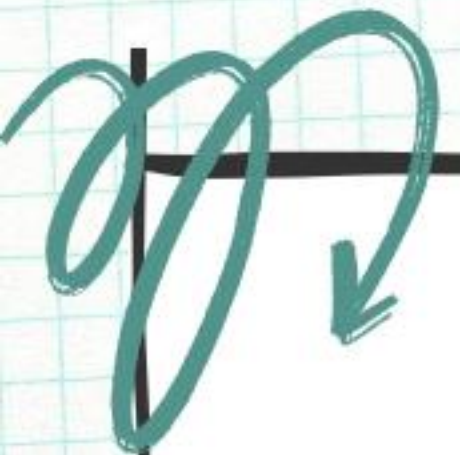







Quest Rules



	Scoring	Time Clock	Actions	Rewards	Team
					
Strategic Gamification	<p>How do I win?</p> <p>How do I keep score?</p> <p>How do I know if I am winning?</p> <p>What's the metric?</p>	<p>When do I play?</p> <p>When do I start?</p> <p>When do I stop?</p>	<p>What do I need to do to win?</p> <p>What actions or behaviors?</p>	<p>What's in it for me?</p> <p>What is the reward?</p> <p>Am I avoiding a negative consequence?</p>	<p>Who am I playing with?</p> <p>Who am I playing against?</p> <p>Who can I go to for support?</p>

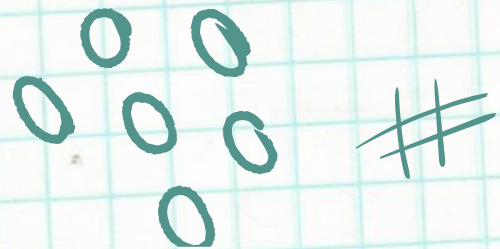


Quest Rules

Examples of Quests



Quest Themes	Quest Ideas
Fitness Quests	<ol style="list-style-type: none">1. Complete a 30-90 day workout challenge focusing on strength, flexibility, or cardio.2. Run a certain distance (e.g., 5 kilometers) within 90-days time frame.3. Achieve a specific number of steps or active minutes each day for a week for 90-days.
Learning Quests	<ol style="list-style-type: none">1. Read a new book or complete an online course within 90-days.2. Learn a new skill or hobby, such as playing a musical instrument or painting, by practicing for a certain amount of time each day for 90-days.3. Practice a new language through daily vocabulary practice and language exercises for 90-days.
Productivity Quests	<ol style="list-style-type: none">1. Implement a time management technique, such as the Pomodoro Technique, to enhance focus and productivity for a week for 90-days.2. Organize and declutter a specific area of your home or workspace within 90-days.3. Complete a certain number of tasks from your to-do list each day for a week for 90-days.
Wellness Quests	<ol style="list-style-type: none">1. Practice mindfulness or meditation for a set number of minutes each day for a month for 3 months.2. Maintain a gratitude journal and write down three things you're grateful for every day for a week for 3 months.3. Get at least 7-8 hours of quality sleep every night for a week for 3 months.
Social Quests	<ol style="list-style-type: none">1. Reach out to a friend or family member you haven't spoken to in a while and catch up with them over the next 90-days.2. Attend a social event or networking opportunity to meet new people and expand your social circle in the next 90-days.3. Perform a random act of kindness each day for a week, such as complimenting a stranger or helping someone in need for 90-days.



Thank you!



Be the first to know!
Join the list to be informed of the launch of:
The Gamer's Mindset
podcast and book coming soon

Game on!