

Gamify your Work

Get More Done in Good Cheer

Presented by
*@Caelan***Huntress**



<https://caelanhuntress.com/speaking/survey/sessionlab>

Stuff To Do



Whistle While You Work



PLAYFUL PRODUCTIVITY



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PLAYFUL PRODUCTIVITY



“People don’t play games to avoid work; we play games to engage in well-designed work.”



Dr Jason Fox

Goals Rules Feedback



Work is a Game



Goals Rules Feedback



En-Joy Your Work



I've never really understood why so many people separate work and play – it's all living. We should be able to have fun at work and bring out the best in each other.



- Richard Branson

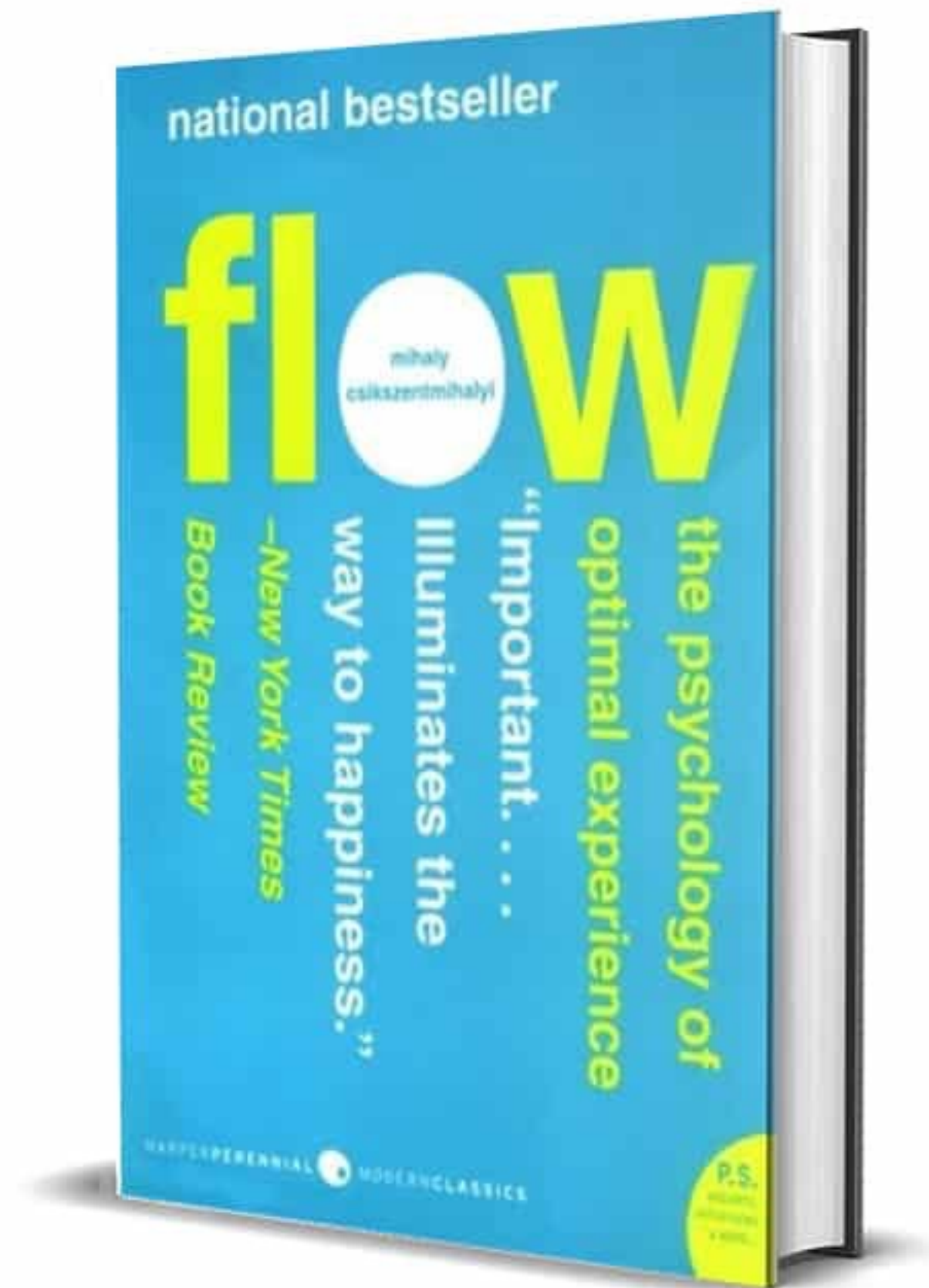
Productivity is an Elective



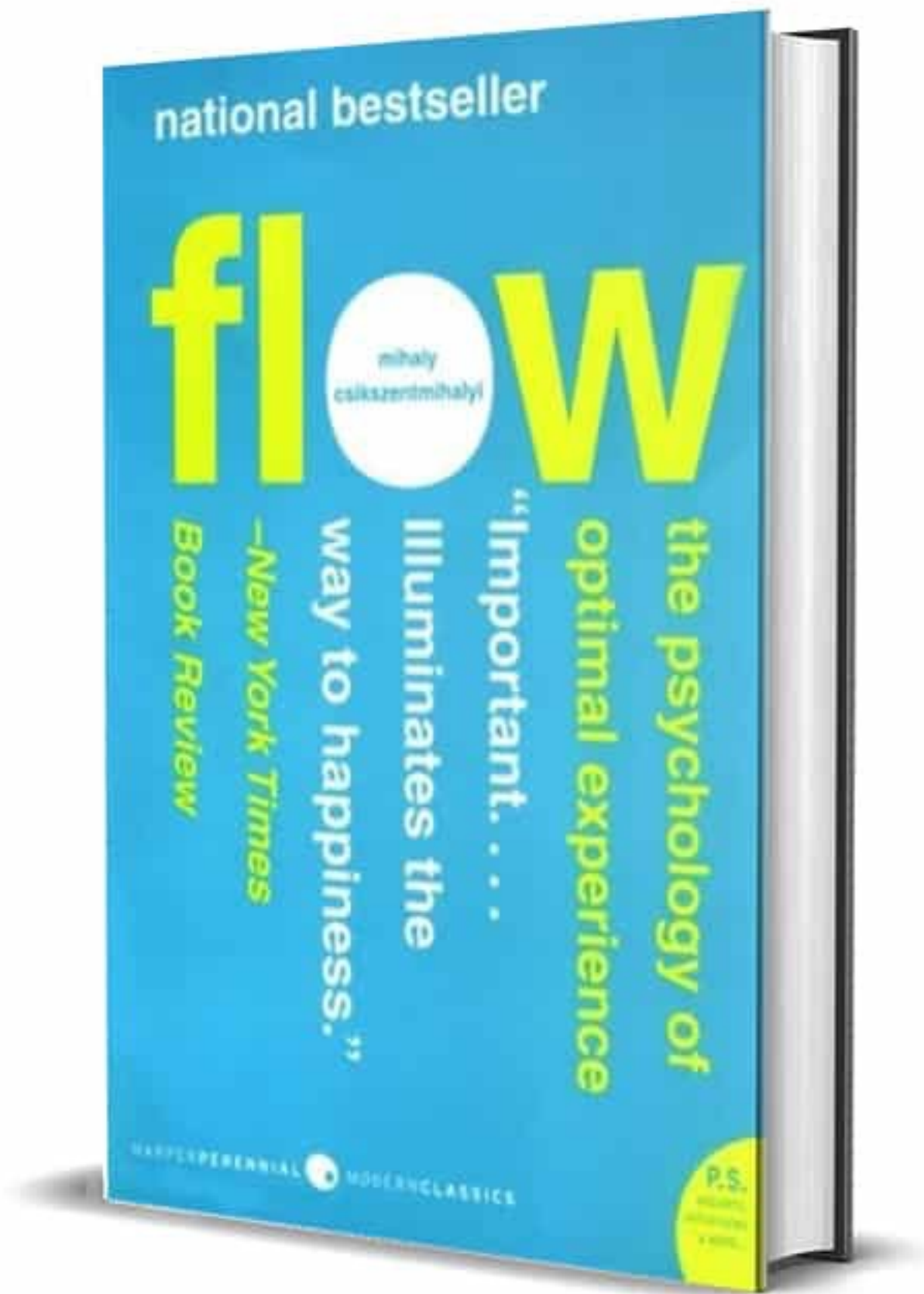
Rock, Paper, Scissors



The Psychology of Optimal Experience



8 Characteristics of Flow



1. Complete **concentration** on the task
2. Clarity of **goals** and reward in mind and immediate **feedback**
3. Transformation of **time** (speeding up/slowing down)
4. The experience is intrinsically **rewarding**
5. Effortlessness and **ease**
6. There is a balance between **challenge** and skills
7. **Actions** and **awareness** are merged, losing self-conscious rumination
8. There is a feeling of **control** over the task

Once we realize that the boundaries between work and play are artificial, we can take matters in hand and begin the difficult task of making life more liveable.



- Mihaly Csikszentmihalyi

En-Joy Your Work



♪ The secret of life is
enjoying the passage
of time. ♪



- James Taylor

90,000 Hours



COLLABORATION



“Play touches and stimulates vitality, awakening the whole person—mind and body, intelligence and creativity, spontaneity and intuition.”



- Viola Spolin

@CaelanHuntress

High Fives

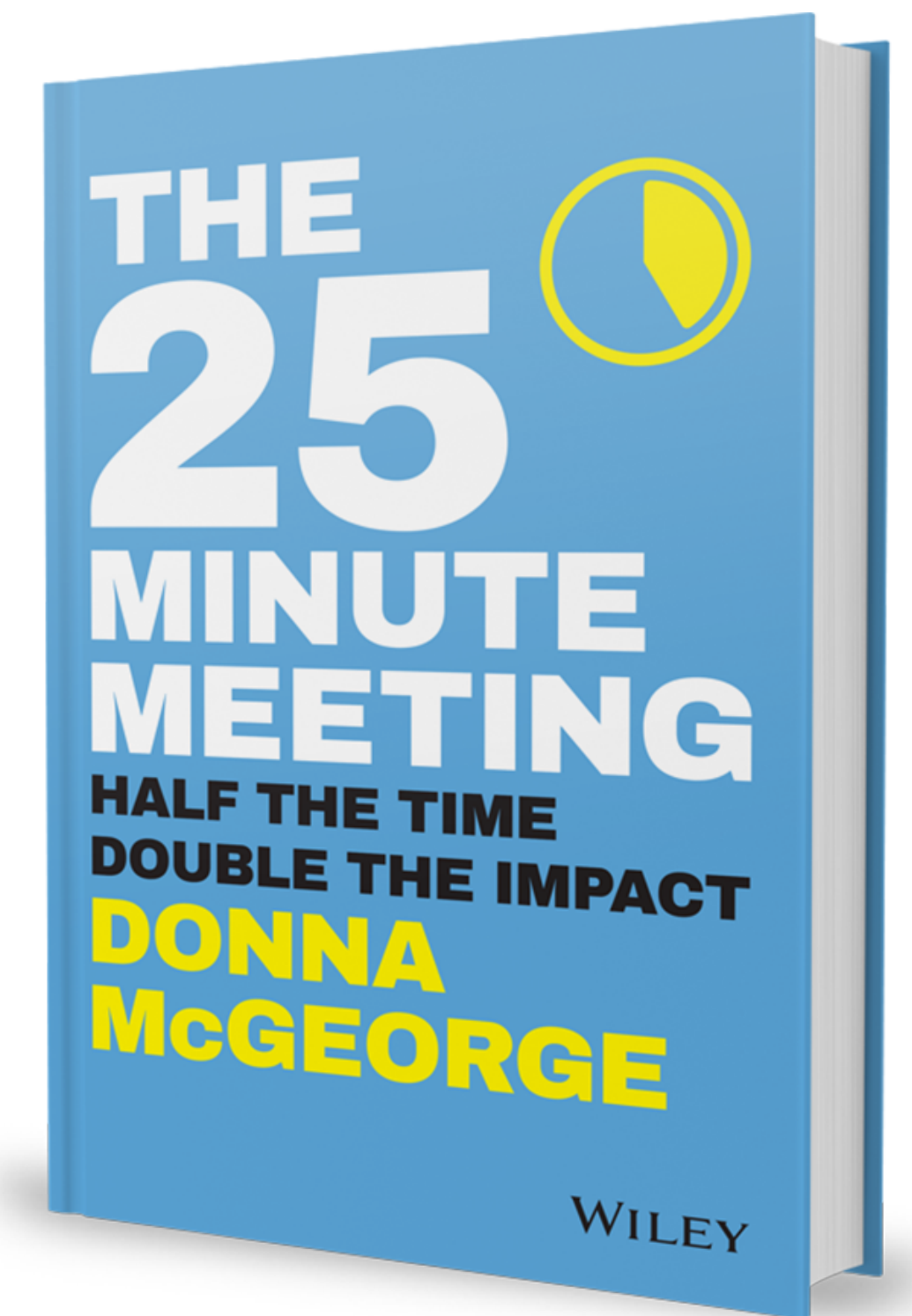
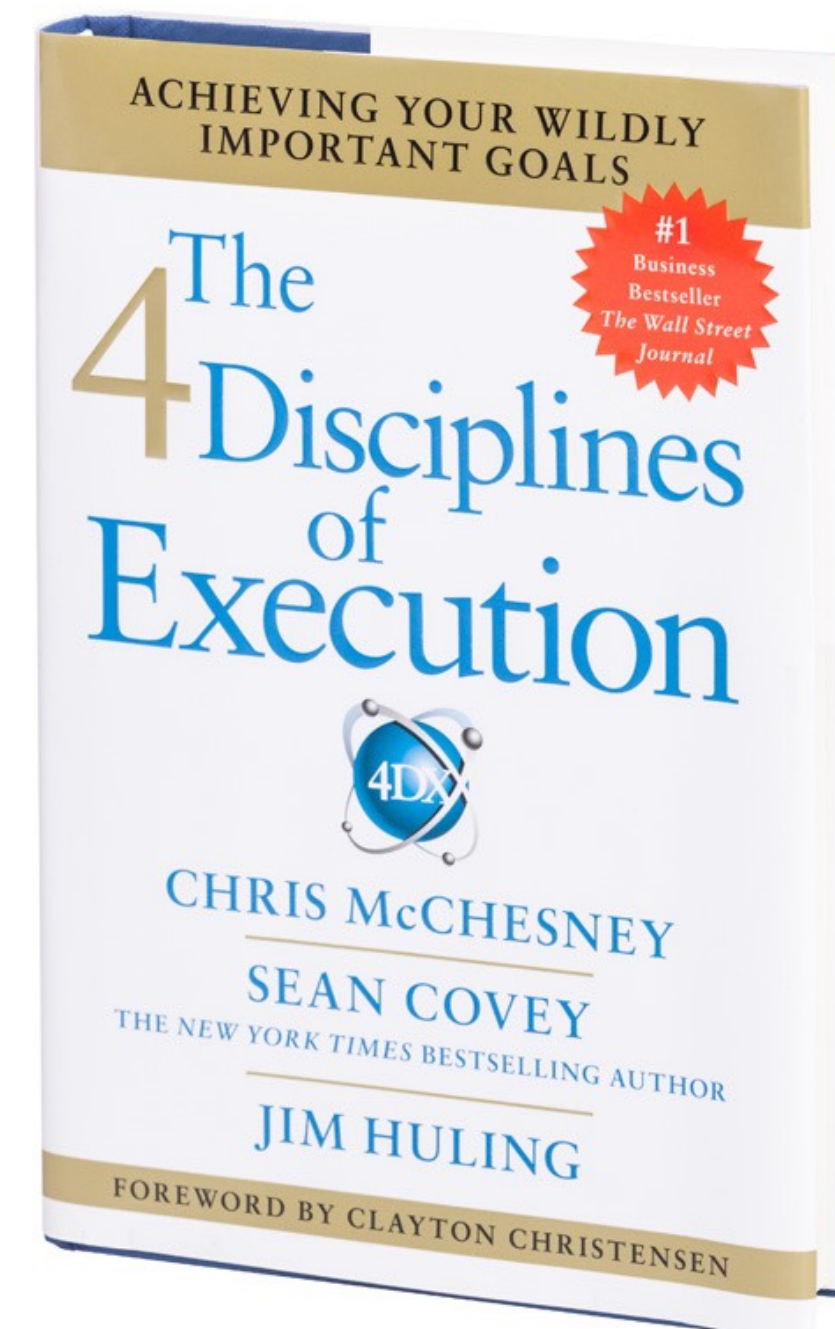
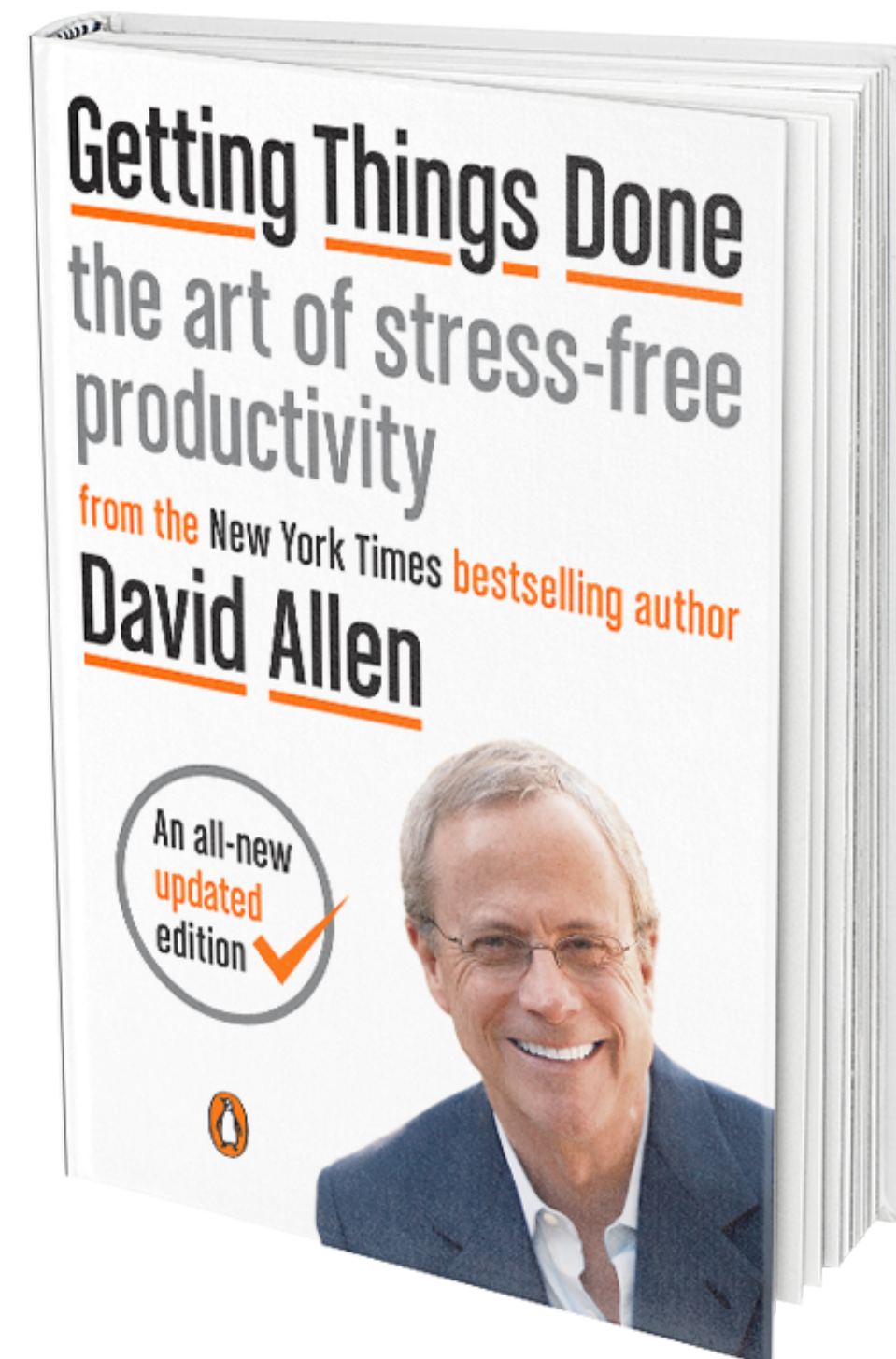
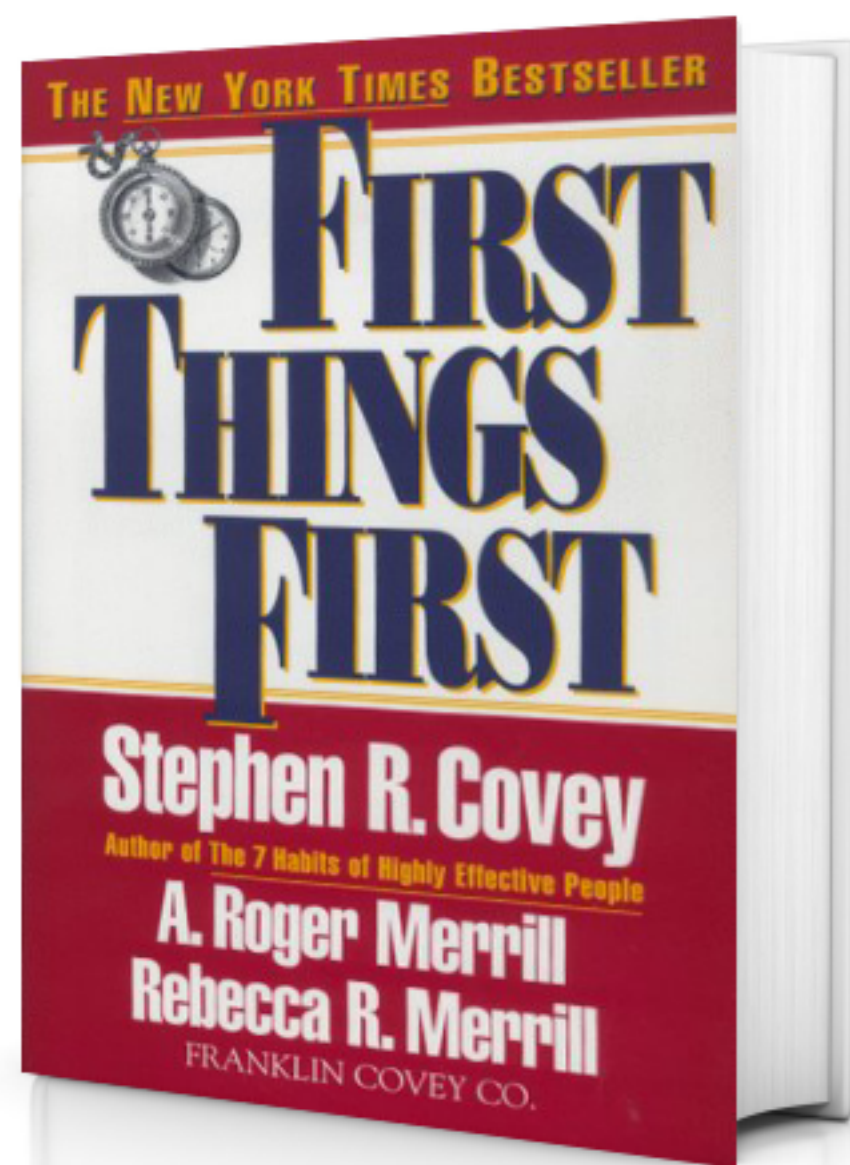


The opposite of play
is not work,
it is depression.

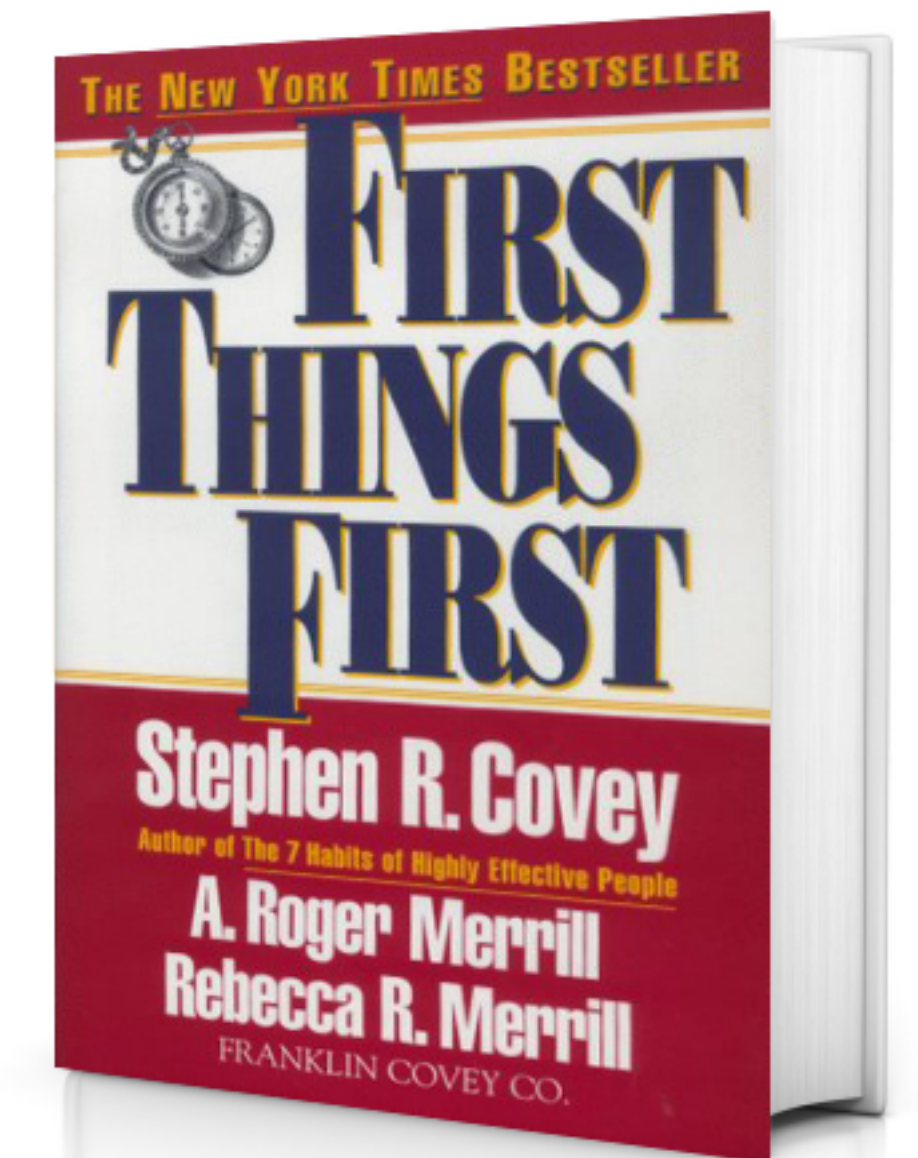
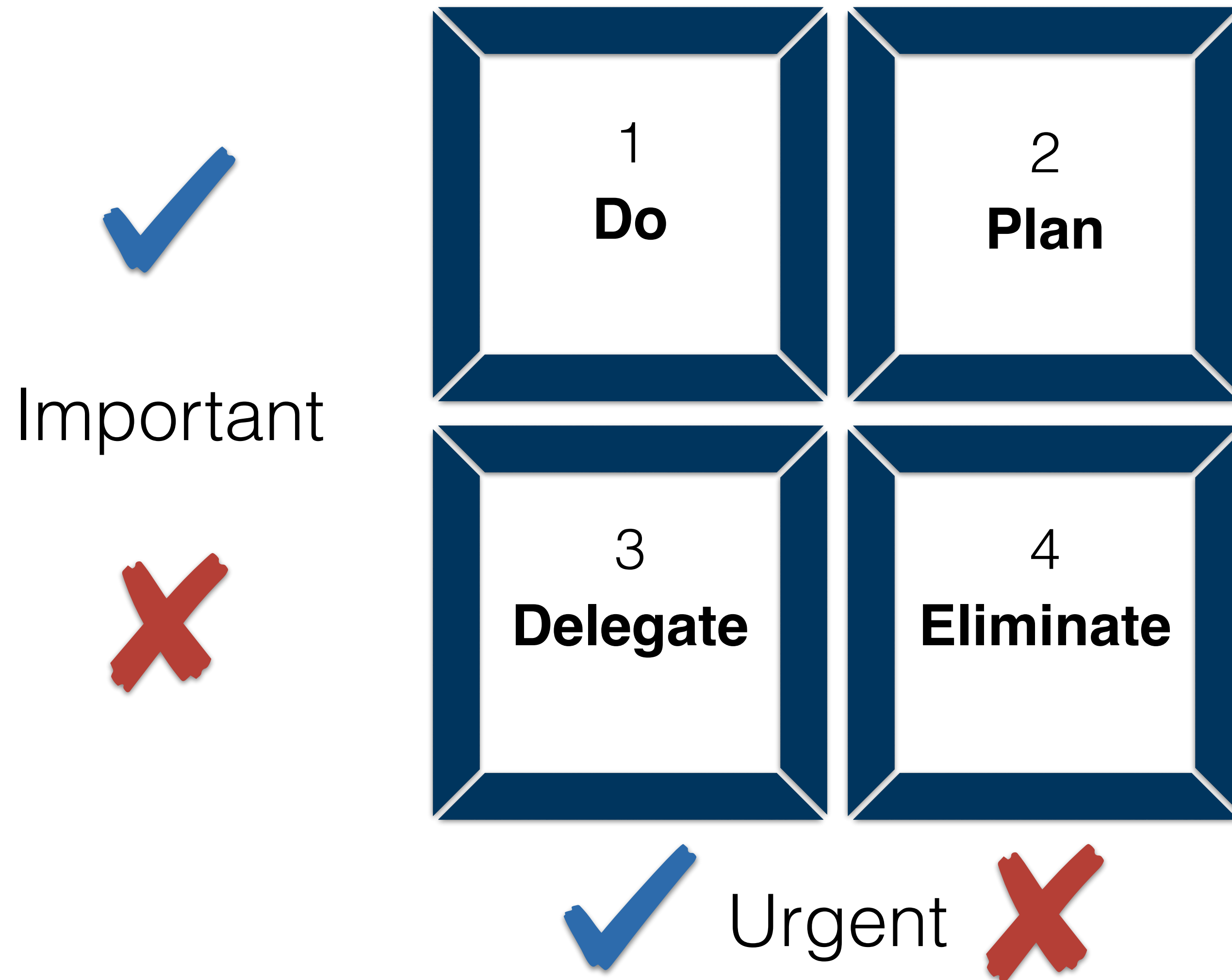


- Dr Stuart Brown

Productivity Bookshelf



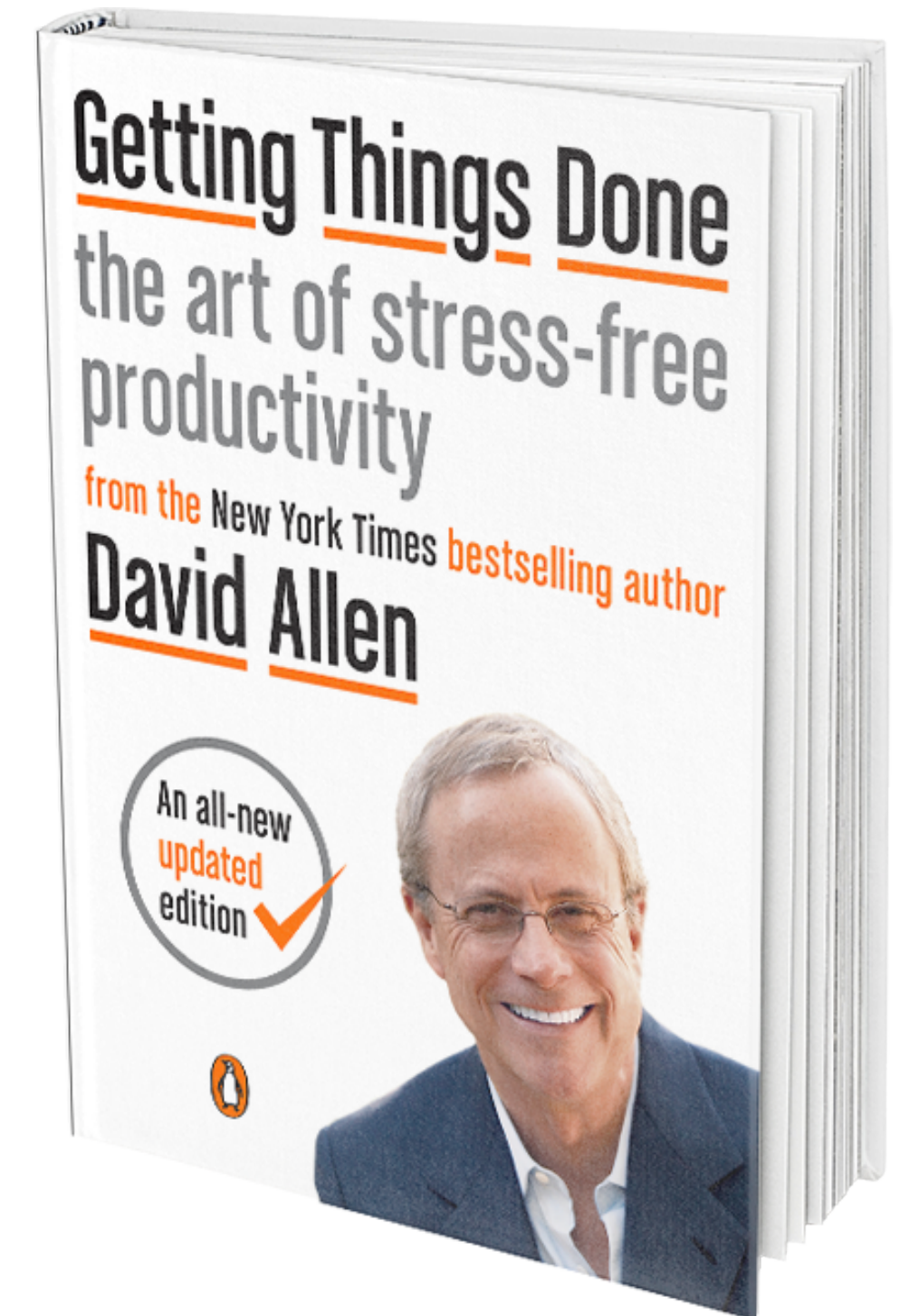
Importance and Urgency



GTD Productivity

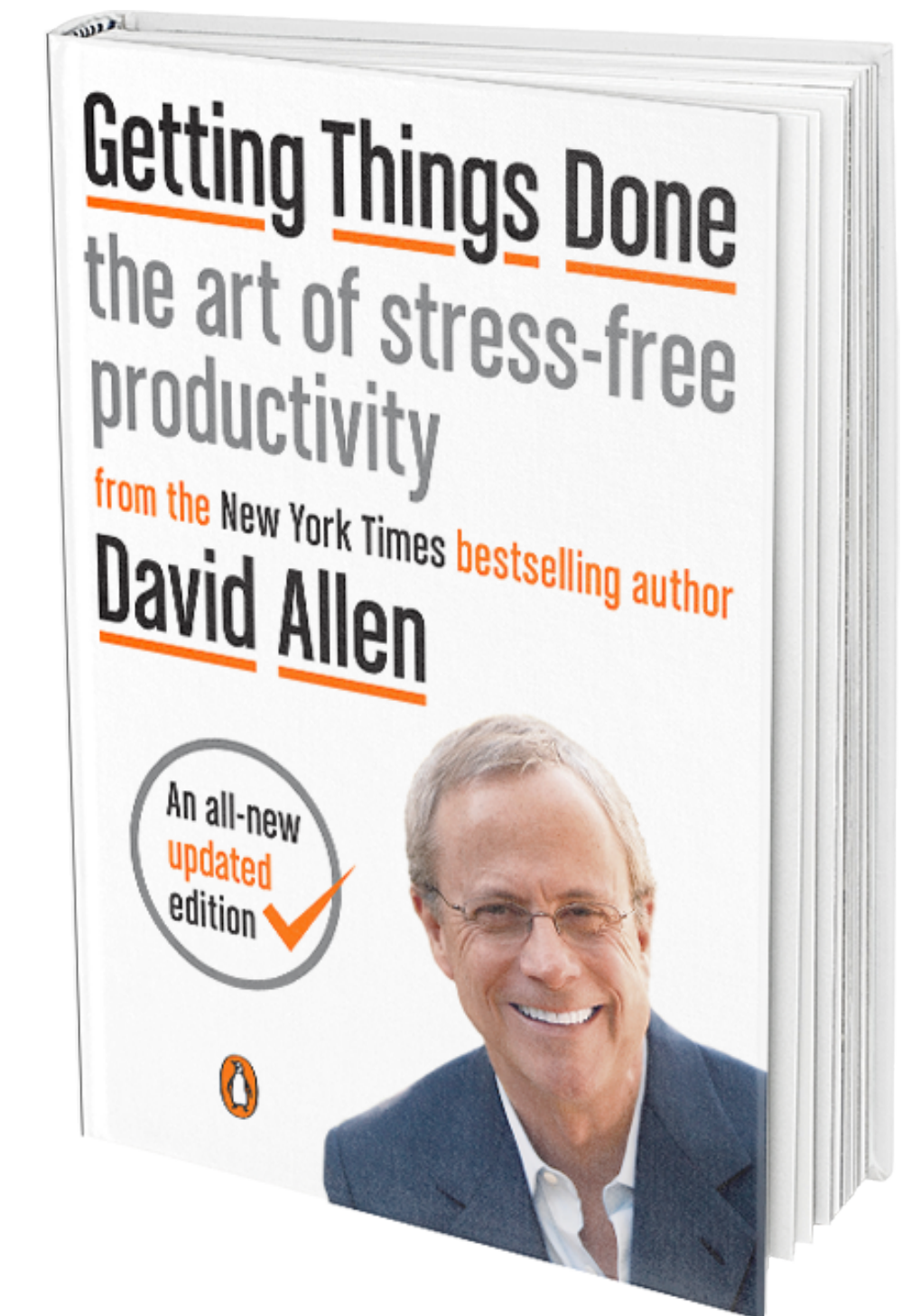


Inbox

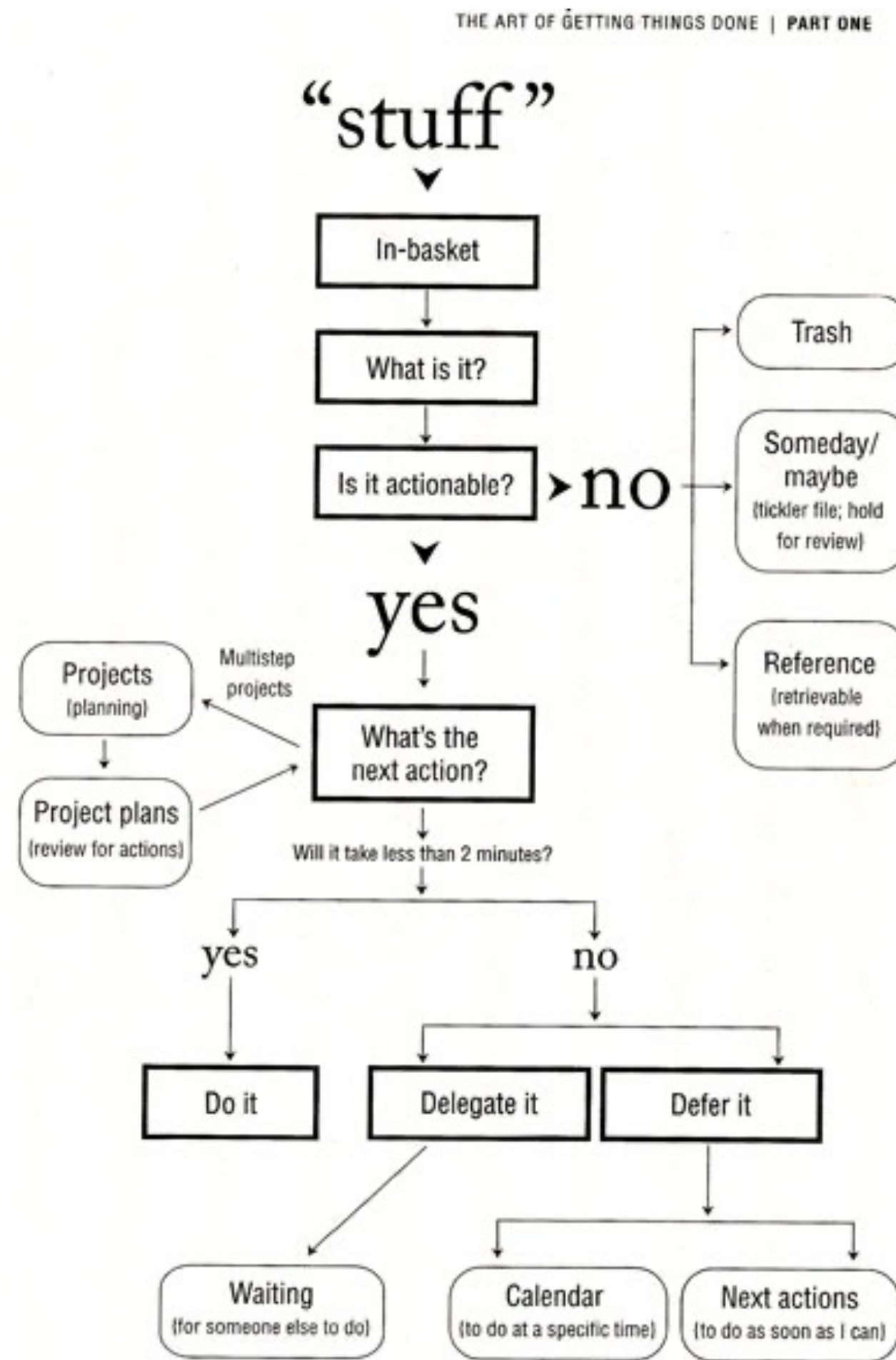


What should I do with this?

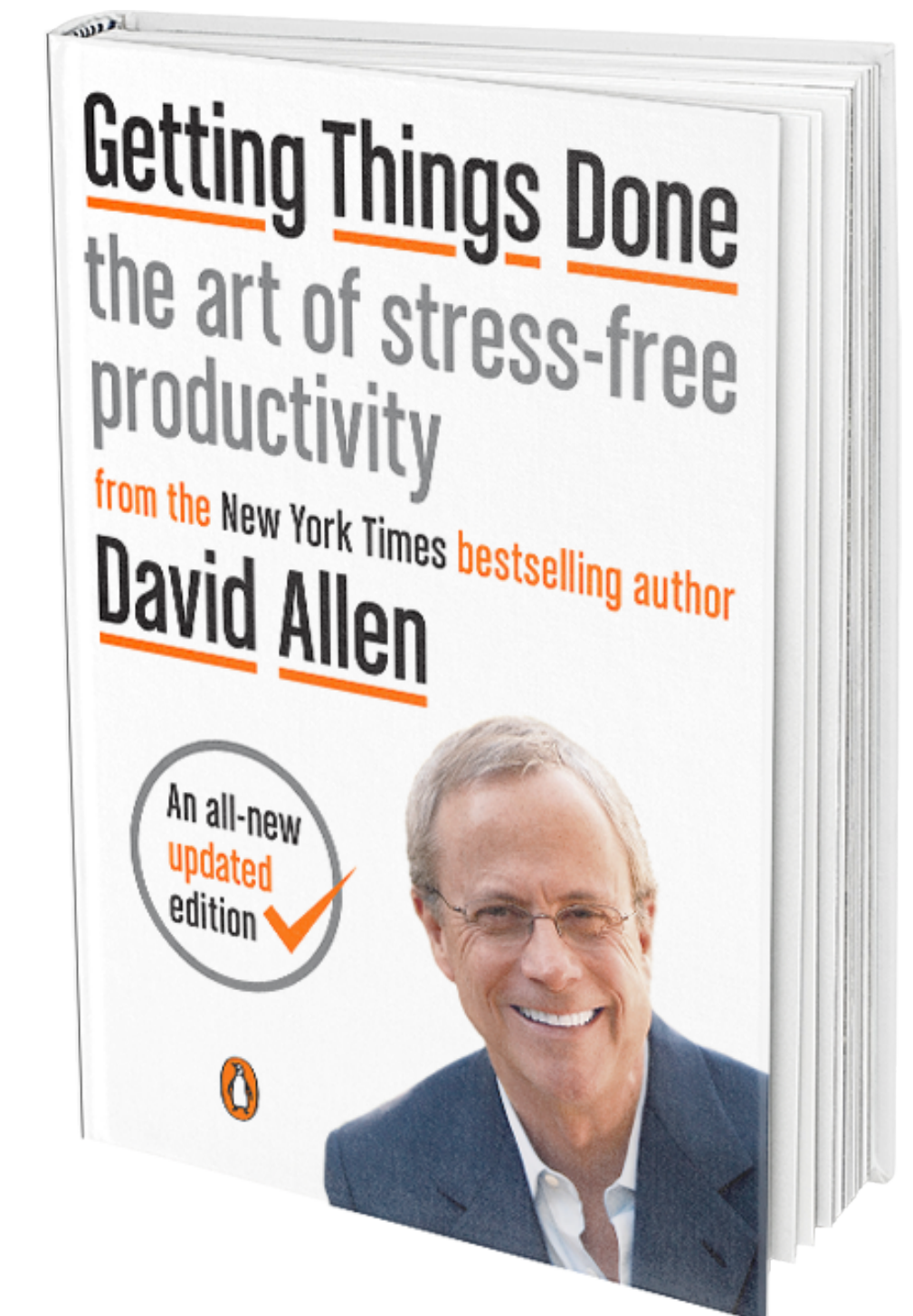
<i>Can I take the next action?</i>		Yes	No
<i>Can I do this in 2 minutes?</i>	Yes	Do It	Delegate It
	No	Defer It	Delete It



GTD Productivity

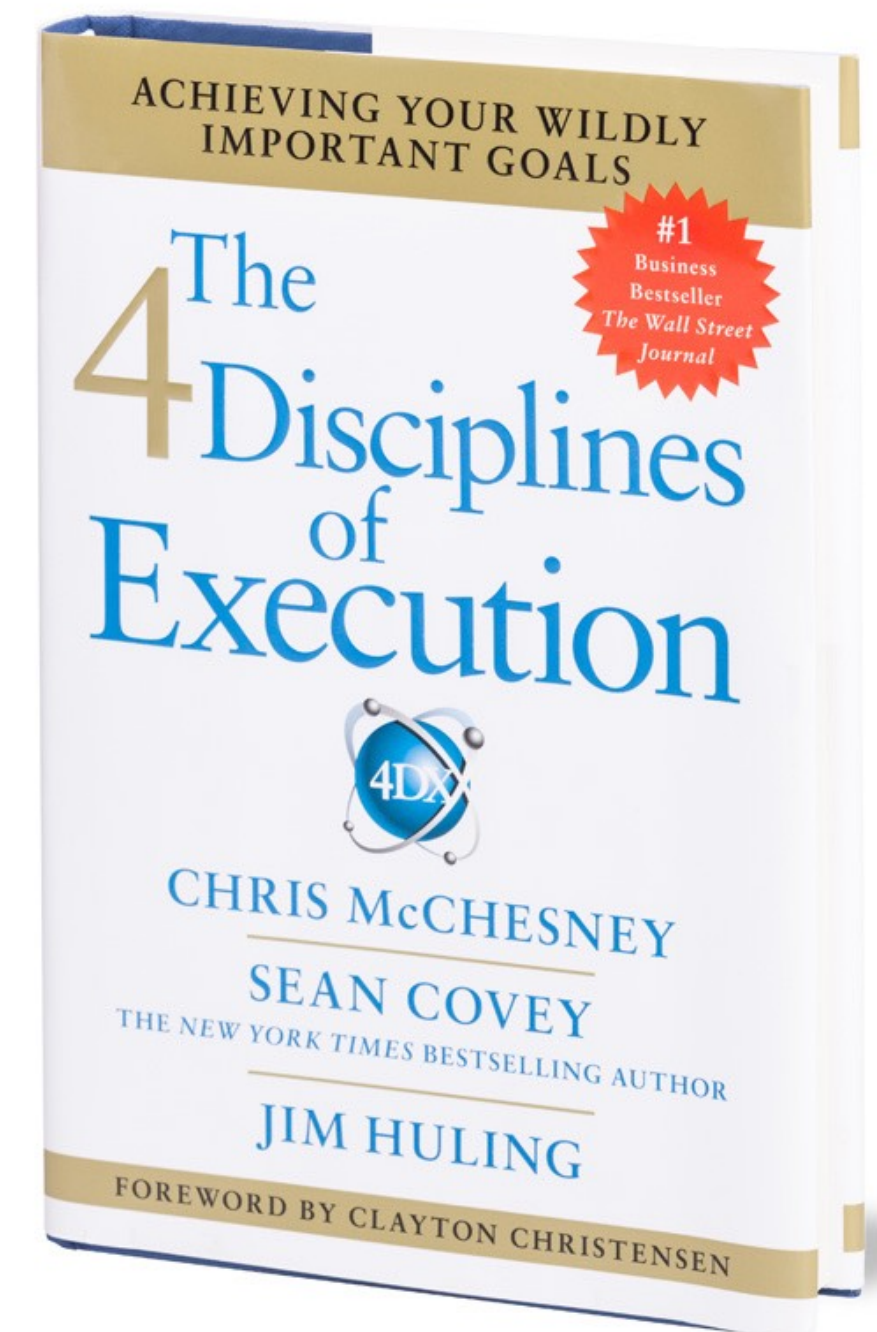


WORKFLOW DIAGRAM—PROCESSING



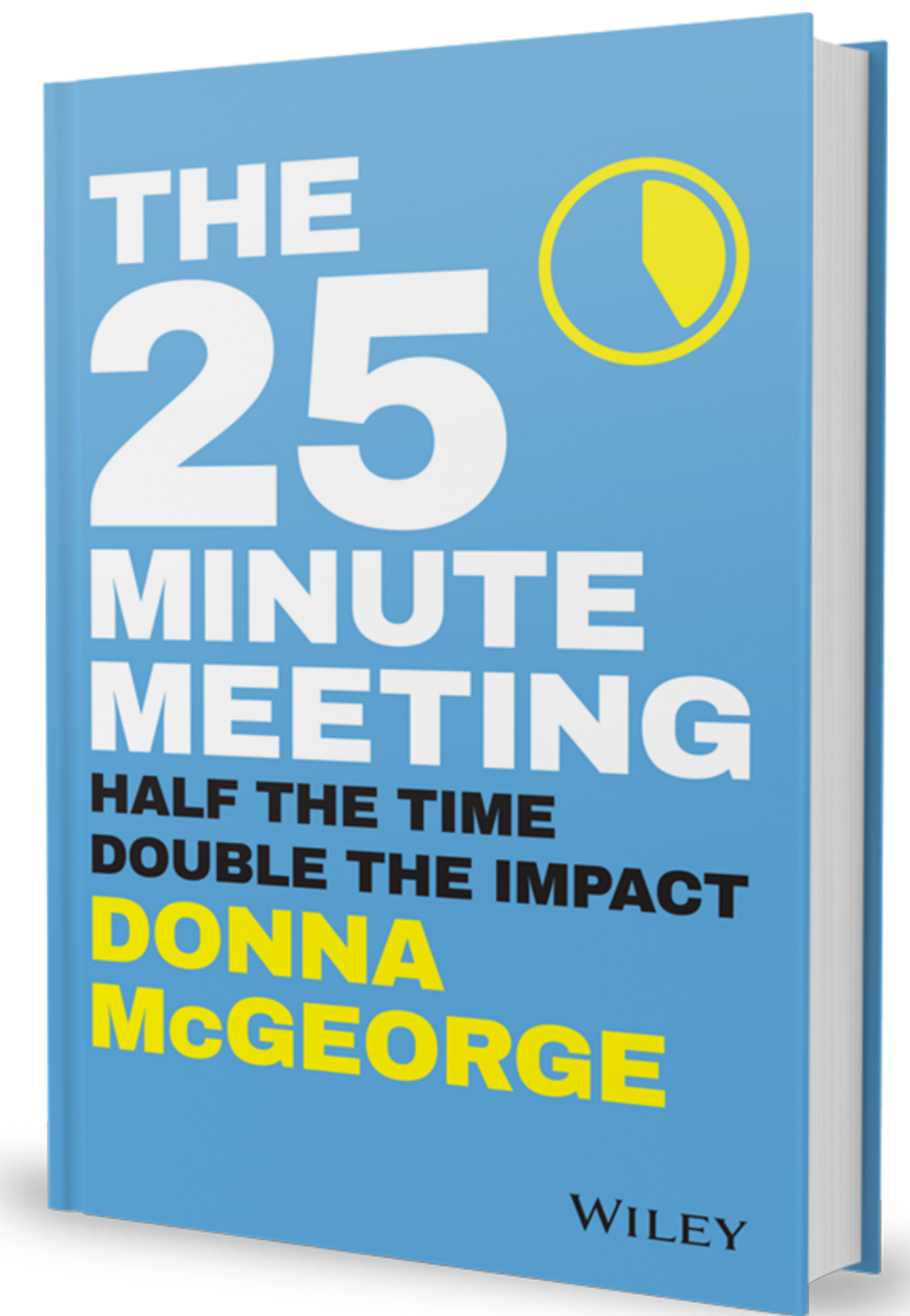
4 Disciplines of Execution

1. Focus on the Wildly Important
2. Act on the Lead Measures
3. Keep a Compelling Scoreboard
4. Create a Cadence of Accountability

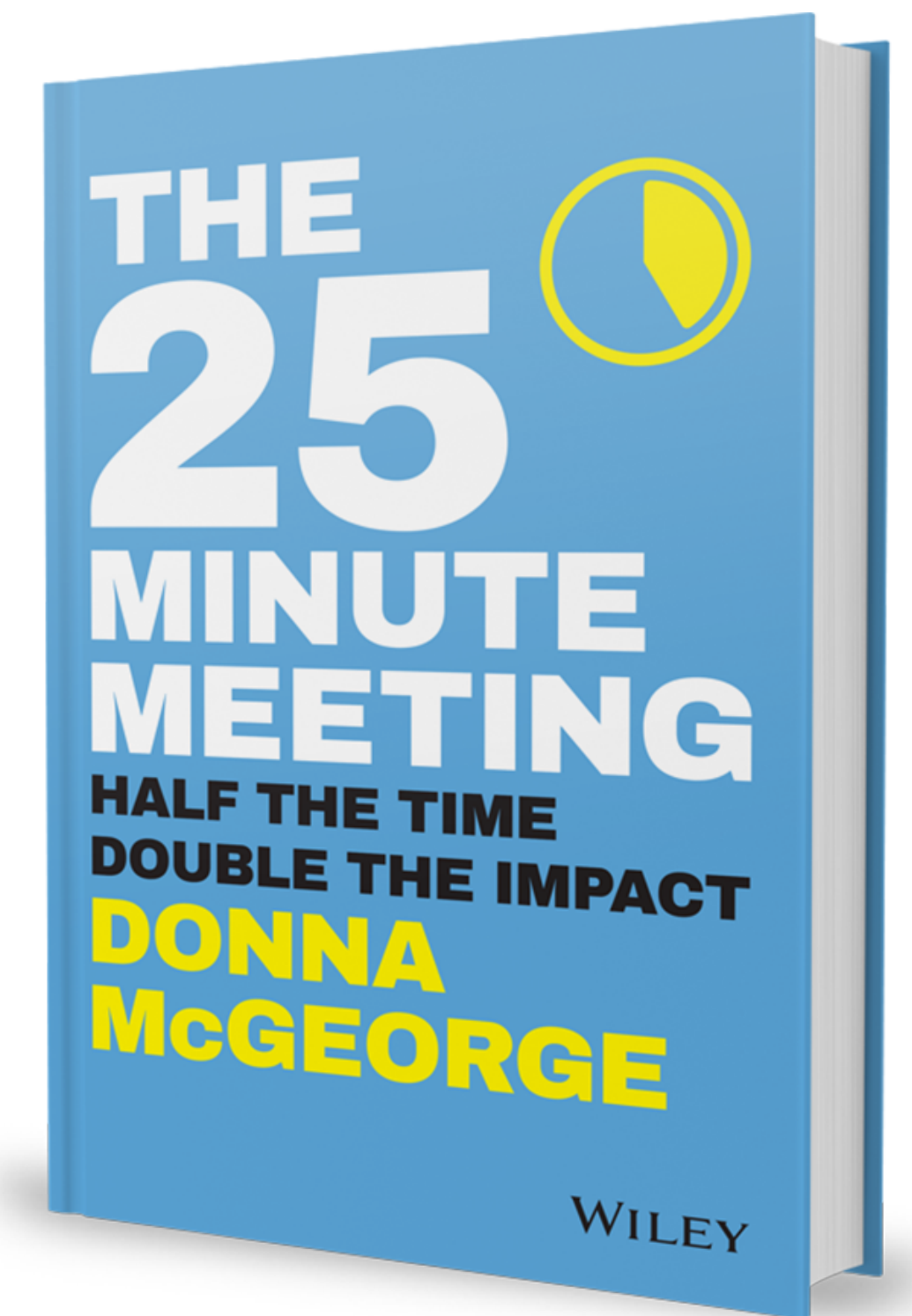
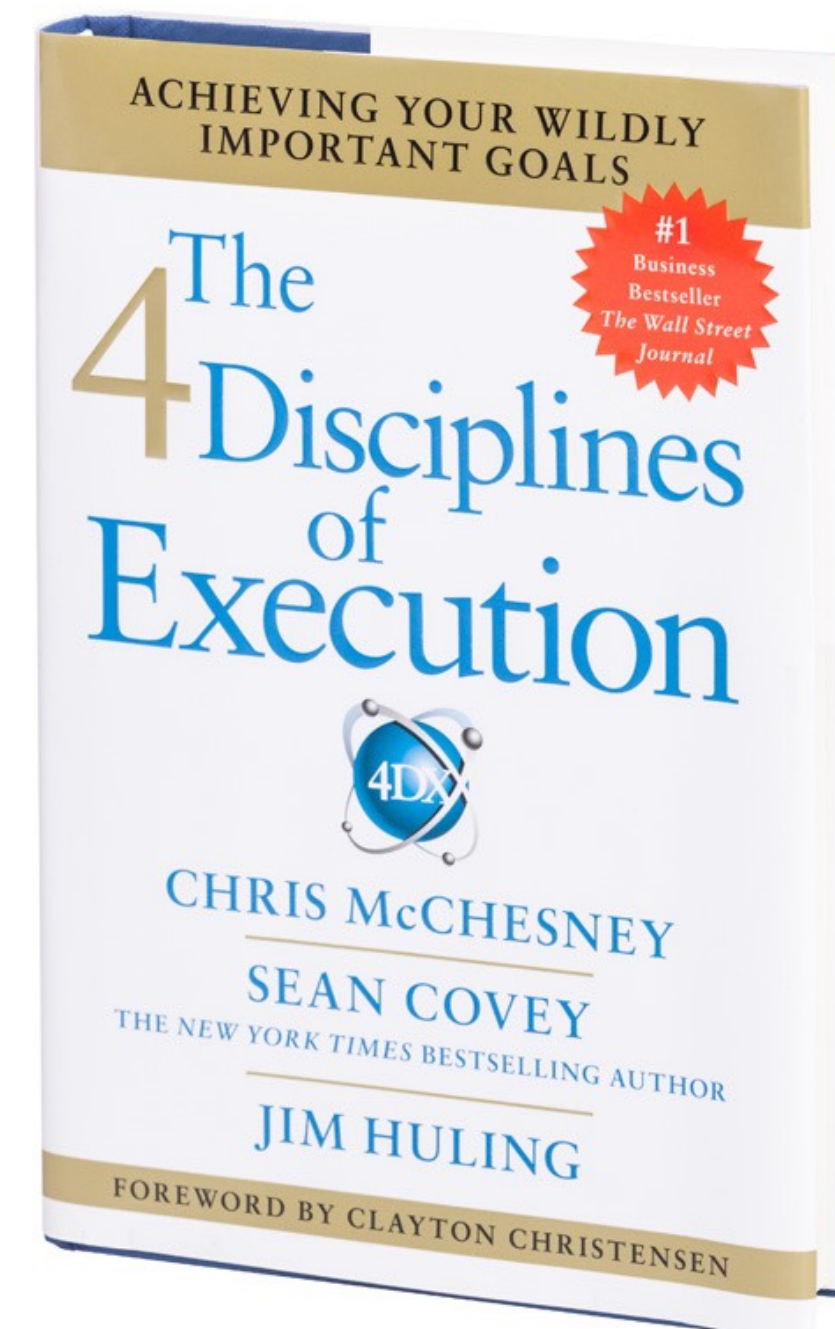
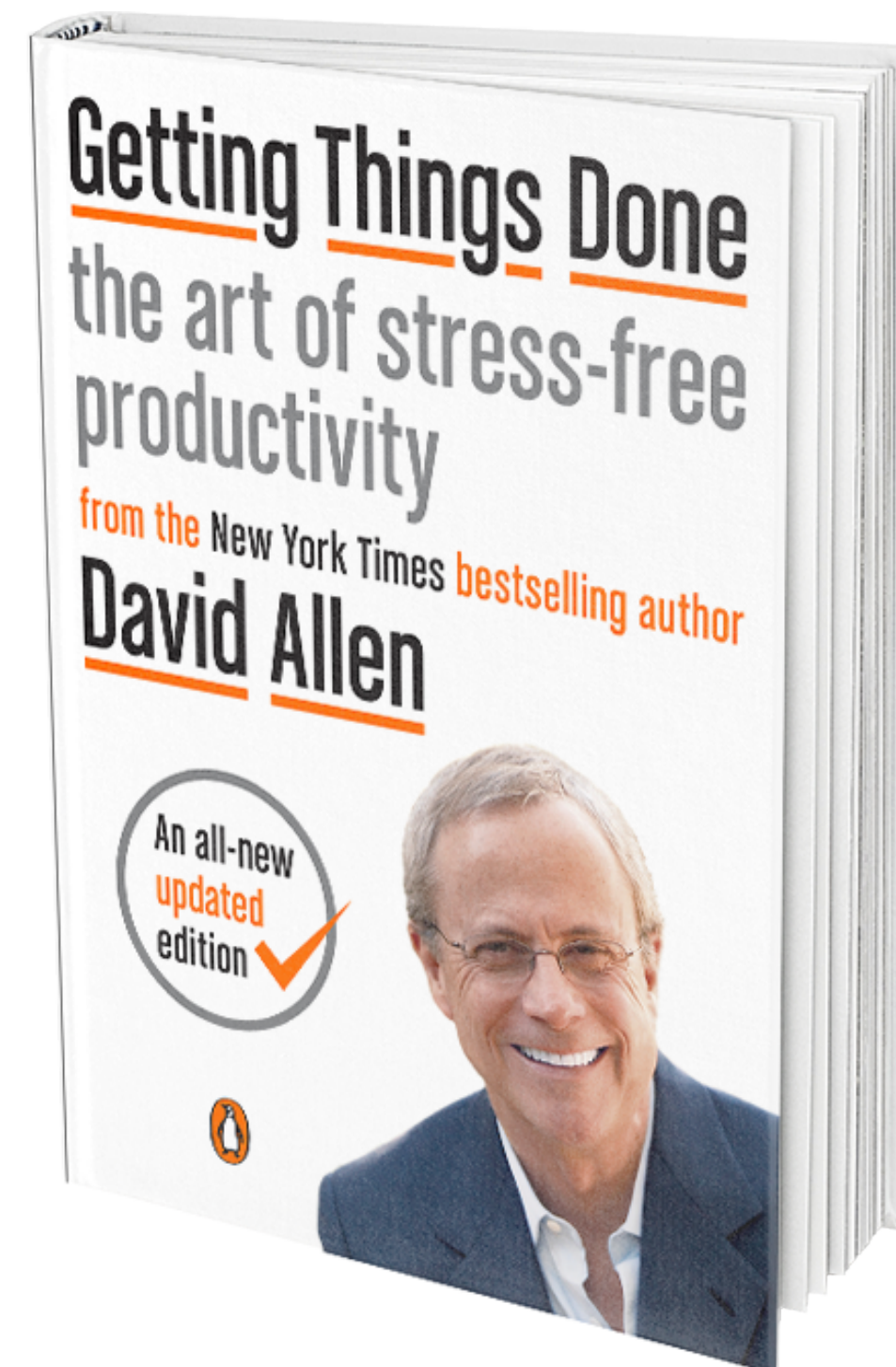
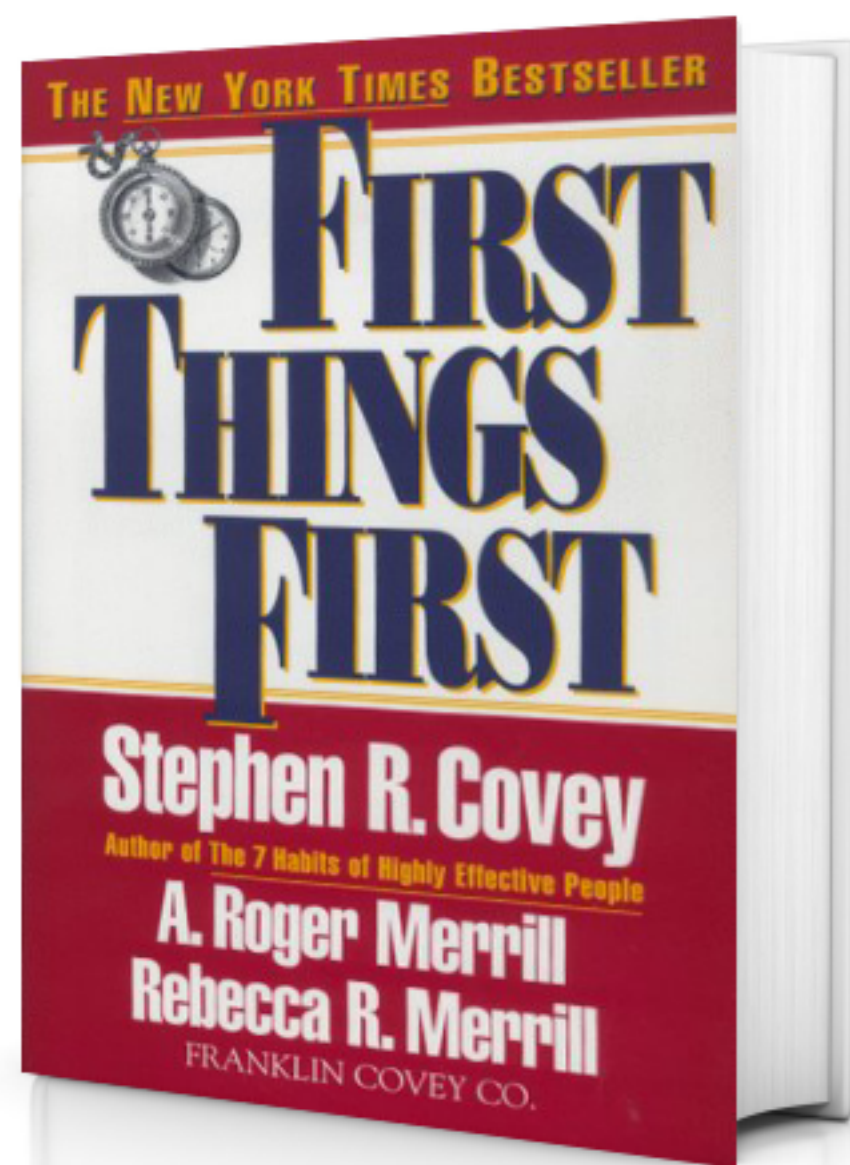


4 Disciplines of Execution

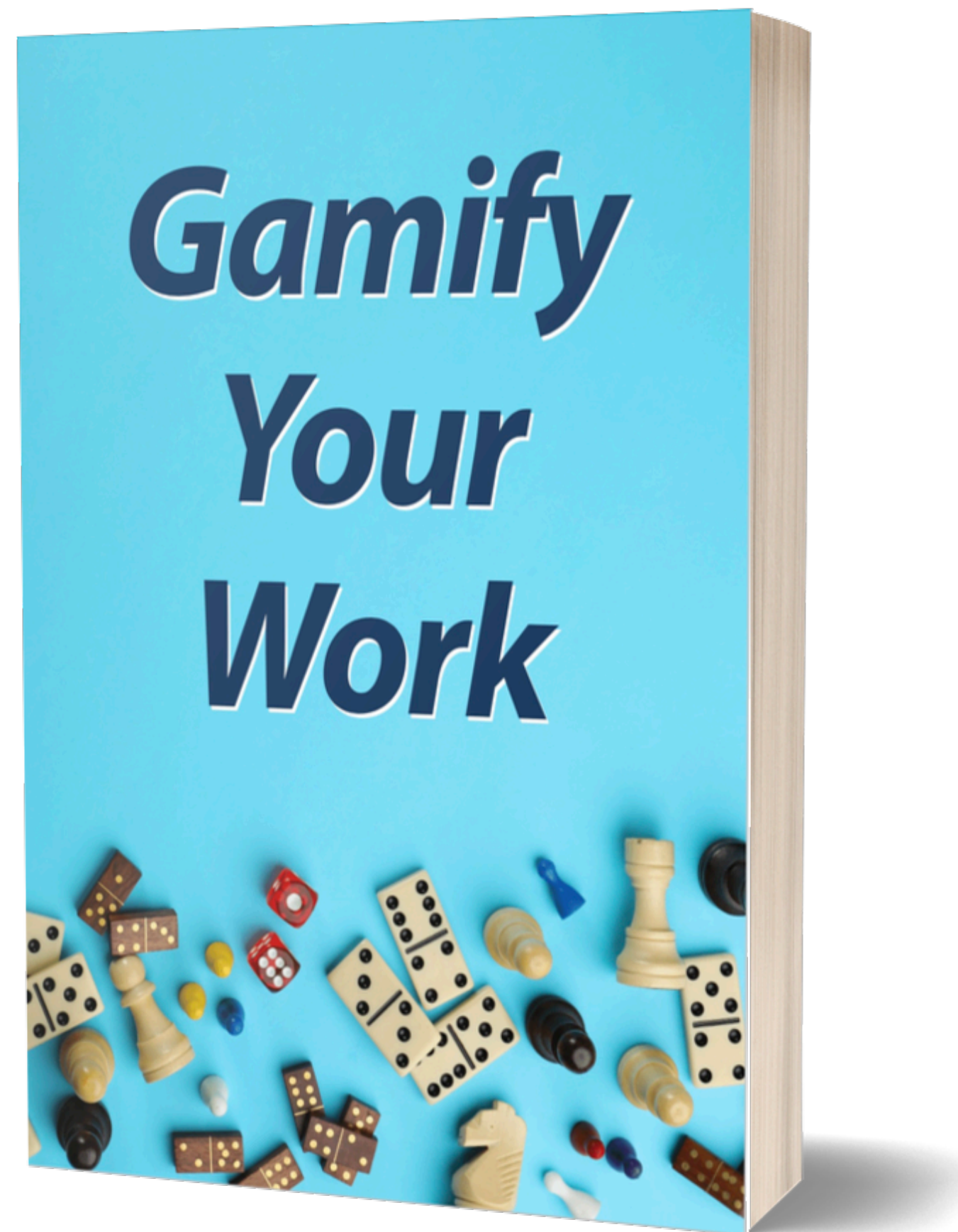
1. Scan - 12m
2. Focus - 8m
3. Act - 5m



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Free Ebook



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