

“Turn Your Life into a Game”

- Workbook -

based on Jane McGonigal's “SuperBetter” approach (2015)



Step 1: Identify Your Mission

To identify your mission, you can ask yourself the following questions.
What would be:

- An important goal that you would like to achieve?
- A life principle that you strive to live by?
- A hope for change that you have for the years to come?
- An important challenge that you are currently facing?
- A general goal that you set for yourself during a stressful period in your life?
- What would you attempt if you weren't afraid of failing?

My mission: _____

What is the best thing that could happen if you were able to accomplish this mission? What benefits could you gain from it?



Step 2: Designing and Completing Quests

What is the smallest possible step you could take toward your mission?

To maximize your chances of successfully completing this quest, it is important to design it intelligently, or SMART, meaning:

			YES!
S	Specific	Is your quest formulated using precise terms?	☐
M	Measurable	Does your quest include a measurable quantity?	☐
A	Achievable	Is your quest suited to your skills and abilities?	☐
R	Realistic	Is your quest suited to your current circumstances?	☐
T	Time-bound	Does your quest have a deadline?	☐

How could you turn this SMART quest into a SMART+IES quest, meaning a quest that is also Interesting, Entertaining, or Stimulating*?

* To do this, you can draw inspiration from the following strategies:

- Pair the quest with a more enjoyable activity, context, or reward (e.g., doing the task while listening to music, in nature, or rewarding yourself with a treat).
- Look for and focus on what could already be fun or enjoyable about the quest.
- Involve someone else in completing the quest (e.g., do it with a friend).
- Imagine completing the quest for someone else or remind yourself of the people who will benefit from it (e.g., imagine doing it to help a friend).
- Increase the constraints of the quest (time, style, etc.) (e.g., set yourself a time limit or add an extra challenge).
- Raise your criteria for success (e.g., aim to become an expert at the quest).
- Give the quest a fun name (e.g., by adding funny or playful adjectives).
- Change the story you tell yourself about the purpose of the quest (e.g., imagine that you are a hero who must complete a mission).
- Make explicit how this quest brings you closer to achieving your mission (e.g., keep a sticky note with your mission written on it somewhere clearly visible while you are completing the task).



Step 3: Planning Your Breakthrough

What would be the sign or milestone that would indicate that you have made significant progress toward your mission?

How will you celebrate reaching this milestone?



Étape 4: Identifying Your Adversaries

What obstacles are you encountering, or might you encounter, as you work toward achieving your mission? What is the most difficult part for you?



Step 5: Fighting Your Adversaries

Choose one of the difficulties you identified earlier and develop an action plan by answering the following questions to find strategies for fighting it:

Chosen difficulty*:

* Be careful to identify your adversary as a problem (e.g., “lack of time” rather than “time”). This will make it easier to find strategies later.

Your battle strategies:

1. Avoid

How could you avoid coming face-to-face with this adversary?

2. Fight

How could you actively resist this adversary when you encounter it?

3. Anticipate

What could you do to defeat this adversary once and for all?

4. Put into perspective

What could you tell yourself to challenge this adversary’s power over your life?

5. Reframe

What benefits or lessons could you gain from this adversary?

In what order would you prefer to use the strategies you identified above to fight this adversary?



Step 6: Identifying Your Heroes

Identify 3 people (real or fictional) whom you admire and/or whose story inspires you, and write their names below:

Person 1:

Person 2:

Person 3:

Identify more specifically the skills, powers, qualities, or strengths that you see in these people and list them below:

Person 1:

Person 2:

Person 3:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

In your opinion, how would these people use their skills, powers, qualities, or strengths if they were in your situation?

Person 1:

Person 2:

Person 3:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Which of these strategies do you think you could imitate or adopt?



Step 7: Identifying Your Superpowers

Did you know that human beings tend to value and recognize qualities in others that are important to them?

Therefore, there is a good chance that the qualities you identified above in the people you admire or who inspire you are also qualities you possess, even if you may feel that they are not (yet) as developed in you!

Which of the qualities listed in the previous step do you also recognize in yourself?

To identify your superpowers, you can also take the VIA Character Strengths Survey, which is available free of charge and in French at www.viacharacter.org.

The first five results displayed make up your “signature strengths.” These are your superpowers: the strengths you can use to make your quests more fun or to actively fight your adversaries!

Based on these results, what are your five main superpowers?

- 1

- 2

- 3

- 4

- 5

How could you put these superpowers to work in achieving your mission? For example, to fight your adversaries or complete your quests.



Step 8: Identifying and Activating Your Power Boosters

What are the very small positive actions you could take every day to recharge your batteries before fighting an adversary or completing a quest, so that you feel just a little more...

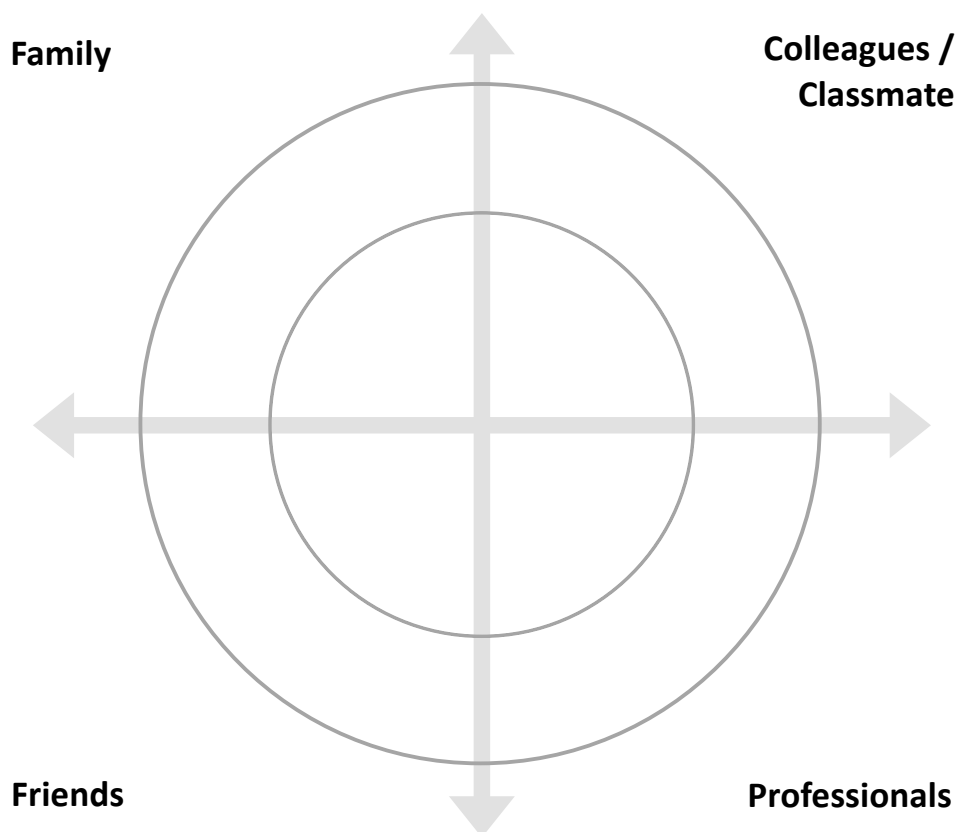
proud	
Inspired	
Interested	
Happy	
Amused	
Loved	
Grateful	
Optimistic	
Amazed	
Calm	

Among the actions listed above, which ones would you like to do today or during the coming week?



Step 9: Identifying and Recruiting Your Allies

Below, indicate who your allies could be in pursuing your mission by writing their names or initials in the diagram below, according to the nature of your relationship, as well as how close you are to them¹.



Indicate next to their name how you think they could help you:

- 😊 Suggest a quest and/or a way to make it more fun
- ★ Celebrate a breakthrough with you
- ⚡ Suggest strategies for fighting your adversaries
- ⚙️ Activate a power booster with you
- ⌚ Track your progress toward achieving your mission

Which of these allies do you think you will actively involve helping you achieve your mission?

¹ Inside of the small circle = very close; inside of the large circle = close; outside of the large circle = not very close.



Step 10: Preparing for Action



Your mission:



Your next quest:



Your next breakthrough:



Your adversaries:



Your strategies:



Your heroes:



Your superpowers:



Your power boosters:



Your main allies:
