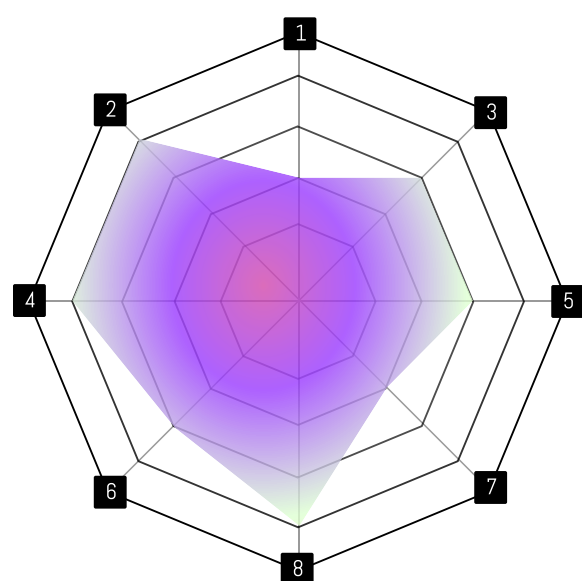


Gamify Your Life Worksheet

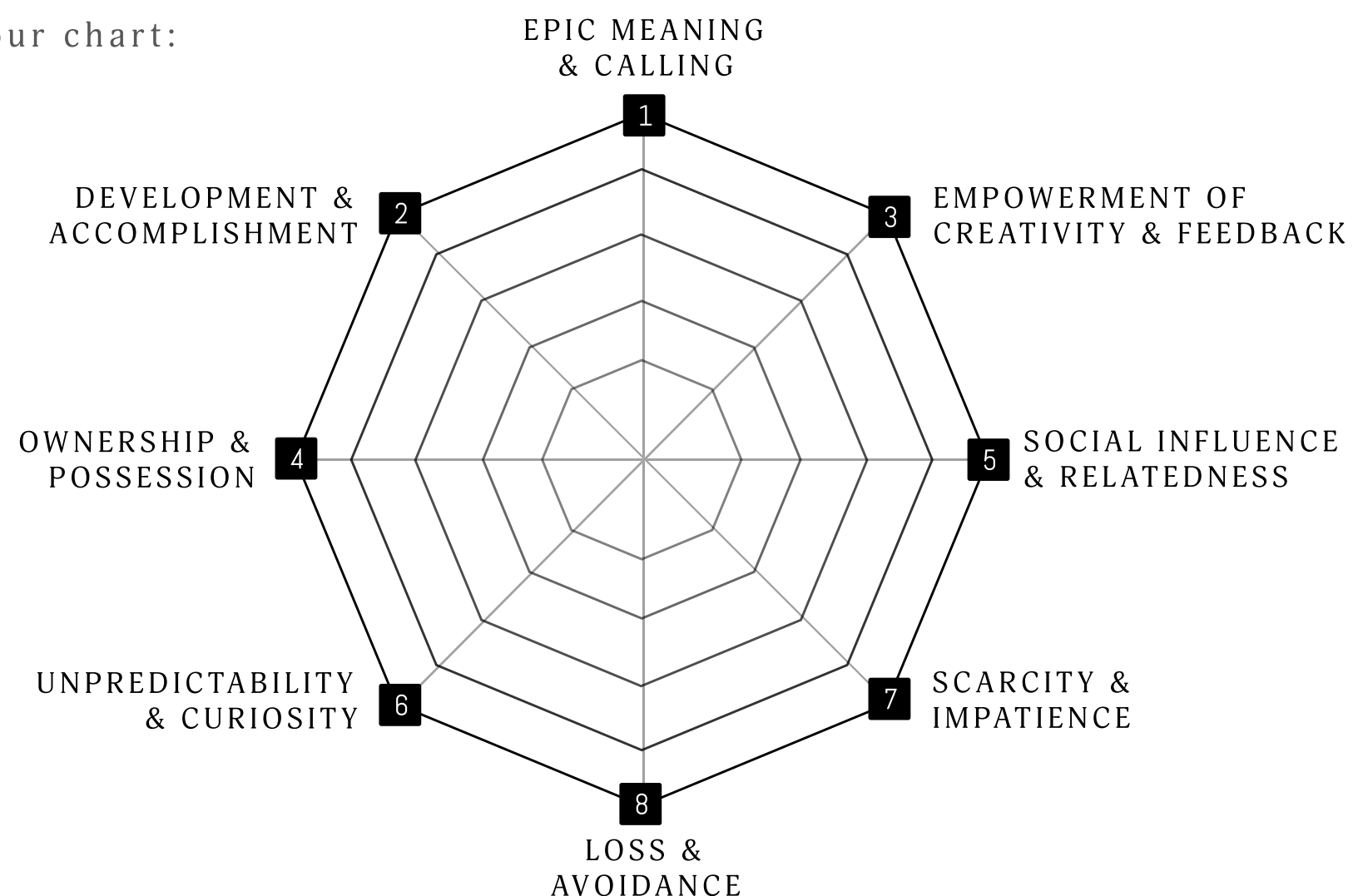
Assess how strongly you are currently motivated by each of the 8 Core Drives from the Octalysis Gamification Framework (Yu-Kai Chou).

1. Mark where each drive's line intersects with the octagon at your chosen ranking: central = 1 (least motivated by), outer = 5 (most motivated by)
2. Connect the marks with lines and shade in the area you've created to create your own spider plot.

Example:



Your chart:



Use the following prompts to reflect on how you might boost motivation in each of the 8 core drives.

1. Epic Meaning and Calling

What greater purpose or mission resonates deeply with you, and how can you align your daily actions with that calling?
What strategies can you employ to keep this purpose top of mind?

2. Development & Accomplishment

What skills or knowledge have you always wanted to acquire, and how can you set milestones to celebrate your progress along the way?

3. Empowerment of Creativity & Feedback

In what areas of your life can you express your creativity more freely, and how can you seek constructive feedback to refine your ideas?

4. Ownership & Possession

What aspects of your work or personal life do you truly feel ownership over, and how can you take more initiative or responsibility in those areas?

5. Social Influence & Relatedness

Who are the people who truly support and uplift you, and how can you nurture and deepen those relationships to foster mutual growth?

6. Scarcity & Impatience

What is something you deeply desire but currently lack, and how can you tap into that sense of scarcity to drive you to take action toward obtaining it?

7. Unpredictability & Curiosity:

What new experiences or challenges can you introduce into your routine to keep your curiosity alive?

8. Loss & Avoidance

What fears or potential losses motivate you, and how can you transform that anxiety into proactive steps to mitigate risks and achieve your goals?

Takeaways

Are there any other reflections you want to capture after completing this activity?

I hope this process triggered some useful insights & inspiration. Small steps can go a long way towards leveraging our innate capacity for motivation!

Please send any thoughts or feedback to meganryll@gmail.com 