



[Play The Game Of Your Life](#)



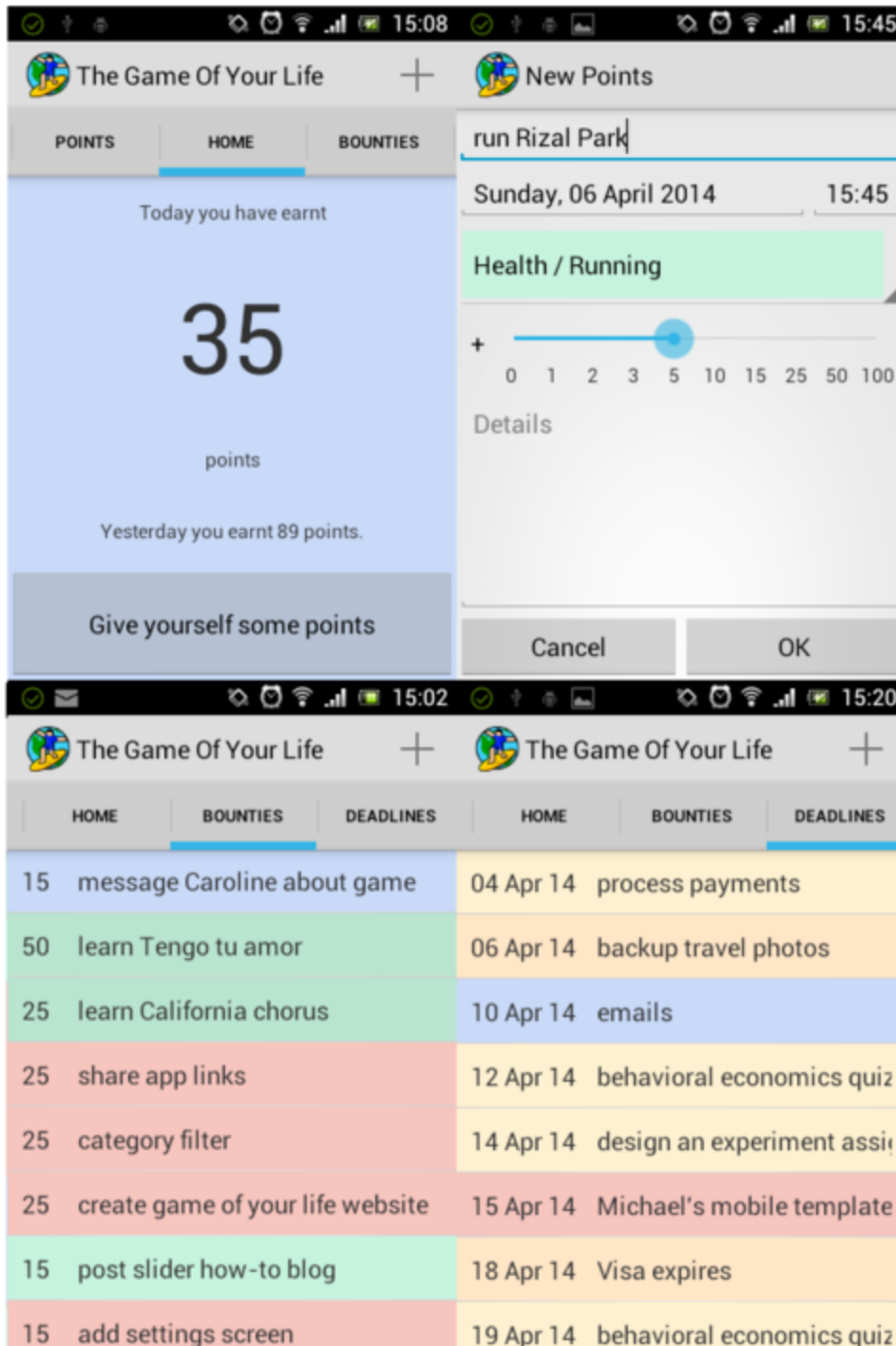
By [Roger Keays](#), 13 April 2014

My new application has hit the market and this one may just **transform your life**. Based on research into **human motivation** and the **brain's reward system**, this application is designed to make improving your life fun. "**The Game Of Your Life**" turns your life into a game by helping you to create quests, set bounties, and give yourself rewards.

The objective of the game is to **earn points** for doing things that make you awesome. It's very simple - just set yourself some bounties and let the app sort them so you get the best return on your time. Once you complete an activity, you reward yourself the points and see your daily score increase.

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Maybe it's something as simple as going for a run or calling a friend. Maybe it's something bigger like closing a deal or performing in public. Or perhaps you want to kick some bad habits like smoking or eating too much pork. Whatever you want you can trick your brain into doing it (or not doing it) by assigning the activity some points.

The Game Of Your Life will improve your life by changing your mindset such that you will:

- **Affirm your real values** by assigning points to your activities.
- Focus on the **benefits of your activities** rather than the costs.
- Be motivated to **finish your activities** and get your reward.
- Stop caring about what other people think about what you do.

- Procrastinate less.

This simple game exploits several established **psychological phenomenon** to literally trick you into improving your life. These are:

- **Present Focus Bias.** Future rewards don't interest us, but an immediate rewards will motivate us to act.
- **Reward Substitution.** The application uses virtual rewards which, it turns out, are just as good as real ones.
- **Intrinsic Motivation.** Bounties and rewards are self assigned, encouraging you to judge yourself by your own standards.
- **Extrinsic Motivation.** The danger of pure intrinsic motivation is perfectionism, but by valuing each bounty in points these traps are avoided.

You can download The Game Of Your Life here:

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About Roger Keays



Roger Keays is an artist, an engineer, and a student of life. Since he left Australia in 2009, he has been living as a digital nomad in over 40 different countries around the world. Roger is addicted to surfing. His other interests are music, psychology, languages, and finding good food.