

Life Goal Framework - Ver. 1



The Gamified Life



Life Categories

The following are some categories of life! As this is still version 1, I'm always open to feedback and updating this pamphlet, however for now, I recommend using the following areas and their descriptions as a guide for the character life stat chart!



Health

Is your body ready to go? A solid mix of eating healthy, sleeping well, and exercising regularly.



Emotion/Outlook

Are you happy and clear with your emotions? Ready for what's to come with energy and positivity? A healthy mix of energy and outlook on the future.



Experiences

Do you actively plan experiences in life? Try new things, enjoy different flavours, go on adventures, explore activities! A mix of personalized interests, hobbies, and adventure.



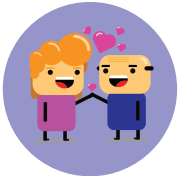
Finance

Do you know where you are currently standing financially? Saving and investing in yourself with skills and items you may need. Having enough money to live your lifestyle.



Mindfulness

Are you present and in the moment, open to new learnings? Living life to the fullest by being clear about your actions and how you want to act. Actions with purpose and value.



Family & Friends

Do you have a strong and deep connection with the people you are close too? Being present and attentive. Actions full of love and compassion. Quality time together.



Job Class [Career]

Are you happy with where you are in your career? Working with a purpose. Constantly learning new things and expanding horizons. Engaged in the social work space.



Love (if Applicable)

Are you in love? Being in an appreciative, engaging, and present relationship. Respectful, honest, and patient. Compassion and forgiving. Love the presence of one another.

... and maybe more (Currently still in Ver. 1)

Life Categories Assessment

Below, is a space for you to rate (out of 10) your own life based on the criterias above and see where you stand! This is a good chance to reflect on where you feel like you are currently standing in life. Keep in mind, that this is just a brief overview of where you precieve you are in life. This means that you are not comparing yourself to other people, but comparing yourself to the where you want to be, the “perfect” you, the “perfect” character. I hope this will bring some clarity to your life and guide you to find areas of improvement!



Health /10

What it looks like now:

What 10/10 looks like:



Emotion/Outlook /10

What it looks like now:

What 10/10 looks like:



Experiences /10

What it looks like now:

What 10/10 looks like:



Finance /10

What it looks like now:

What 10/10 looks like:

Life Categories Assessment

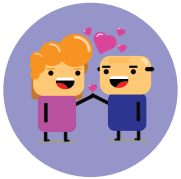
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Mindfulness /10

What it looks like now:

What 10/10 looks like:



Family & Friends /10

What it looks like now:

What 10/10 looks like:



Job Class [Career] /10

What it looks like now:

What 10/10 looks like:



Love (if Applicable) /10

What it looks like now:

What 10/10 looks like:

Character Life Stat Graph

Using the assessment, plot your rating (our of 10) in the graph below! A great way to visualize where you are right now. No matter how big or small your shape ends up, we are always striving for a better life, and by using this graph, we can gamify and improve our lives. The controller is in your hands.

