

How to gamify your working week

Gamification is a fun way to motivate yourself differently, turning your progress into something visible, rewarding and enjoyable.

It's about using game-like elements (points, challenges, rewards) in non-game contexts to boost your engagement and help you take action. Try our squiggly games to gamify some of your work this week, or make up your own (and share them with us!)

Our squiggly game rules

Play on your own or play together - if you play together, ask the the winner to share what worked so you can learn from them too.

Play for 2 weeks: week 1 - play the game as is, week 2 - try and beat your score.

Play one game at once.

Choose a squiggly game to try at work

Score your to-do list

Aim for 20 points a week to unlock a reward of your choice.

+1 for each to do list item you tick off

x2: every tick before 10am

Score

Power up your energy

Aim for 10 energy points a week

+1: take a proper lunch break

+2: go outside for a walk

+3: put your devices away for 30 mins

Score

Boost your connections

Aim for 10 connection points a week.

+1: message someone you haven't spoken to in a while

+3: introduce two people

+5: have a curious career conversation

Score

Level up your learning

Aim for a 5 day learning streak

+1: ask a who/why question in a meeting

+1: read/listen to something new for 5 minutes

+1: write one thing you learned each day

Score