

GAMIFI YOUR GOALS

from goal setter to
goal getter
planner

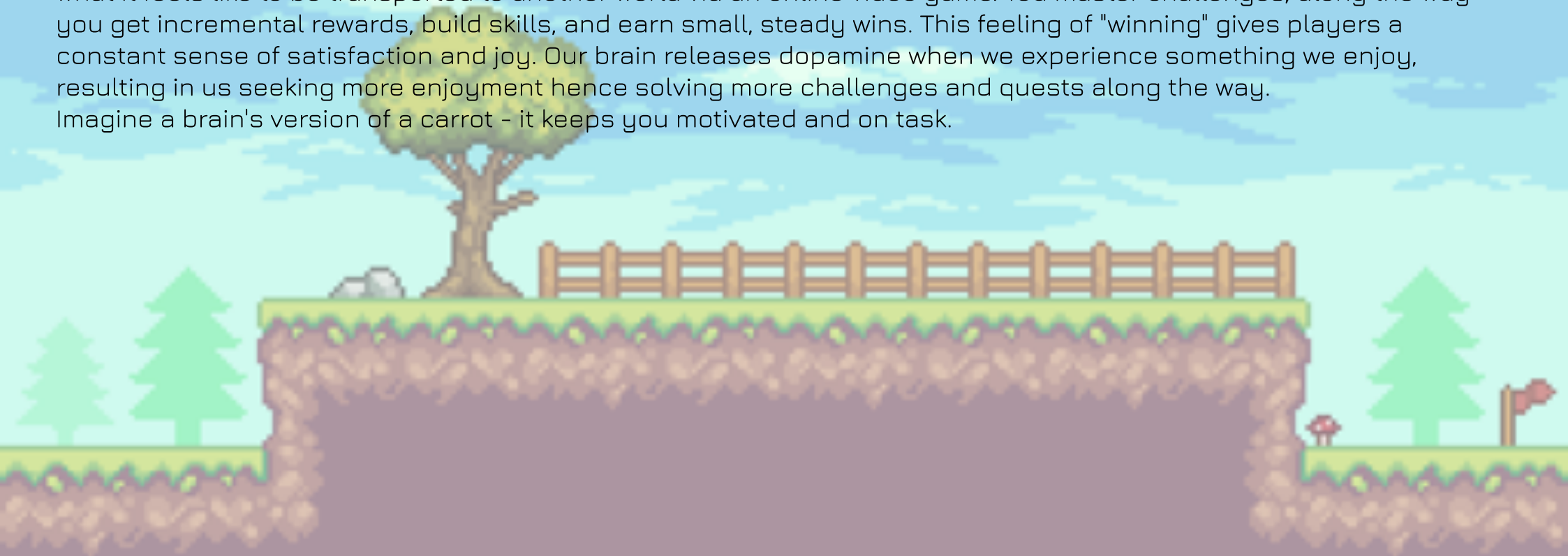


A new year is approaching, you have set ambitious goals for yourself and start out highly motivated, until... until what? Until you realize at some point that yesterday's good intentions have become today's guilty conscience, because you haven't managed to do the necessary things to make your wishes come true. Does this sound familiar?

At the end of the day, achieving your goals feels like a TO DO, waiting to be checked off a list- just another task to be added to your already stressful schedule. This is where your motivation gets lost: the path to your goal becomes an obligation instead of a fun and active part of living the life you want.

This is where the gamification approach enters the stage.

Gamification has proven effective because it addresses several basic human needs and desires. Basically, setting up a reward system is what really drives gamification success. Gamification pushes you forward, even when things get tough. By using game mechanics in a non-game context, gamification makes tasks more fun and engaging. Imagine what it feels like to be transported to another world via an online video game. You master challenges, along the way you get incremental rewards, build skills, and earn small, steady wins. This feeling of "winning" gives players a constant sense of satisfaction and joy. Our brain releases dopamine when we experience something we enjoy, resulting in us seeking more enjoyment hence solving more challenges and quests along the way. Imagine a brain's version of a carrot - it keeps you motivated and on task.



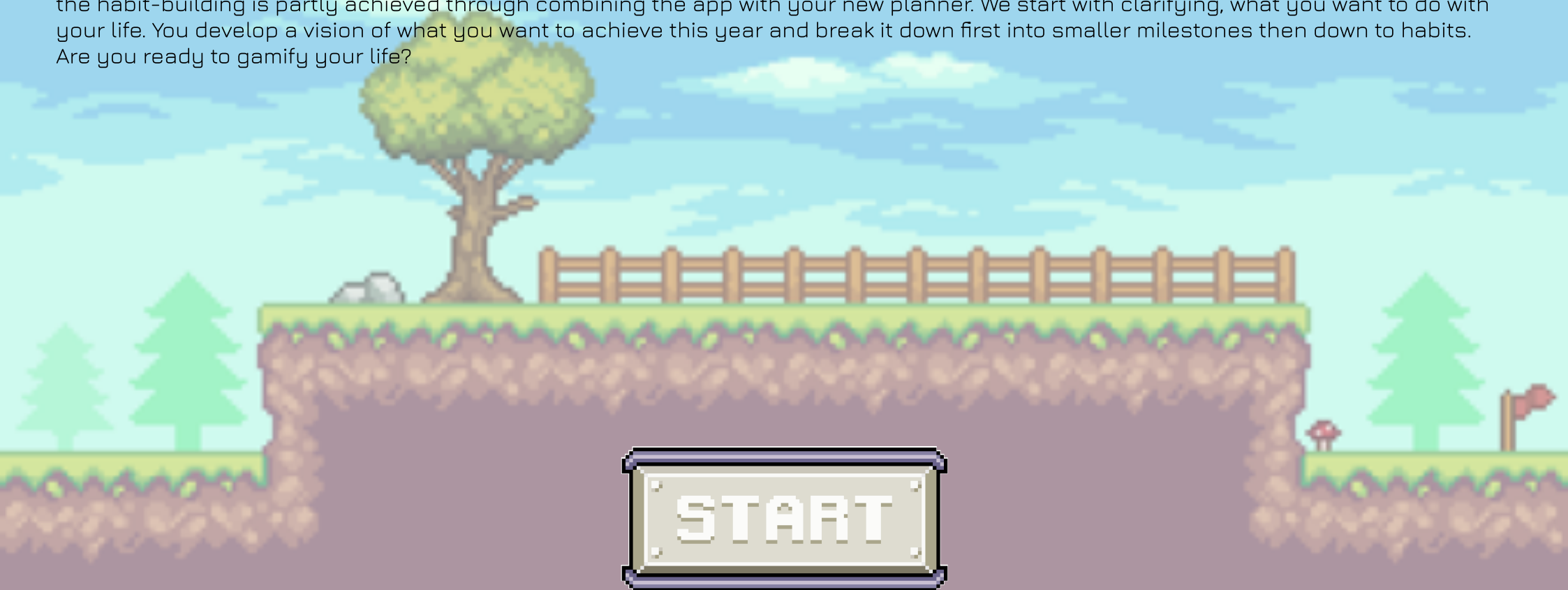
You will find that this planner in addition to the gamification approach, also follows what is called habit-building.

We dream big, without really considering what it takes in-between to reach our goals - only to find ourselves disappointed and frustrated if we don't achieve what we set out to do. Goals are an expression of our desire to live a fulfilled and purposeful life.

While goals provide us orientation, they do not give us instructions or the means to reach them. It's our habits that ultimately determine what we do and who we become. Habits are the daily routines that you develop throughout your life. Once manifested, they just pop up out of nowhere because they tend to happen subconsciously. According to researchers at Duke University, up to 40% of our daily behavior is driven by habits. That's nearly half of your day spent on autopilot doing things that either help or hurt your progress. Since so many of your actions are driven by habits, it only makes sense to spend more time and effort directing your subconscious mind to achieve your goals instead of just setting them.

So how does this planner help you with this endeavor?

It takes you on your own personal mission for the year. You gamify your goals and habits through a freely available third-party app, while the habit-building is partly achieved through combining the app with your new planner. We start with clarifying, what you want to do with your life. You develop a vision of what you want to achieve this year and break it down first into smaller milestones then down to habits. Are you ready to gamify your life?




Time for a yearly checkup!
Get an overview of your avatar's situation.
Reflect on what happened in the world and
in your life last year.

end of year reflection

Fill from the outside in

1. What happened in the world?

E.G. CRISIS, ELECTIONS,
PROTESTS FOR FREEDOM 

2. What happened in your life?

E.G. MOVED TO
A NEW CITY,
FELL IN LOVE,
SUCCESSES,
LOSSES

3. How did it make you feel?

E.G. MOTIVATED, PROUD,
WORRIED, LOST, UNSATISFIED, HAPPY

4. Conclusion

E.G. I'VE HAD A MIXED YEAR.
I WANT TO LEAVE XYZ BEHIND ME,
I WANT MORE OF XYZ



Think about where you want to see yourself
in the upcoming year. Aim to develop a
sense of what is important to you.
The actual goal definition follows later.

annual outlook

Fill from the inside out



Mission Map

1. Determine in the goal categories shown below where you want to be by the end of the year . This helps to set a focus and not to take on too much at once.
2. Afterwards transfer the values to the mission map on the right.

Health

8

Relationships

Job

Time

Finances

Self Growth

Gratitude

DEFINE AN
ADDITIONAL
CATEGORY HERE IF
REQUIRED

Health

Relationships

Job

Time

Gratitude

Self Growth

Finances

The "life game" goal

Dare to design a vision of the person you want to be and the life you want to live instead of setting random yearly goals that might reflect outside influence more than what you truly desire. Fill the numbers of the mission map with life. Be the avatar on the way through the game of your life!

life game goal:

my life in
10-25 years



Health

I AM GRATEFUL FOR EVERYTHING MY BODY DOES FOR ME & THEREFORE TAKE CARE OF MYSELF. I EXERCISE & EAT MOSTLY VEGETARIAN FOR THE HEALTH OF MY BODY & THE BEAUTY OF OUR PLANET. I DON'T DRINK ALCOHOL BECAUSE I DON'T LIKE THE TASTE & IT'S DETRIMENTAL TO MY WELL-BEING. I CHOOSE NOT TO BE NEGATIVELY INFLUENCED BY EXTERNAL IMPULSES.



Relationships

I AM VERY CLOSE TO MY FAMILY, BUT PAY ATTENTION TO MY OWN DESIRES AND NEEDS. I AM OPEN TO A PARTNER AS AN ENRICHMENT IN MY FULFILLED LIFE, NOT AS A NECESSITY FOR MY HAPPINESS.

I CONSCIOUSLY SURROUND MYSELF WITH PEOPLE THAT MATCH MY ENERGY AND STAY AWAY FROM PEOPLE THAT DRAIN MY ENERGY AND POSITIVITY.



Job

I WORK IN AN ENVIRONMENT AND ON SOMETHING THAT INSPIRES ME AND MAKES THE WORLD A BETTER PLACE. MY WORK HAS A PURPOSE. I WORK AND LIVE ALL OVER THE WORLD AS A DIGITAL NOMAD



Finances

I LIVE ON PASSIVE INCOME AND LOVE WHAT I DO SO MUCH THAT I DO IT ON THE SIDE. I OWN A SMALL BUT WELL-EQUIPPED TINY HOUSE BY THE SEA & OTHERWISE LIVE MINIMALLY BECAUSE I HAVE EVERYTHING I NEED TO BE HAPPY & MATERIAL THINGS ARE NOT NECESSARY FOR THAT. MY FOCUS IS ON WEALTH CREATION TO ENABLE ME TO LIVE THIS INDEPENDENT LIFE AND RETIRE AT AN EARLY AGE.



Self Growth

EDUCATION IS MY MOST IMPORTANT INVESTMENT AND THE BASIS FOR MY FINANCIAL INDEPENDENCE. I CONTINUE TO EDUCATE MYSELF, STAY CURIOUS, TRY THINGS OUT AND EXPAND MY HORIZONS.

I SPEAK SPANISH, I HAVE TRIED BEEKEEPING, I HAVE LEARNED TO SAIL, I DANCE SALSA...



Gratitude

I LEARN FROM EVERY EXPERIENCE AND EVERY PERSON WHO COMES INTO MY LIFE, BECAUSE EVERY EXPERIENCE TEACHES ME SOMETHING. I AM GRATEFUL FOR MY RICH LIFE.

I PASS ON THE TIME, KNOWLEDGE & MONEY I HAVE GAINED TO OTHERS.

I HAVE MADE PEACE WITH PAINFUL EXPERIENCES BECAUSE THEY HAVE MADE ME THE PERSON I AM TODAY

Which **quests** do I want to tackle this year that will get me closer to my life game goal?

Level
20__



Health

START AN EXERCISE ROUTINE



Relationships

CALL MOM AND DAD MORE FREQUENTLY

SPEND MORE QUALITY TIME WITH FRIENDS



Job

10% PAY RAISE

OBTAIN A SCRUM MASTER CERTIFICATE



Finances

PAY MY DEBTS

SAVE UP AN EMERGENCY FUND, THAT CAN GET ME THROUGH 3 MONTHS IF NEEDED



Self Growth

TAKE A SALSA COURSE

TAKE A NEGOTIATING CLASS

WRITE A BOOK



Gratitude

DO MORE VOLUNTEERING WORK FOR THE COMMUNITY

Which **monthly challenges** can I take, to solve this year's quests?
These are the steps that will get me closer to reach the goal of my life game:



Health



Relationships



Job



Wealth



Self Growth



Gratitude

Jan - Mar

CHOSE GYM OR YOGA
YOGA-APP

EXERCISE 2-3 TIMES A
WEEK

BOOK FESTIVAL TICKETS
WITH MIKE AND SARAH
CALL MOM AND DAD ONCE
A WEEK

NEGOTIATE A PAID SCRUM
MASTER CERTIFICATE
PROGRAM AT WORK

SET UP A STANDING
ORDER PAYMENT FOR THE
BEGINNING OF EACH
MONTH TO SAVE \$30.00

DEVELOP BOOK IDEA AND
WRITE AN EXPOSE FOR A
PUBLISHING HOUSE

DONATE BLOOD

DON'T SAY NO TO
ANYTHING FOR A WEEK
AND ENJOY THE
ADVENTURE

Apr - Jun

EXERCISE 2-3 TIMES A
WEEK

CALL MOM AND DAD ONCE
A WEEK

CHALLENGE WITH
MYSELF;
PUT THE \$-EQUIVALENT
OF EVERY COFFEE-TO-GO
OR SNACK THAT I DON'T
BUY ON MY SAVINGS
ACCOUNT

WRITE 20 PAGES EVERY
WEEK

TAKE A NEGOTIATING
CLASS

HELP AT AN ANIMAL
SHELTER

Jul - Sep

EXERCISE 2-3 TIMES A
WEEK

GIRLS TRIP
CALL MOM AND DAD ONCE
A WEEK

NEGOTIATE A 10% PAY
RAISE

WRITE 20 PAGES EVERY
WEEK

ASK FRIENDS AND FAMILY
TO PROOFREAD MY BOOK

EXPRESS GRATITUDE
TOWARDS AT LEAST ONE
PERSON PER DAY

Oct - Dec

EXERCISE 2-3 TIMES A
WEEK

CALL MOM AND DAD ONCE
A WEEK

TRY NOT TO BUY ANY NEW
CLOTHES OR ONLY SECOND
HAND

FIND A PUBLISHER
TAKE A SALSA COURSE

DONATE MONEY FOR
CHRISTMAS

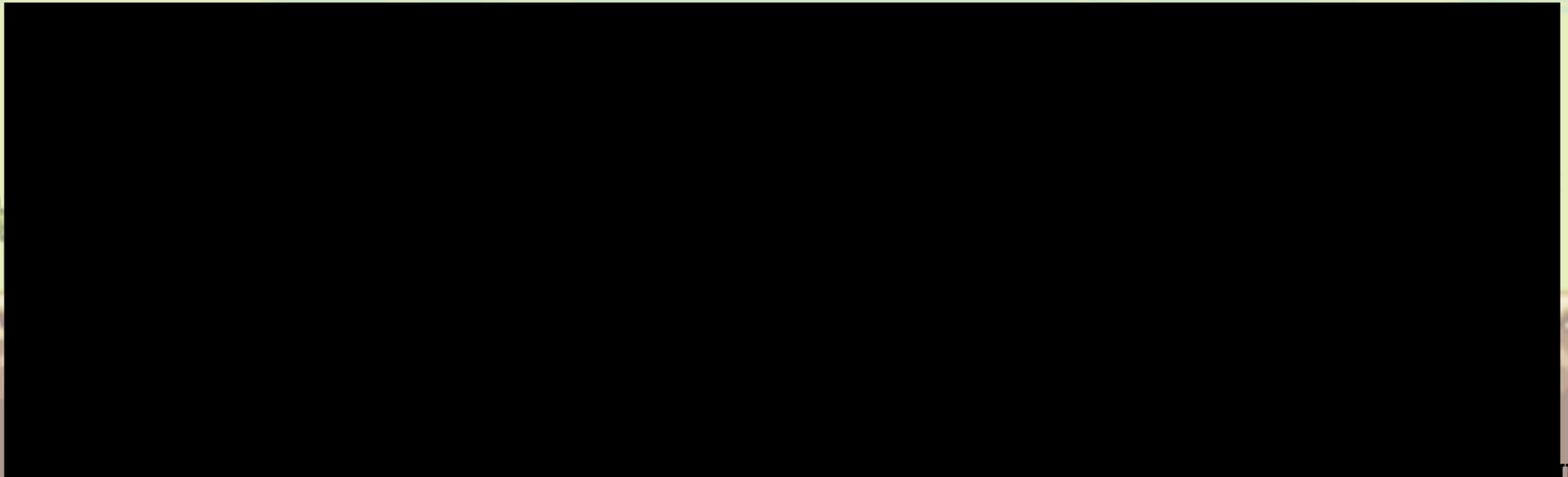
Now it's time to setup the gamification app. You can simply use the [REDACTED] or download the mobile app:




Follow the [REDACTED] to set up the app by transferring your quests & monthly challenges:

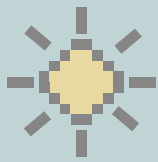
- Setup your quest categories as To-Dos with the monthly challenges as checklist items
- Setup your monthly challenges as To-Dos and/or Dailies
- Use Habits for actions you want to encourage (positive) or discourage (negative) that do not occur on a regular schedule
- Feel free to add as many additional To Do's, Dailies and Habits as you like - this is merely meant as a game starter, the more you incorporate your daily structure in the app, the more valuable it will be
- PRO Tip: Invent your own reward system [REDACTED] e.g. 25 gold coins to skip a daily task if need be

Here's an example for the 💎 Gratitude Quest:



All done? Great, now do you remember the habit-building aspect we discussed before? On the following pages you will find 2-minute morning and evening routines and a monthly review that will help you both stay on track and get a sense of progress. Add an additional Daily task for the routine and a To Do for each calendar month of the year:

Now you are officially ready to start the game of life – do your morning and evening routines daily and use  for all your endeavours that you come up with during the year!



M T W T F S S ____20__



Today I am grateful for...

Practicing gratitude makes you healthier, more productive & strengthens interpersonal relationships. Studies show that grateful people experience less stress and are happier as a result.

Positive self affirmation

Through repetition, affirmations become positive beliefs. As a result conviction grows in your subconscious and enable you to put your goals into action.

Today I am looking forward to

By focusing on the positive aspects of the day ahead, you'll start the game more optimistic & motivated!

How many points can I earn today?

You always keep your game goal in mind and write down which small to-do's you can do today in order to advance in this year's level.

It's more about achieving daily small steps where you can, than forcing working on each of the goal categories every day



What good did I do for someone else today?

Doing something good for others makes people happy in the long term. The positive effects of feelings of happiness triggered by giving can last for an entire day

What will I do better tomorrow?

Think of this field as an honest check-in with yourself. Instead of comparing yourself to others, the energy is invested in your own growth.

This has been on my mind today

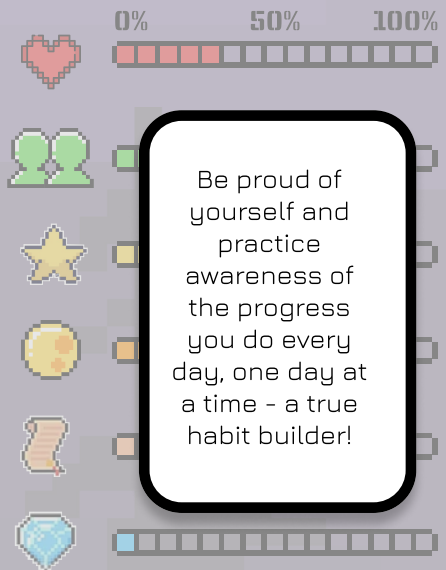
Write down every thought that comes to your mind with a keyword for 5 minutes. So-called "brain dumping" helps to calm the mind before going to bed.



Great things I experienced today

Focusing on beautiful experiences can significantly prolong life.

Today's accomplishments



Be proud of yourself and practice awareness of the progress you do every day, one day at a time - a true habit builder!

