



The Practice of Self- Gamification

A PUBLICATION OF SENTENTIA
GAMIFICATION



The Master Mind

Victoria is a writer, instructor, and consultant with a background in semiconductor physics, electronic engineering (with a Ph.D.), information technology, and business development. While being a non-gamer, Victoria produced the term Self-Gamification, a playful self-help approach bringing anthropology, kaizen, and gamification-based methods together to increase the quality of life. She approaches all areas of her life this way. Due to the fun she has, while turning everything in her life into games, she intends never to stop designing and playing them.



Objective

MAKING THE BEST OF TIMES
OF CRISIS

Overview

The main reason for turning our lives into games now, during the COVID-19 pandemic.

What is Self-Gamification?

The “Anthropology of Now” RPG.

How to bypass resistance, upset, and fear one little step at the time, the kaizen way, and why it works.

Fun as a compass, and games and play as inspiration.

How to play real-life games?

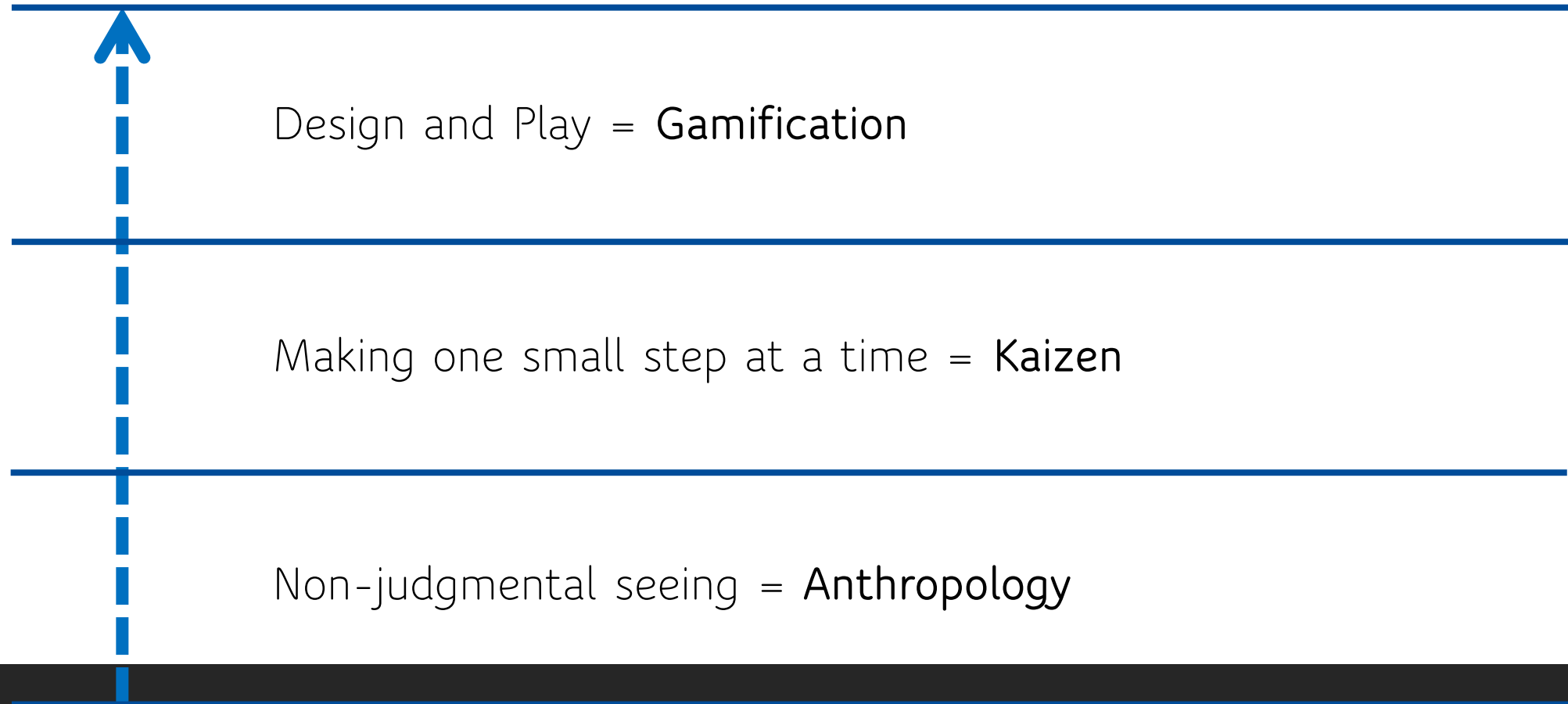
The primary role of feedback systems in Self-Gamification.

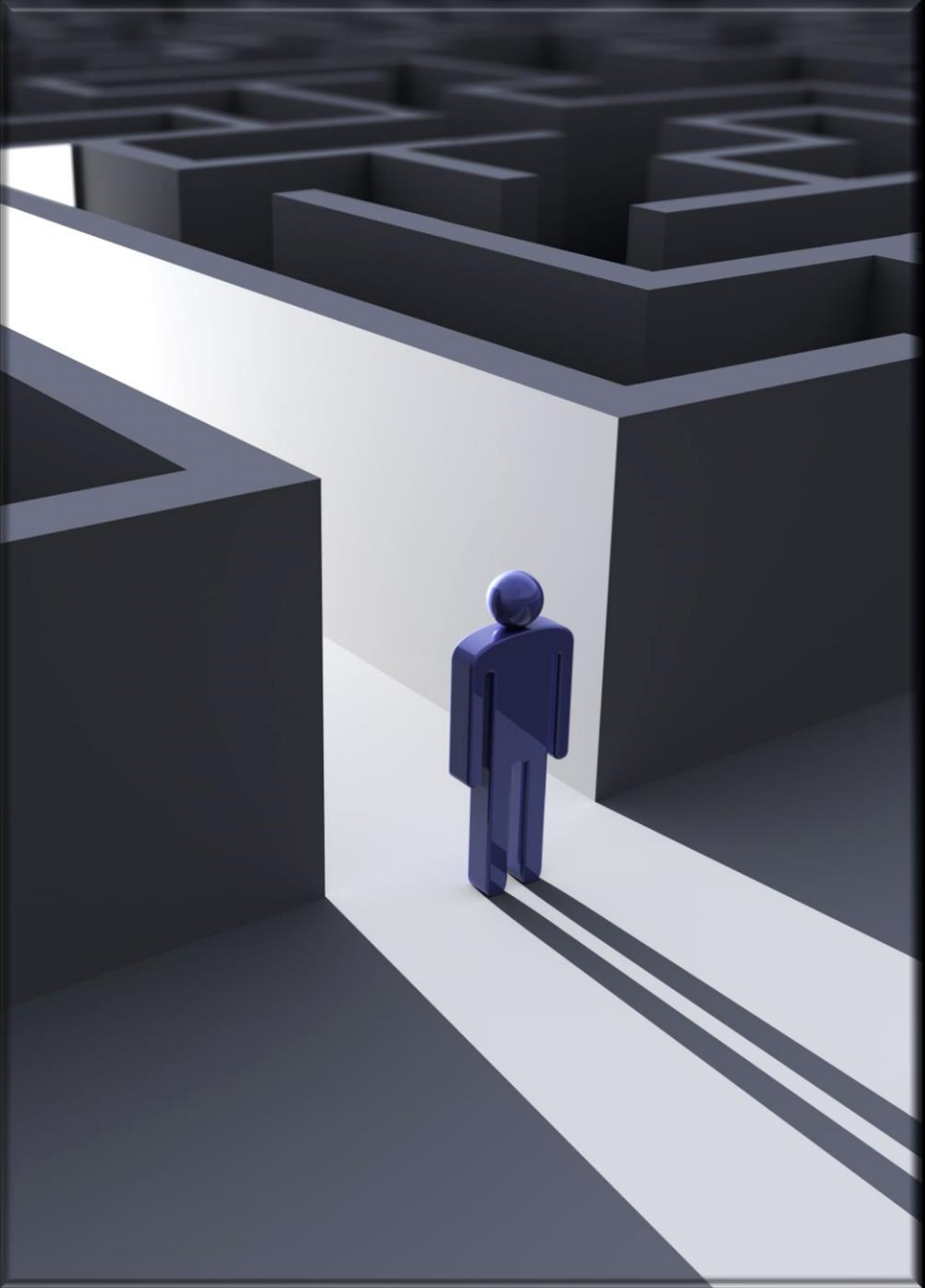
The Self-Gamification gameplay loops.

Sources of resourcefulness in game play

1. Games are a safe environment to come up with ideas and try something new.
2. Games are endless wells of inspiration.
3. Games have the same basic structure as projects or activities. Both sides consist of goals, rules, feedback systems, and voluntary participation.

These 3 skills are mutually supportive and build upon each other



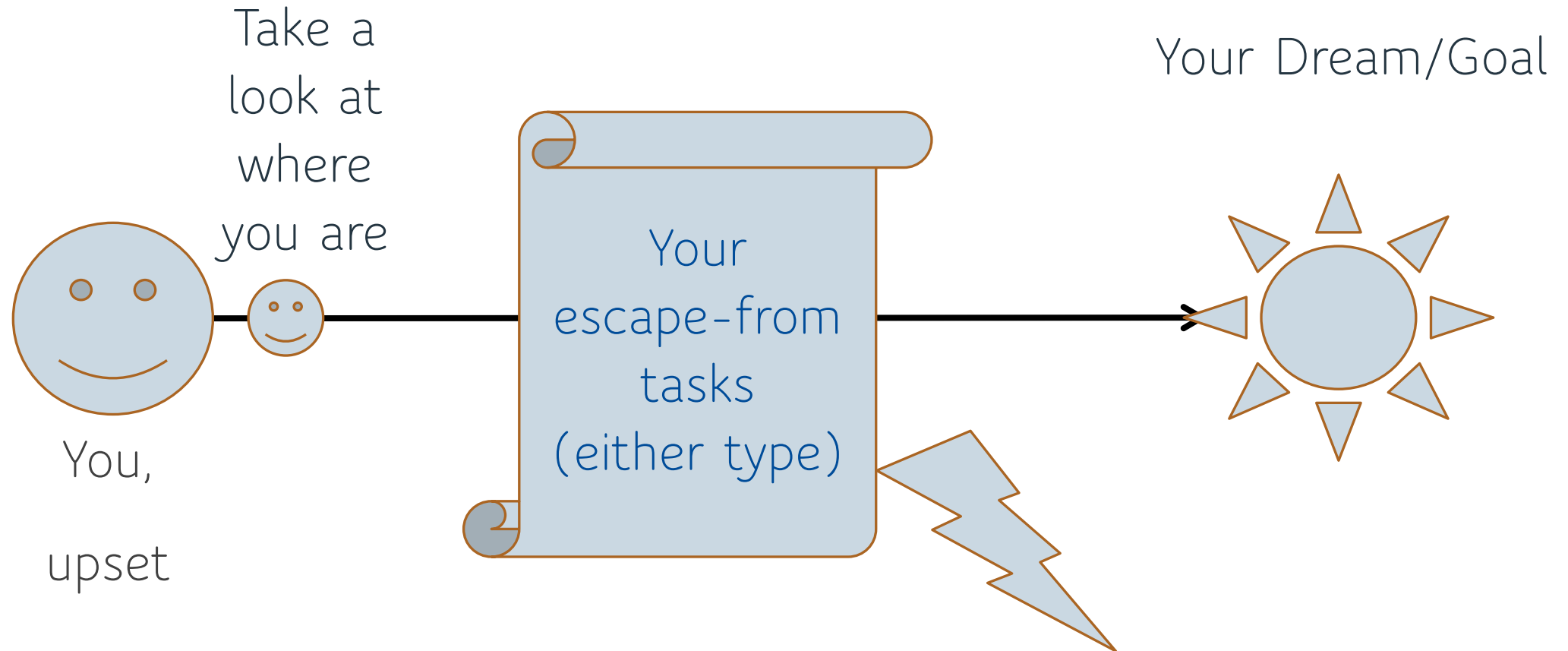


Feeling overwhelmed is not bad:
It is a helpful indicator

“Even the small signs that you are resisting the small step – are an indication that the step is too big.”

Robert Maurer,
*One Small Step Can Change Your Life:
The Kaizen Way*

What happens if you start with being upset?



When you're upset, these tasks might seem farther away, than how they appear in other moments.



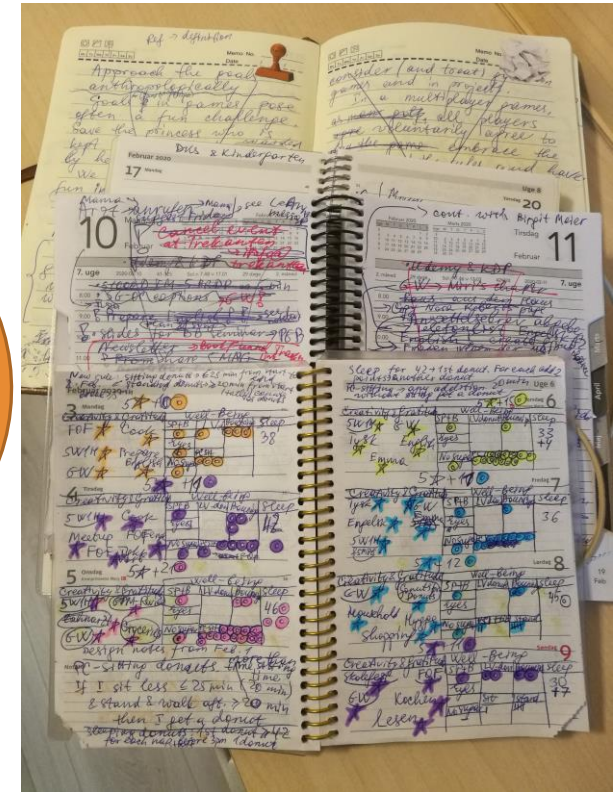
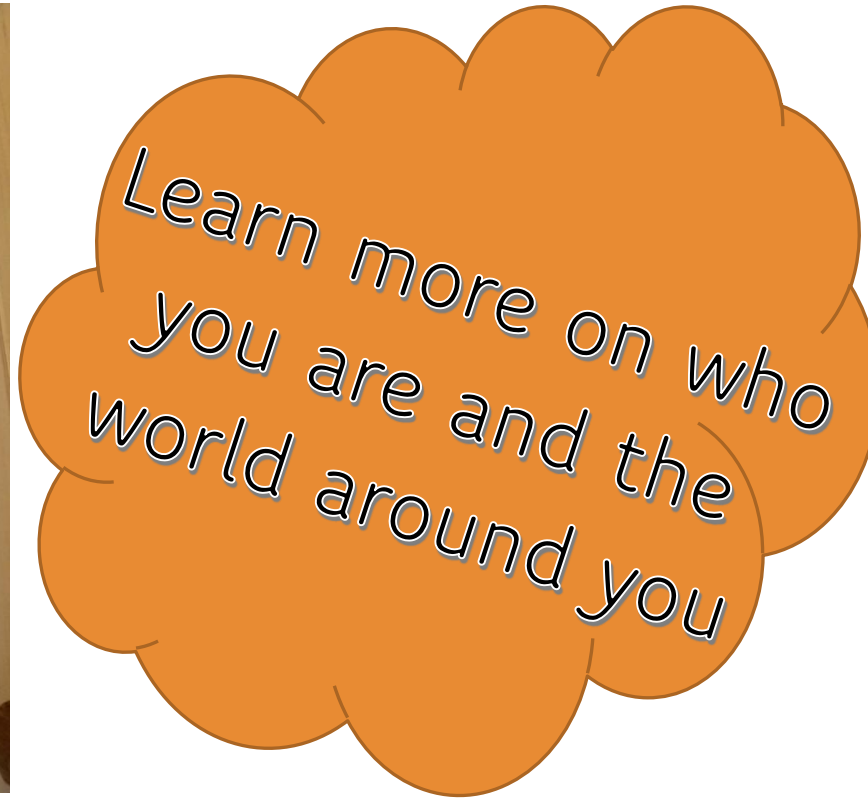
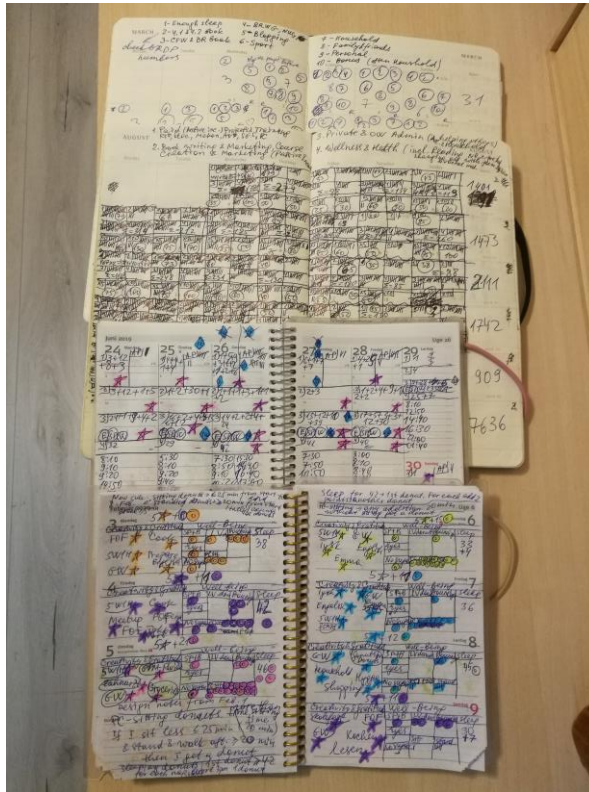
The best way to start a
game...

Is to play it.

Not to think it.

*You won't know how the game "feels" like
before you start playing it.*

The primary role of feedback systems in Self-Gamification





The main Self-Gamification gameplay loop

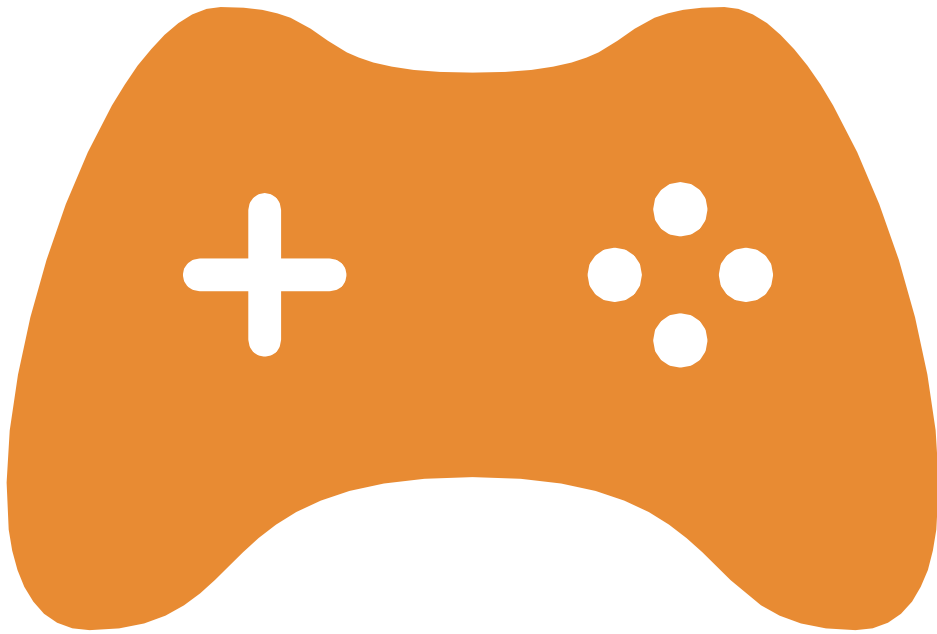
1. Become aware (assess) → play the “Anthropology of Now Game”
2. Take the small step → play the “Kaizen Game”
3. Appreciate (celebrate) it → play the “Appreciation Game.”



The “Anthropology of Now Game” gameplay loop

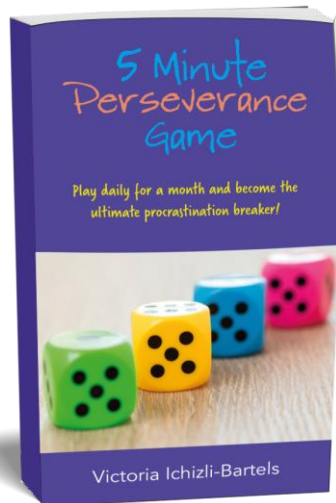
1. Become aware of your starting point: your circumstances at this moment, how you feel, and the state of your mind.
2. Remind yourself of your goals and dreams for each task. What is the win-state there?
3. Identify the smallest and most effortless step that will take you onto the path from your starting point closer towards the goal of your challenge, project, or activity “game.”
4. Recognize at any given moment the fun ways or elements to take and appreciate both small steps (that bring you experience points, for example), the intermediate goals (the levels in your games), and reaching the goal (the win-state).

Congratulations!

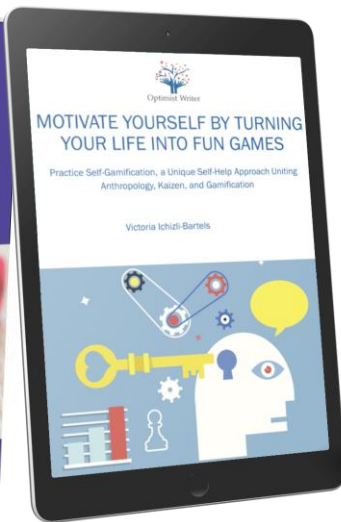


You can be
the designer *AND* the player of your
Self-Motivational Games
right away!

You can learn more here:

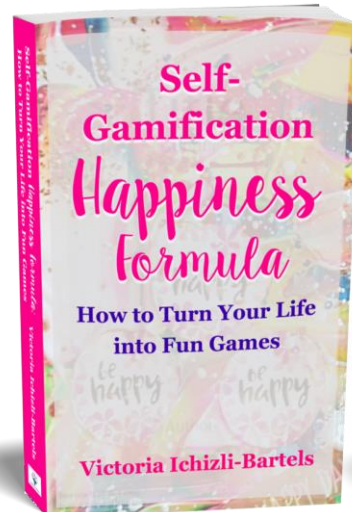


2016

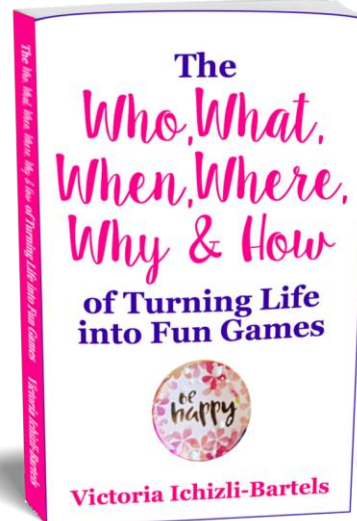


2018

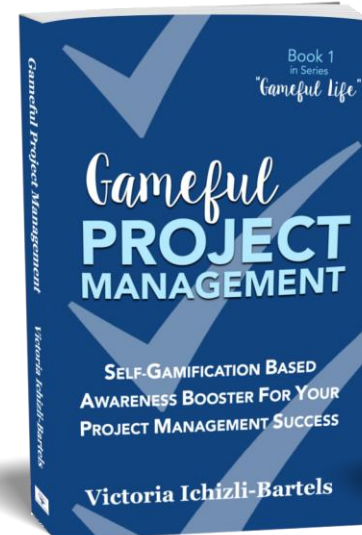
(on Udemy)



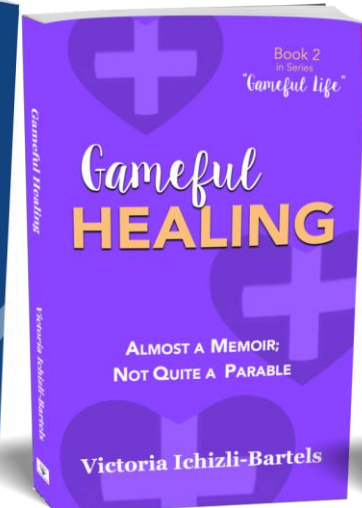
2019



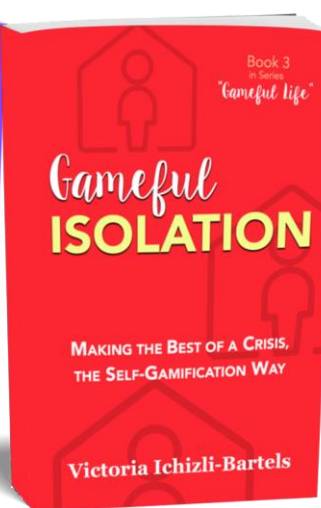
2020



2020



2020



2020

And also here: OptimistWriter.com or vib@optimistwriter.com

As well as: victoriaichizlibartels.com/self-gamification/

and victoriaichizlibartels.com/gameful-isolation/



For more on Gameful Isolation:

<https://victoriaichizlibartels.com/gameful-isolation/>

Level Up your corporate learning and development programs, employee onboarding, training, or adult classroom with gamification – a cutting-edge strategy to motivate and engage employees, customers, and students.



Hosted by Monica Cornetti,
President of Sententia Gamification
and Gamemaster of GamiCon.

Monica's guests include L&D
Professionals, Adult Educators,
and Platform Providers who give
you tips, tools, and techniques to
for your training, talent
development leadership, and
employee engagement toolbox.

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