



# Gamification

## Key Takeaways

- 1 What Is Gamification?
- 2 Gamification Shows up Everywhere - Because It's So Powerful
- 3 Why Should We Gamify Our Lives?
- 4 Gamification Is a Remarkably Potent Meta-Flow Trigger
- 5 Gamification Can Drive Post Traumatic Growth
- 6 Gamifying Flow
- 7 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 <ul style="list-style-type: none"> <li>○ Clear Goals</li> <li>○ Scheduling</li> </ul>  |   |
| Eliminating Self-Distracted  |   |
| Eliminating Interruptions  |   |
| Positive Psychology Basics <ul style="list-style-type: none"> <li>○ Exercise, Fuel, Mindfulness, Social Support, Gratitude</li> </ul>  |   |
| Surfing Your Biorhythms  |   |
| Cognitive Load Management <ul style="list-style-type: none"> <li>○ Capping Work Hours</li> <li>○ Minimizing/Leveraging Friction</li> <li>○ Simplifying</li> <li>○ Eliminating Everything Possible</li> <li>○ Automatizing Decisions</li> <li>○ Saying No &amp; Avoiding Rushing</li> </ul> |   |
| Active Recovery  |   |
| Sleep Protection   |   |
| Triggers & Flow Cycle <ul style="list-style-type: none"> <li>○ Deploying All Triggers</li> <li>○ Persistence Through Struggle, Tools for Release</li> <li>○ Recovery Phase</li> </ul>  |   |

## 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](#)
4. [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](#)
6. [Gamification as a tool for engaging student learning: A field experiment with a gamified app](#),  
By Welbers, K., et al., 2019