

Making the Best of Crisis: The Self-Gamification Way to a Gameful Life

In the face of adversity, it can be difficult to stay motivated and find meaning in the chaos. However, by embracing the principles of self-gamification, we can turn even the most challenging times into opportunities for growth and fulfillment.



Gameful Isolation: Making the Best of a Crisis, the Self-Gamification Way (Gameful Life) by Victoria Ichizli-Bartels

★★★★☆ 4.1 out of 5

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Screen Reader	: Supported
Enhanced typesetting	: Enabled
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What is Self-Gamification?

Self-gamification is the practice of applying game-like elements to your life to make it more engaging, rewarding, and meaningful. By setting challenges, earning points, and leveling up, you can turn everyday tasks and routines into a fun and motivating game.

How Can Self-Gamification Help in Times of Crisis?

During times of crisis, self-gamification can provide a number of benefits, including:

- **Increased motivation:** When you gamify your tasks, you make them more fun and engaging, which can help you stay motivated even when you're feeling overwhelmed.
- **Improved focus:** By setting specific goals and challenges, you can help yourself focus on what's important and stay on track.
- **Greater resilience:** When you view challenges as opportunities to learn and grow, you're more likely to bounce back from setbacks.
- **Increased sense of purpose:** By setting meaningful goals and tracking your progress, you can connect your actions to a larger purpose, which can help you feel more fulfilled and motivated.

How to Apply Self-Gamification to Your Life

To start self-gamifying your life, follow these steps:

1. **Identify your goals:** What do you want to achieve? What challenges do you want to overcome?
2. **Set challenges:** Break down your goals into smaller, more manageable challenges.
3. **Create rewards:** What will you earn for completing each challenge?
4. **Track your progress:** Keep track of your accomplishments and how close you are to reaching your goals.

Examples of Self-Gamification in Action

Here are a few examples of how you can use self-gamification to make the best of crisis:

- **Goal:** Stay healthy and active during quarantine
 - **Challenge:** Exercise for 30 minutes every day.
 - **Reward:** 1 point for each day you exercise.
- **Goal:** Learn a new skill
 - **Challenge:** Spend 1 hour learning a new skill each day.
 - **Reward:** 1 point for each hour you spend learning.
- **Goal:** Connect with friends and family
 - **Challenge:** Send a message or make a phone call to a friend or family member every day.
 - **Reward:** 1 point for each day you connect with someone.

By embracing self-gamification, we can turn even the most challenging times into opportunities for growth and fulfillment. By setting challenges, earning points, and leveling up, we can make our lives more engaging, rewarding, and meaningful. So next time you're feeling overwhelmed or lost, try turning your life into a game. You might just be surprised at how much you can achieve.

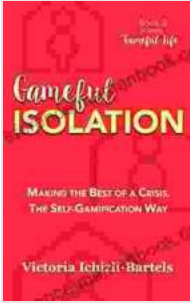
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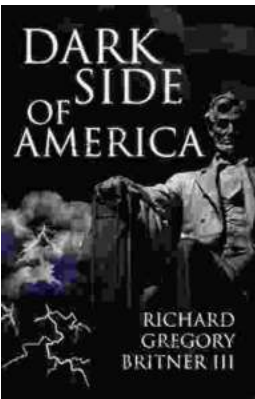
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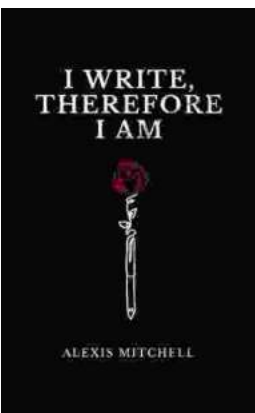


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