

Self-Gamification Happiness Formula

How to Turn Your Life into Fun Games

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Illustrations

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How to Turn Your Life into Fun Games

1st Edition

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Chapter 18. 5 Minute Perseverance Game

The picture below (Figure 1 of Chapter 18) shows the points I earned in June 2017. I had fifteen different projects (project areas) or activity games running in parallel:

1. New projects (pitching for new consulting projects).
2. Working on my book *Cheerleading for Writers*.
3. BRWG CPF Work (Change Proposal Form = CPF submission and work for the international working group (Business Rules Working Group = BRWG) I was leading in the S1000D community at that time; I mentioned both the group and the specification, along with its community, in chapter 15, section 4).
4. BRWG and other S1000D work (this included revising and posting minutes of the meetings, updating action lists, and communication within this technical community).
5. Book update and marketing (this included marketing for my business Optimist Writer).
6. 5MPG blogging (5MPG = 5 Minute Perseverance Game; i.e. this was blogging about the experiences I had playing the self-motivational game described in this chapter).
7. S1000D & Business Blog (these were not the S1000D community work, but the articles I was publishing on my blog about S1000D and also business development).
8. Learning Danish.
9. Learning Chinese (writing Chinese characters).
10. Meeting and communicating with friends and family.
11. Family and personal administrative matters, as well as those for my business.
12. Household and decluttering.
13. Sports.
14. Minimum 6 hours sleep.
15. Something for fun.

The days on the picture were crossed out one-by-one as I recorded the results in a Microsoft Excel file. At the end of each month (here, June 2017), I calculated the score for each week, for the whole month, and per project.

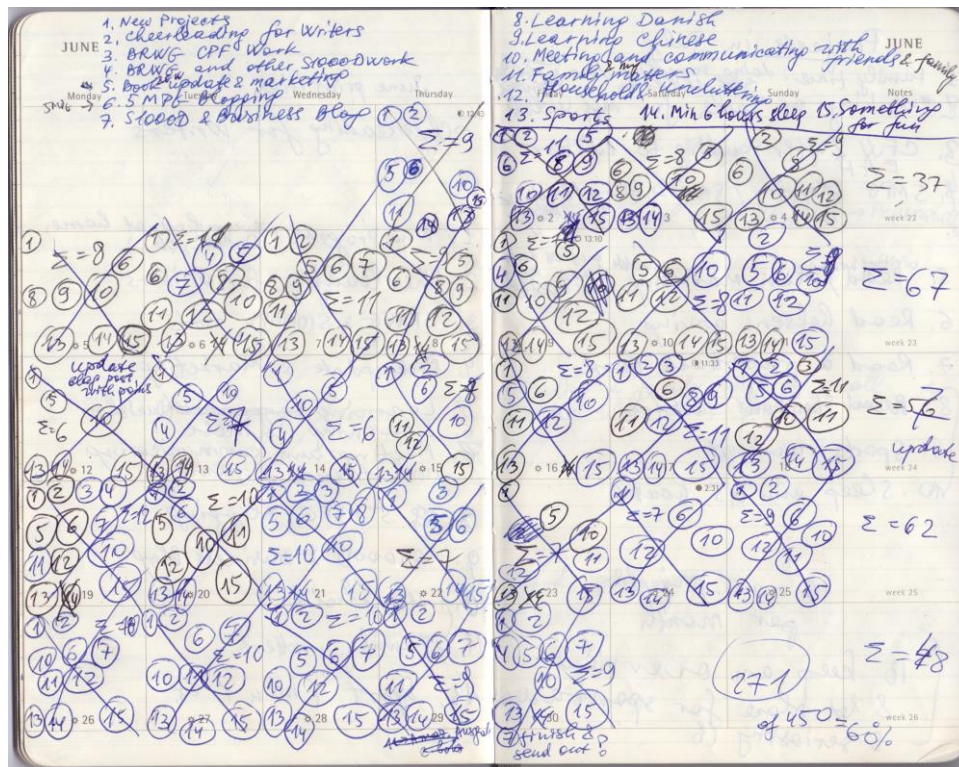


Figure 1 of Chapter 18

Self-Gamification Happiness Formula

Until early December 2017, I was updating an Excel file with the name: Vicas-5MPG-stats-20171201-1.xlsx, which stands for Vica's (short for Victoria's) 5 Minute Perseverance Game statistics. Here is the table for June 2017 (Figure 2 of Chapter 18):

Day/Project	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1	x	x			x	x				x	x		x	x	x
2	x	x			x	x		x	x	x	x	x	x		x
3					x	x		x	x	x			x	x	x
4		x				x		x		x	x	x	x	x	x
5	x					x		x	x	x			x	x	x
6	x			x	x	x	x	x		x	x	x	x		x
7	x	x			x	x	x	x	x		x		x	x	x
8	x				x	x		x	x		x	x	x		x
9	x			x	x	x			x	x	x	x	x	x	x
10					x	x				x	x	x	x	x	x
11		x			x	x				x	x	x	x	x	x
12	x				x					x			x	x	x
13	x			x	x					x			x	x	x
14	x			x	x					x			x		x
15	x	x				x				x	x	x	x		x
16	x				x	x				x	x	x	x		x
17	x	x	x			x		x	x		x	x	x	x	x
18	x	x	x		x	x				x	x	x	x	x	x
19	x	x	x	x	x	x	x			x	x	x	x		x
20	x	x			x	x				x	x	x	x	x	x
21	x	x	x		x	x	x	x		x			x		x
22	x		x		x	x							x	x	x
23	x				x					x	x	x	x		x
24	x					x				x		x	x	x	x
25	x	x				x				x	x	x	x	x	x
26	x	x				x	x			x	x	x	x	x	x
27	x	x				x	x			x	x	x	x	x	x
28	x	x			x	x	x			x		x	x	x	x
29	x	x			x	x	x				x		x	x	x
30	x	x		x	x	x	x			x			x		x
sum	26	17	5	6	22	26	9	9	7	25	20	19	30	20	30
%	87	57	17	20	73	87	30	30	23	83	67	63	100	67	100
Project	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15

Figure 2 of Chapter 18

Chapter 19. Project ("Crush") Management Game

Here (Figure 1 of Chapter 19) is a one-day example template defining six project/activity areas to attend to daily for one game round (for example, a month):

1	2	3
4	5	6
Bonus area		

Figure 1 of Chapter 19

Self-Gamification Happiness Formula

Here are the project and activity areas I defined for December 2017 (Figure 2 of Chapter 19):

1. Finish the first drafts of two books (works-in-progress), which were both about 80% done by the start of the December 2017 round.
2. Book marketing.
3. Training and consulting projects.
4. Tools page (data I offer for sale on my website) development.
5. Family, my business, and other admin matters.
6. Free time, fun, health and movement.
7. Voluntary work (BRWG & CFW FB group).
8. Other writings projects (EAT & other).

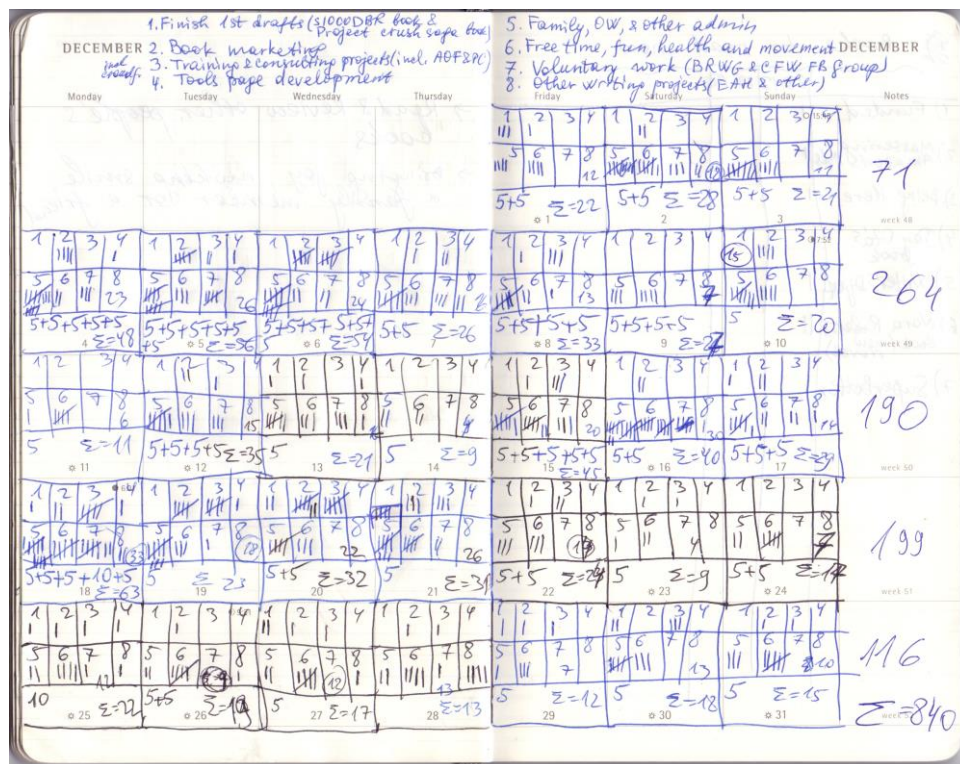


Figure 2 of Chapter 19

Here are the project and activity areas I defined for January 2018 (Figure 3 of Chapter 19):

1. *SG-Book* (Note: this book here; SG = Self-Gamification) and the crowdfunding campaign connected to it (I mentioned this campaign in chapter 15, section 2).
2. *S1000D-Book* and all S1000D related work (including BRWG); I mentioned my S1000D books, the working group, and the specification, along with its community, in chapter 15, section 4.
3. *International startup report/book* (actual writing); this is related to an initiative by the consultant who helped me when I started my business two and a half years prior.
4. *Everywhere at Home* (a memoir collection I worked on at that time).
5. *A President's Sister* (writing the second book in the series "A Life Upside Down").
6. *Family & OW Admin, AOF & other* (Optimist Writer = my business; Admin = administrative work; AOF = an evening school in Aalborg, the city where I live; other = other projects not listed above).
7. *Free Time, Health, and Movement* (doesn't include reading).
8. *Reading* (various books, including Writer's Digest Magazine; in eight groups).

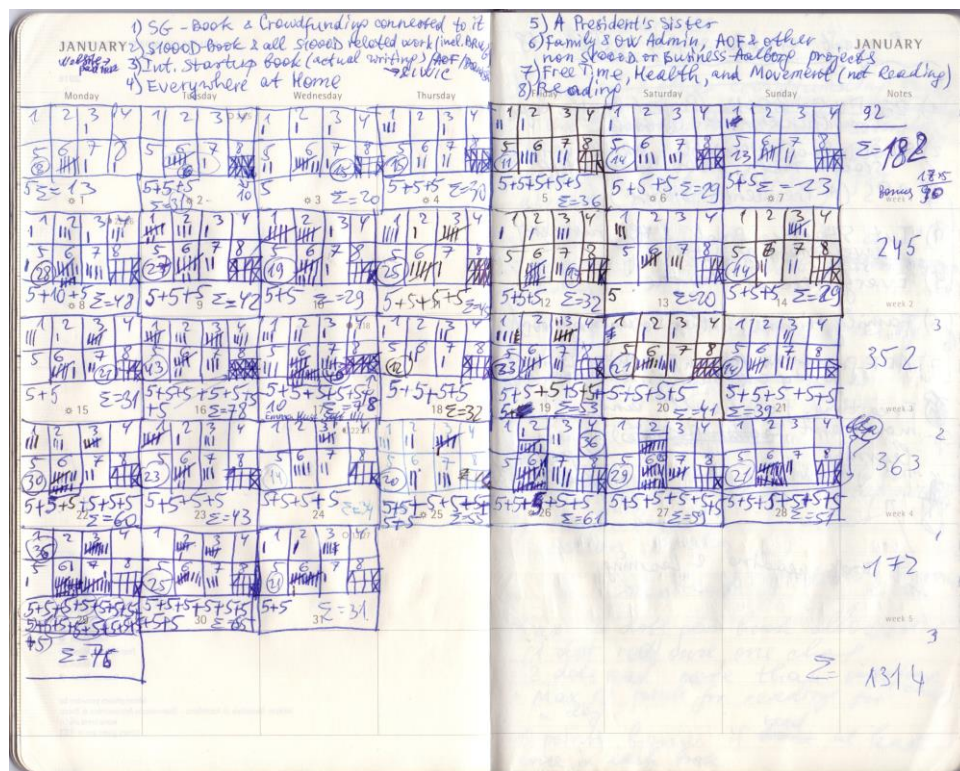


Figure 3 of Chapter 19

Chapter 20. Balance Game

Special bonus stars (asterisks = “”) for doing some things before others* (see also chapter 12, section 12): This is one of the latest add-ons to this design. I get an asterisk if, after working on my projects for a while, instead of watching random videos on YouTube (escape-to activity), I stand up, leave my computer, and do something else (a household chore, yoga + workout, reading, drinking a cup of coffee, or anything else to recharge), before returning to the project. I get an asterisk in a circle if I do my workout before dinner. And I get the third type of asterisk, one in a square, if I go to bed before 10 pm. If I manage to collect all three kinds of asterisks, I get the fourth one, an asterisk in a triangle. There is a difference between this system and the one with the stars (described in section 4 above): while I collect the stars depending on *what* I manage during the day, the asterisks of various types are awarded according to *when* I do things (Figure 1 of Chapter 20).

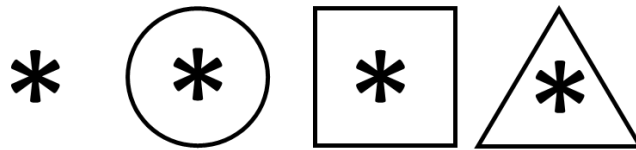


Figure 1 of Chapter 20

The photographs below (Figures 2, 3, and 4 of Chapter 20) show the feedback system and the points earned for some of the days of this year, as I played the Balance Game. You can see the pink (or gray, if you read this in paperback or on a gray-scale rendering e-reader) stars and also that I don't manage to gather all five stars every day. But I am happy to say that I achieve most of them (see below, after the images, the results of my first three months playing the Balance Game).

This was the first time I have ever had so many days in a row of getting enough sleep and taking care of my health. But I still have room to improve in this game, because even though I once got five stars for eleven days in a row, I am yet to have a full week from Monday to Sunday with all five stars.

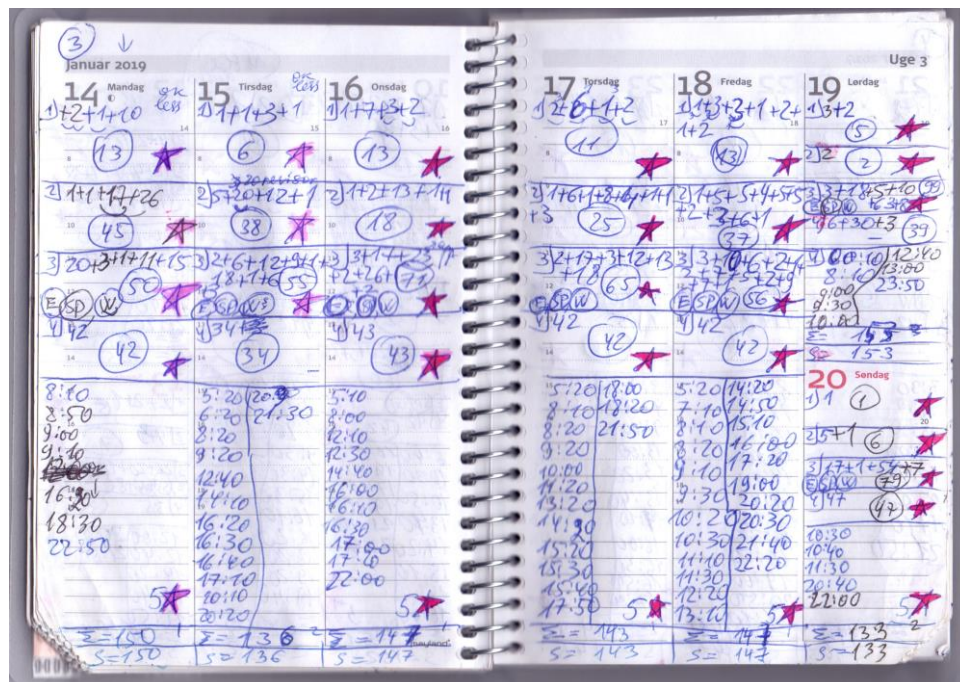


Figure 2 of Chapter 20

The photograph below (Figure 3 of Chapter 20) shows the inclusion of the “ambition project,” which at the point of putting these words on the computer screen is writing this book. You can see it by the abbreviation SG standing for “Self-Gamification” at the top of the picture.



Figure 3 of Chapter 20

