

### Introduction

What lessons from gamification can I apply in my own life day to day?

1. Goals
2. Purpose
3. Challenge
4. Feedback and Reward
5. Play

Source: Andrzej Marczewski <https://www.gamified.uk/2017/02/08/tips-gamification-help-live-happier-life/>

### Gamification for Happier Life

#### Gamification for a Happier Life



### 1. Goals

First and foremost – goal setting. Whatever method you wish to use, I personally feel that aiming at small manageable goals is the key. Keep an eye on the big picture, but that can be overwhelming. Break down everything to the small achievable goals. For instance, building a website. This can be daunting if there are a lot of sections to create or specific interactivity. Rather than have that in mind, have the first smallest part in mind. What has to happen. Well, you probably need to decide what languages to use. Easy. Next, what pages do you need? Simple and incrementally increasing the difficulty of each task – consider it your journey towards your main goal!.

### Enroll, Engage, End Game

### 2. Purpose

Next, you need to understand the purpose associated to each goal. I wrote about this recently, purpose whether it is meaningful or altruistic, is essential for happiness. Always ask the question “Why?” Why am I doing this? Why is this important? Then ask “What?” What is the benefit? What is the purpose? What’s in it for me? For instance, when you have to build that website you would create the following sentence. Why am I building this website,

### 3. Challenge

One of the things that keeps me happy is little challenges, usually, that don't relate to work. I always have them, whether it is creating a game, writing a book, learning something new etc. It breaks is one of the ways I force my mind to stop churning!. Rather than use a prebuilt framework that does way more than you need, if you have time, make it yourself. If you need to throw something in the bin – add an unnecessary obstacle like having to throw the paper across the room.

One of the definitions of what makes a game is from Bernard Suits “the voluntary attempt to overcome unnecessary obstacles”

### Challenge-Feedback



### Andrea Kuszewski: Learning Shouldn't be Easy

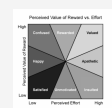
Video: <http://youtu.be/3siooeUd1nw>

### 4. Feedback & Reward

Feedback is essential to creating any good system, even if it is your own internal system! You have to know what success looks like and be able to measure it! This can be as simple as just getting a new bit of code to work.

Celebrating it, allowing yourself an treat if you finish an assignment early, . Just remember to reward the effort of the task / goal.

### Perceived Value



### 5. Play - Adding Elements

This important factor that keeps me sane and happy in my life; adding elements of play wherever I can. This can come in various forms. It may be that I actually stop and play with the kids for instance. It could be that I take a Batman break and do something playful for five minutes to reset my brain a little. I may just approach a new task with a more playful / lusive attitude and make the task more playful even if only in my own mind. Often play is more a state of mind.



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