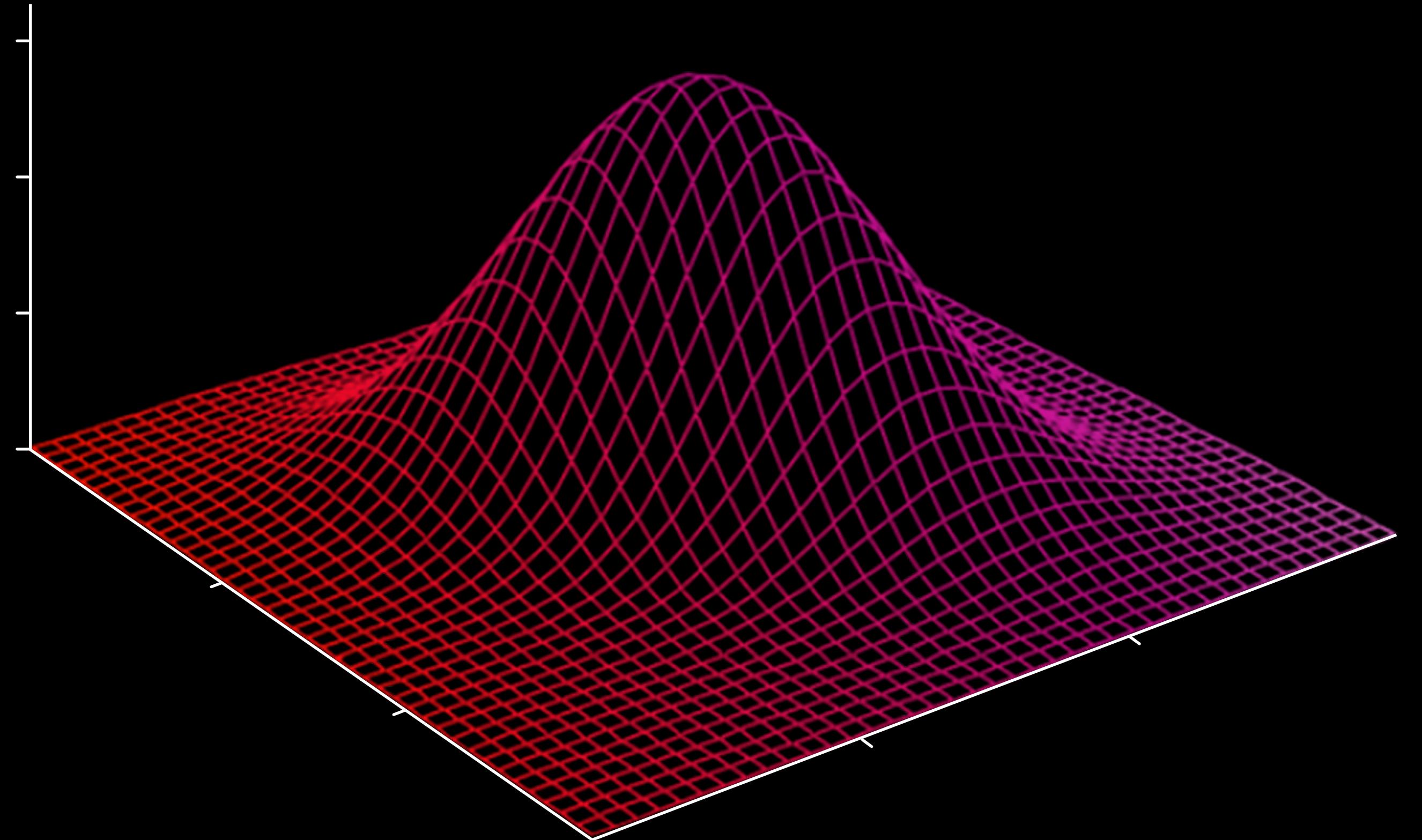


Regression to the Mean and the Default Day

Regression towards the Mean

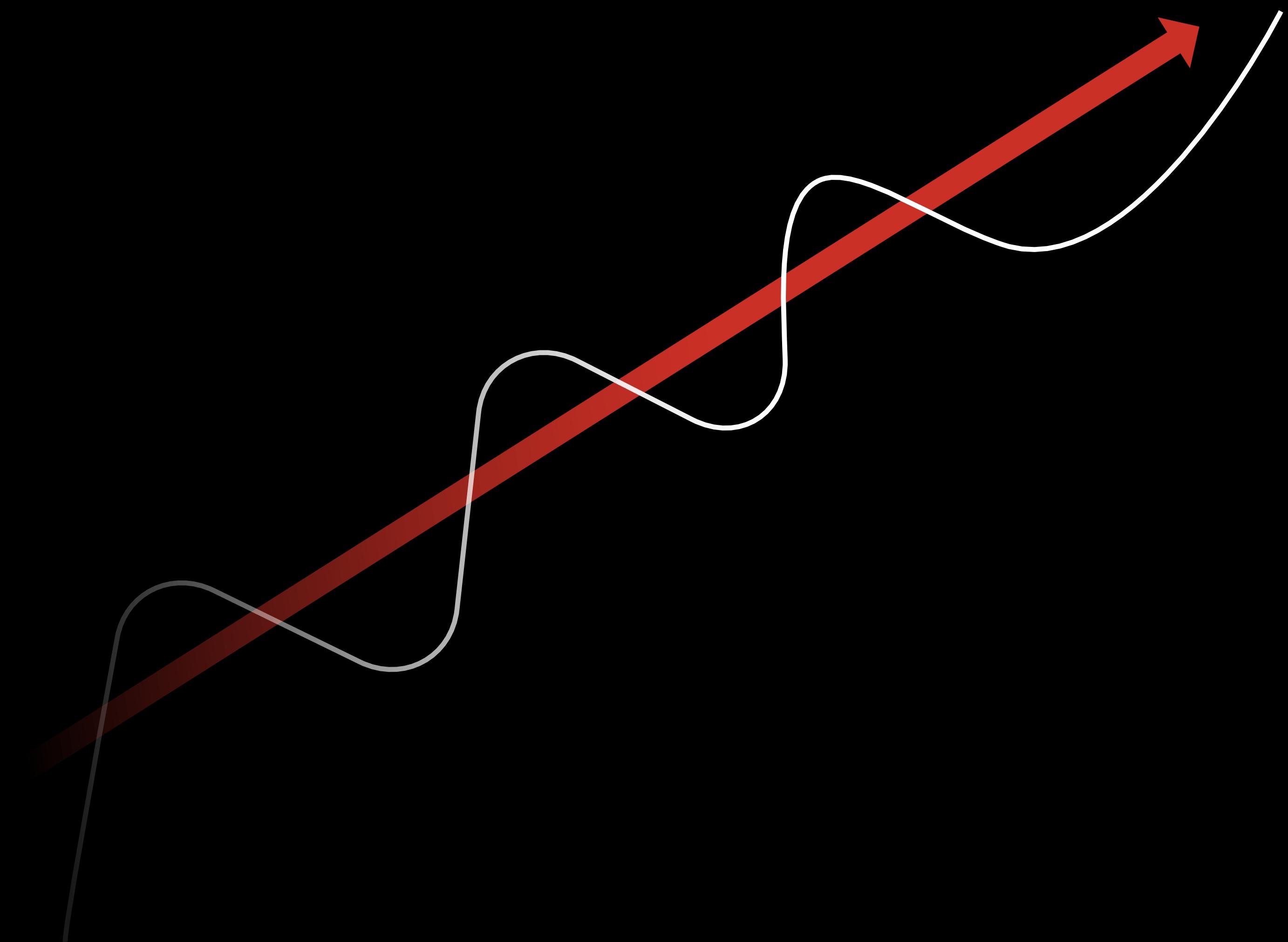
- In all bivariate normal distributions
- Any random variation
e.g., height of a child vs parents
- If the correlation $\neq 1$
- Predictions must regress to the mean
- Regardless of the underlying mechanisms
e.g., inheritance, race or culture

Bivariate Normal Density



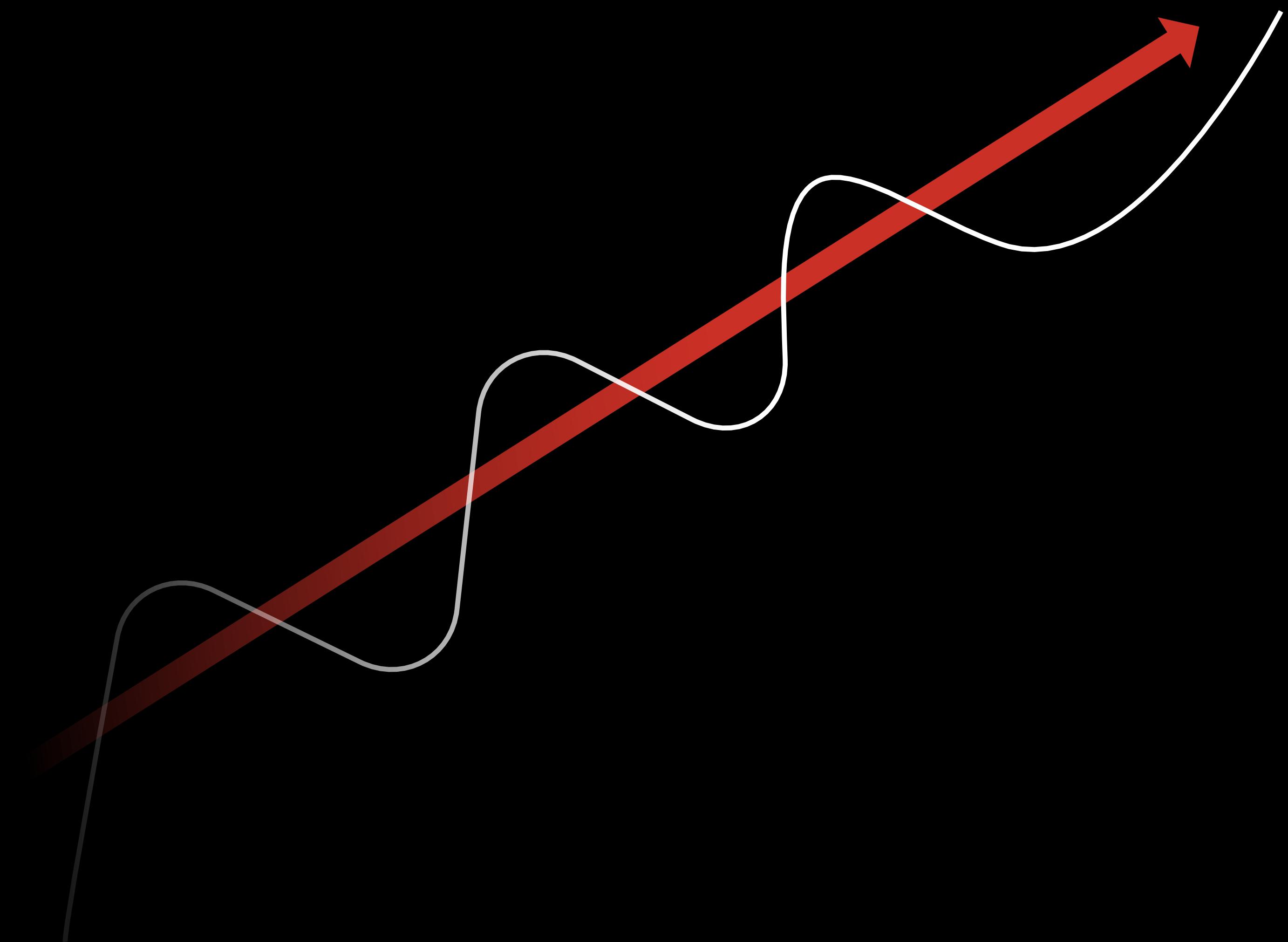
Your Life Will Regress to the Mean of Your Behavior

The red line is the average (mean), the trend oscillates up and down around it. The trend moves above the average and then regresses back toward it, often overshooting up and down. This is what we call “regression to the mean.”



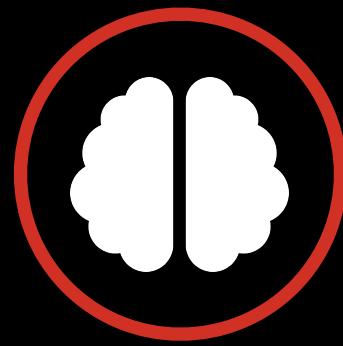
This Means Your Life = Your Default Day

The red line is the average (mean), the trend oscillates up and down around it. The trend moves above the average and then regresses back toward it, often overshooting up and down. This is what we call "regression to the mean."



Checklisting the High Flow Blocker When Performance Dips

HERE'S THE FULL LIST—SIMPLIFIED



**Negative Thinking
& Fixed Mindset**



Distraction



Burnout



Exhaustion



Overwhelm



Lack of Clarity



**Motivational Stack
Out Of Whack**



Time Management



**Stress (Suboptimal
Arousal/Stress)**



Self Sabotage

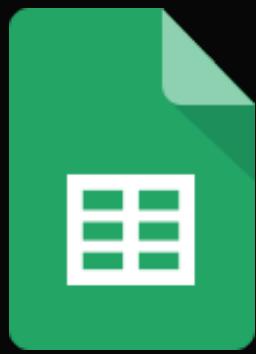
The Dangerous Daily Checklist

- Hours of Accurately Deployed Flow
(the more the better)**
- Power Down Ritual**
 - Clear goals
 - Scheduling
- Eliminating Self-Distraction**
- Eliminating Interruptions**
 - environmental, people, tech distractions
- Positive Psychology Basics**
 - Exercise, fuel, mindfulness, social support, gratitude
- Surfing Your Biorhythms**
- Cognitive Load Management**
 - Capping work hours
 - Minimizing/leveraging friction
 - Simplifying life down
 - 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

The Dangerous Long Term Checklist

- Growth Mindset and Critical Thinking
- Goal Stack Set and Reviewed Weekly
- Intrinsic Motivational Stack Aligned
- Social Support and Network
- Dopamine Trigger Regulation
- Harnessing Your Strengths
- Burnout Proofing
- Dopamine Detoxing





Go to:
flowresearchcollective.com/blocked

Mindset:	I don't believe I can do what I know I need to do. I'm not good enough.	Select
Distraction:	I'm constantly distracted and it's blocking me from flow.	Select
Burnout:	I feel totally fried, cynical and exhausted. The idea of work makes me want to vomit.	Select
Exhaustion:	I'm wrecked. My focus is shot and I constantly feel tired.	Select
Overwhelm:	I've got too much on my plate, I'm juggling balls and I feel like I'm failing at everything.	Select
Clarity:	I don't know where I'm going or what my next step is.	Select
Motivation:	I feel OK physically but I just don't really feel like doing anything.	Select
Time:	I'm so stuck for time, no matter how fast I move I'm always behind schedule.	Select
Stress:	I'm either underwhelmed with how much stimulation there is or I'm drowning in it.	Select
Self-Sabotage:	I just keep getting in my own way and throwing up obstacles.	Select

Exercise:

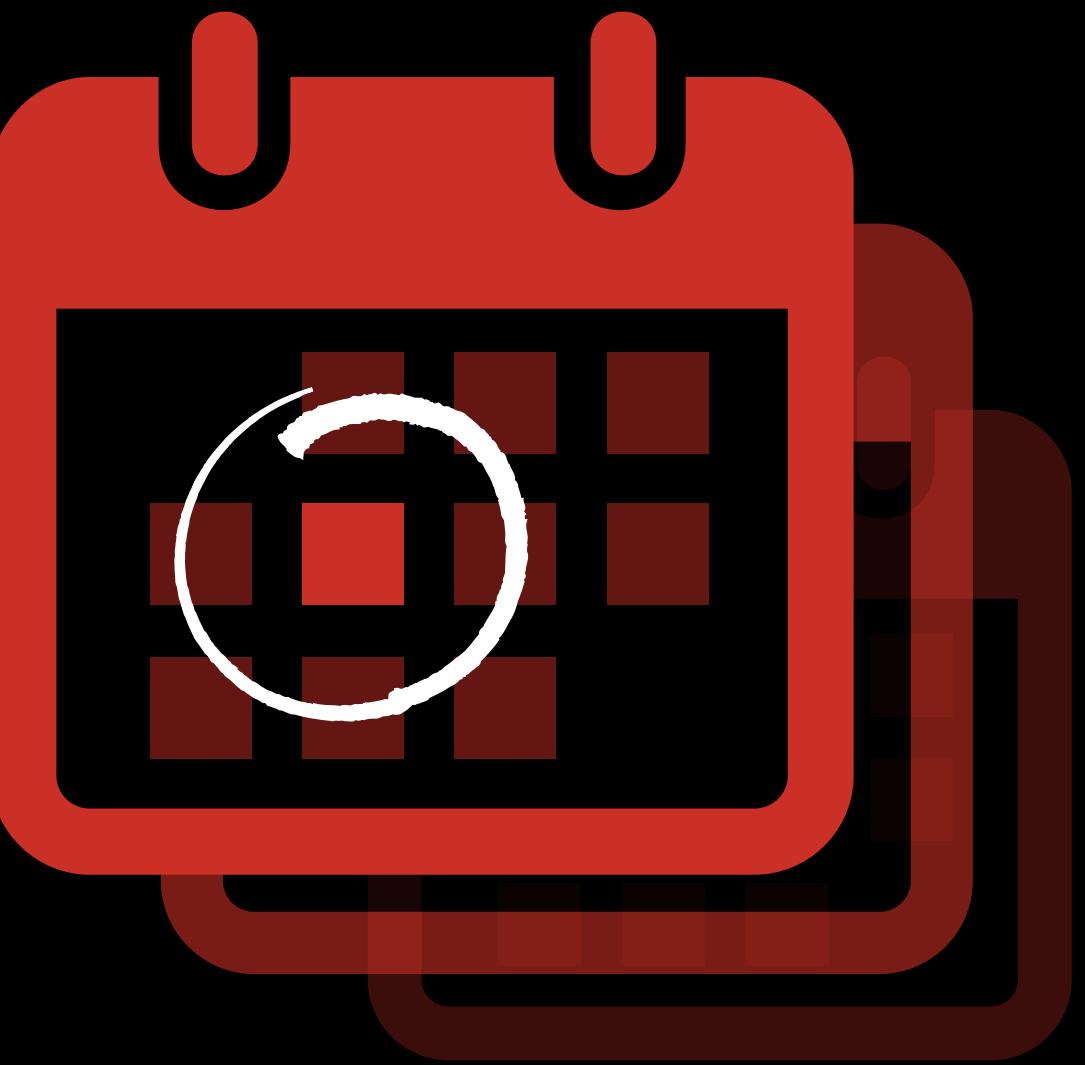
Create Your Own Dangerous Daily and Dangerous Long Term Checklist



Download Workbook
to Get Started

Exercise:

**Review It Daily and
Monthly to See Where You
Need to Dial It up**



Exercise:

Use the Gamification Tool to Gamify Flow!



Download Workbook
to Get Started