

DIVERSIVE

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GAMING: THE NEW FUTURE

Not to be Ignored

By Ayushman Harlalkha

Growing up, we were taught to stay away from video games, that they wasted time and didn't offer much value. Many even speculated that video games led to violence among their players. While even my own experience says otherwise, it is worth noting that no scientific study backs up popular belief.

What started in a few consoles before the internet era has now grown into a behemoth that may soon be ubiquitous in every field, be it entertainment, education or even the medical sciences. The video gaming industry is exponentially growing, with over \$340 billion in revenue in 2022, a number higher than the cinema and music industries combined. Simulations, case studies, live projects - several teaching methods used in higher and professional education are exceedingly getting gamified, while conventional video games are continuing to get more and more realistic and evocative in their delivery.

Take the case of the education sector, where video games are being used to teach softer skills that are much harder to tackle consciously. For instance, like actual sports, gaming teaches collaboration and quick decision-making. It also enables superior hand-eye coordination and reflexes (doctors put through a gamified learning experience perform better surgeries than those who don't), and unlike real sports, enables more inclusion and much less chances of injury. Granted, the exercise component is missing, but nothing that a balanced routine can not fix. Even [MGEIP](#), UNESCO's think tank for transforming education, has several video-game-based courses to teach kindness and how to be a global citizen.

Be it a stray cat in a dystopia or a Greek God in a foreign land, games allow you to act like them all. They enable unique storytelling and give more agency than any other medium, perhaps even more agency than when life isn't too kind. History is riddled with balms that were later found out to be fatal; perhaps we found something the other way around.

Reducing stress or letting you escape reality for just a little while, perhaps you could use games to bond with yourself and others too. So the next time you feel like taking a break, try something new. A simple game, perhaps.



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generation of thinkers &
empaths.*

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LEVELLING UP IN REAL LIFE



By Ayushman Harlalka

If I had a penny for every single time I wanted to build a habit but lost to the grind, I would be able to afford a meal, which is to say that it has happened enough to be concerning. Consistency is an essential yet elusive part of most people's lives, and the habits that stick with us tend to be the ones we regularly perform, consciously or otherwise.

Plenty of articles and lists talk about how to gamify your life. I will try to encapsulate the essence, but this article also aims to discuss the nuances of real life that such articles usually fail to mention.

With that out of the way, the most basic gamifying template would typically consist of 3 things -

- A skill chosen by you
- A reward (and possibly punishment) system
- A progression system

The first prerequisite is self-explanatory. The second involves small achievable goals that will end up repeated, the adherence to which would lead to pre-decided reward/punishment. The third involves goals on the horizon that you would be building towards, possibly with deadlines attached. One may then add terms like exp and health to the experience, perhaps even adding competitiveness.

However, the meat of this article is the things to be wary of while establishing the above mentioned-

- Real life has atrophied; games do not - Unless you continuously use your skills, you will lose them; how well can you remember the language you stopped speaking a while ago?
- A desirable difficulty level - Many researchers point to the ideal level where most learning happens. The crux is that it should be neither too difficult nor too easy. Another dimension to remember is that your desirable difficulty will fluctuate, usually going up and sometimes going down. Constantly reassess. Growth isn't linear, and neither would change this metric.
- Tracking - "That which is not measured, is not managed."
- Science of one - Using a certain tortoise's words on the internet, you must experiment and find what works best for you. Devise your experiments, check how you react, and improve on the ones giving more desirable outcomes.

THE (SLIGHTLY) GAMIFIED CALENDAR


Made by Ayushman Harlalka

Most gamified systems give small rewards for tasks done and track consistency, offering greater rewards for streaks. Here is a small example of something you can create and use for yourself. Directions - Save a copy of this sheet for yourself. Every number coordinates for a day. Pick a skill, any skill, and build consistency with it. For every day that you showed up, even for a second, tick the box next to it and let the purple box speak it's truth. PS - Please don't click future boxes without reaching that stage. Thank you. Hope this helps you! Happy Improving!

Click here to access the [gamified calendar](#).

And the skill I choose for myself to improve upon with consistency is ...

1	15	29	✓	Day 1	You started! Let's go!	Day 2	You already have a streak of 2!	Day 3	Is this the charm?	Day 4	Well things take time	Day 5	So from what I can see...	Day 6	You are on the right path!
2	16	30	✓	Day 7	It's been a week! You know...	Day 8	...Knowledge there are just no payoffs.	Day 9	...And that's ok	Day 10	...I don't think you need daily motivation anymore.	Day 11		Day 12	
3	17	31	✓	Day 13	How about music and podcasts?	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	Day 22	
4	18		✓	Day 23	What are you making now? Why? I'm sure it's great!	Day 24	...I'm sure it's great!	Day 25	Bravo! 20 days already?	Day 26	Did you drink enough water?	Day 27	How much have you changed?	Day 28	
5	19		✓	Day 29	If it's December, you just reached	Day 30	Do we start the countdown now?	Day 31	...I'm sure it's great!	Day 32	...I'm sure it's great!	Day 33	...I'm sure it's great!	Day 34	...I'm sure it's great!
6	20		✓	Day 35	...I'm sure it's great!	Day 36	...I'm sure it's great!	Day 37	...I'm sure it's great!	Day 38	...I'm sure it's great!	Day 39	...I'm sure it's great!	Day 40	...I'm sure it's great!
7	21		✓	Day 41	...I'm sure it's great!	Day 42	...I'm sure it's great!	Day 43	...I'm sure it's great!	Day 44	...I'm sure it's great!	Day 45	...I'm sure it's great!	Day 46	...I'm sure it's great!
8	22		✓	Day 47	...I'm sure it's great!	Day 48	...I'm sure it's great!	Day 49	...I'm sure it's great!	Day 50	...I'm sure it's great!	Day 51	...I'm sure it's great!	Day 52	...I'm sure it's great!
9	23		✓	Day 53	...I'm sure it's great!	Day 54	...I'm sure it's great!	Day 55	...I'm sure it's great!	Day 56	...I'm sure it's great!	Day 57	...I'm sure it's great!	Day 58	...I'm sure it's great!
10	24		✓	Day 59	...I'm sure it's great!	Day 60	...I'm sure it's great!	Day 61	...I'm sure it's great!	Day 62	...I'm sure it's great!	Day 63	...I'm sure it's great!	Day 64	...I'm sure it's great!
11	25		✓	Day 65	...I'm sure it's great!	Day 66	...I'm sure it's great!	Day 67	...I'm sure it's great!	Day 68	...I'm sure it's great!	Day 69	...I'm sure it's great!	Day 70	...I'm sure it's great!
12	26		✓	Day 71	...I'm sure it's great!	Day 72	...I'm sure it's great!	Day 73	...I'm sure it's great!	Day 74	...I'm sure it's great!	Day 75	...I'm sure it's great!	Day 76	...I'm sure it's great!
13	27		✓	Day 77	...I'm sure it's great!	Day 78	...I'm sure it's great!	Day 79	...I'm sure it's great!	Day 80	...I'm sure it's great!	Day 81	...I'm sure it's great!	Day 82	...I'm sure it's great!
14	28		✓	Day 83	...I'm sure it's great!	Day 84	...I'm sure it's great!	Day 85	...I'm sure it's great!	Day 86	...I'm sure it's great!	Day 87	...I'm sure it's great!	Day 88	...I'm sure it's great!



Surprise Image?
Well that's just how your work looks at you now
Keep it up! Cya tomorrow!

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