

# Play The Game Of Your Life

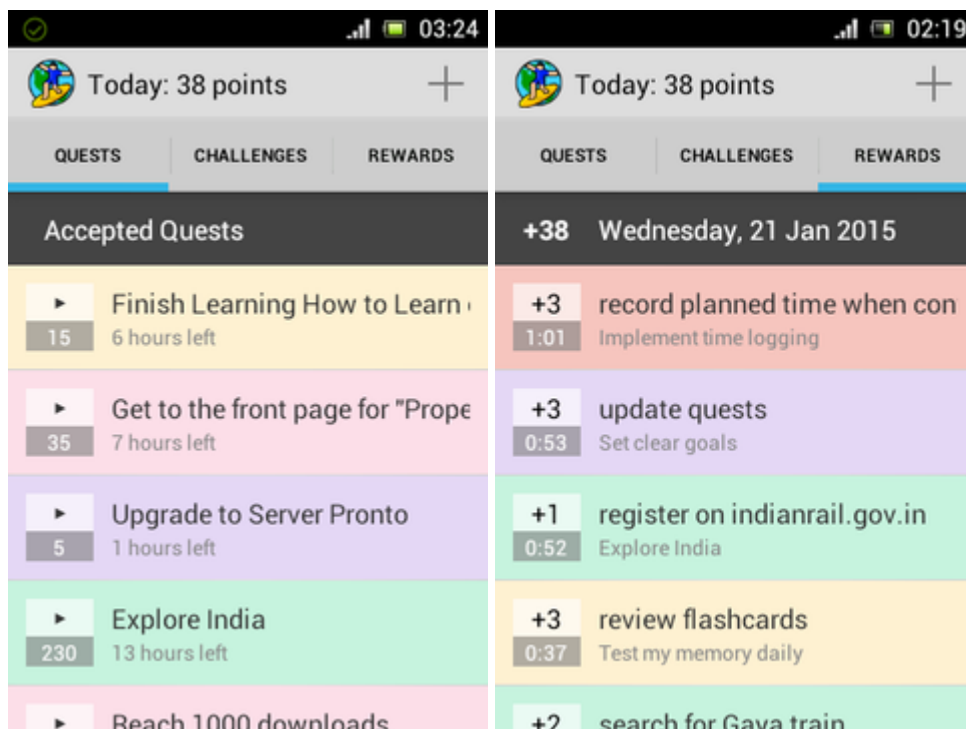
## TESTIMONIALS

Very nice!! *(Dan Ariely, World Expert in Behavioral Economics, Duke University)*

I finally got my eligibility certificate. Thanks to your app I was motivated to get it after more than a year. *(April, Accounting Student)*

I checked out your app that is so cool! I am amazed I think I will be using it now that's awesome! *(Robert, Gamification Student, University of Pennsylvania)*

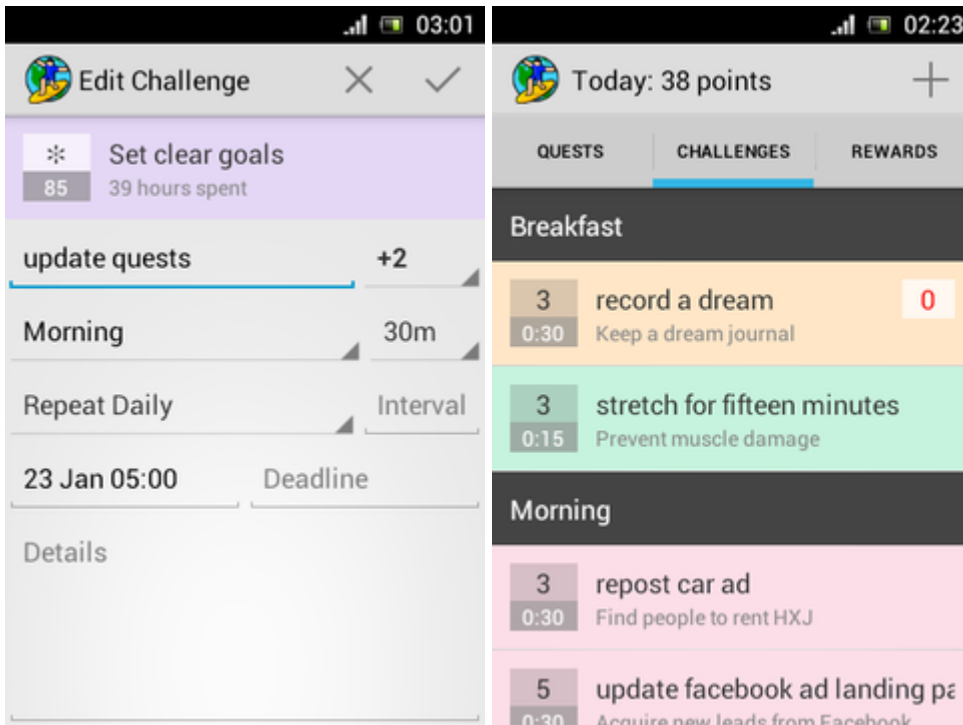
## WHAT IT DOES



[The Game Of Your Life](#) exploits well-established techniques of Gamification and Reward Substitution to trick you into doing things that are good for you. By turning your life into a game of quests, challenges and points you will:

- Figure out what you want in life
- Achieve your goals with less effort
- Become motivated to finish the things you start
- Focus on the benefits of your actions rather than the costs
- Affirm your real values by setting your own quests
- Care less about what other people think about you
- Procrastinate less
- Become more awesome

## HOW IT WORKS



Let's say you wanted to lose 10 kilograms. Just create a new quest called "Lose 10 Kilos" and set some regular challenges for yourself such as:

- +5 half hour gym session (weekly)
- +3 half hourlyoga session (daily)
- +1 eating vegetables (any time)

You can also set some specific challenges that will help you along the way to complete your quest. Maybe something like:

- +15 throw out all the unhealthy food in my fridge
- +25 renew gym membership
- +25 learn to cook Tom Yum soup

That's really all there is to it. The app optimises your quests and challenges behind the scenes so you're always investing your time maximally. You never have to think about what to do next.

As you complete your challenges you score points using the app. It turns out that virtual rewards are just as good as real ones, and you'll be amazed at how this motivates you to complete quests that for so long seemed so daunting.

## INSTALL

Your first quest is to "Learn The Game Of Your Life". You get +25 points just for installing the app, so now that you have an excuse, [install The Game Of Your Life](#) and claim your points!



We currently support Android and have Desktop and iPhone versions planned.

Good luck on your quests!

