

# ***LifeRPG* Strategy Guide (v1.0.0)**

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*LifeRPG* is a productivity application developed by Jayvant Javier Pujara for Android devices that allows the user to “gamify” tasks and goals. Users create Missions that reflect what they hope to accomplish and, through input expressing in numbers such aspects of these tasks and goals as difficulty and urgency, find their progress represented in the language of digital role-playing games, intelligible to players of such games as *Chrono Trigger* or the *Final Fantasy* series.

## **Contents**

|                         |   |
|-------------------------|---|
| Overview.....           | 2 |
| Energy Bar.....         | 2 |
| Missions.....           | 2 |
| Skills.....             | 2 |
| Rewards.....            | 2 |
| Strategy.....           | 3 |
| Designing Missions..... | 3 |
| Fig. 1.1.....           | 3 |
| Fig. 1.2.....           | 4 |
| Fig. 2.1.....           | 5 |
| Designing Rewards.....  | 6 |
| Fig. 3.1.....           | 6 |
| Fig. 3.2.....           | 7 |
| Conclusion.....         | 9 |

## **Overview**

To begin with, *LifeRPG* allows the user to create a profile consisting of a name, a “title” with the option to include a “class” (intelligible to players of such tabletop role-playing games as *Dungeons and Dragons*), a short description, and an icon that can be selected from *LifeRPG*’s library. These elements of the profile, while not strictly necessary, occur alongside an element absolutely essential to the application’s purpose: measurement of the user’s “level,” achieved by accumulating experience points (XP) won through accomplishing personal goals. Additionally, the profile information also displays a blue bar representing the number of XP needed to achieve the next level, a red bar representing the user’s “energy” or perhaps HP, and the number of reward points (RP) the player currently possesses.

## **Energy Bar**

The purpose of the red energy bar is twofold: 1) it helps the user articulate how much he can accomplish in a day by “gamifying” his daily energy, and 2) apparently, it can help the application prepare a suggested order in which to undertake Missions based on their difficulty vis-a-vis the user’s remaining energy. By going into the settings, the user can choose to disable the energy bar or to make the application’s “suggested order” feature take energy into account. In addition to those options, the user can set how energy is determined, whether by “wake/rest” times (by which the application shows the depletion of energy according to the passing of the user’s waking hours) or manually, allowing the player to indicate his own level of energy according to his predilections.

## **Missions**

Just below the options for the energy bar sit options for displaying Missions. “Row coloring” gives each mission a bar of a certain color indicating its priority (determined by the application through a combination of certain attributes); “Icons” allows the user to choose an icon from the application’s library to represent the Mission; “Icon coloring” makes icons change color to reflect priority, the same way the row bars do; “Icon picker” enables the user to change the icon of a Mission simply by clicking the icon rather than going into the edit screen for that Mission; “Completion bars” enables a bar to indicate the progress of a Mission through the completion of “child” Missions; “Show FAB” enables a button floating on the Missions screen for adding new Missions, rather than making the player select the “Add missions” option from the top of the screen; and “Show Avatar” enables the user’s profile icon to be displayed. These can all be disabled or enabled at the user’s whim.

## **Skills**

The user, in designing Missions, will list the Skill or Skills each Mission will call upon him to use. These Skills can be anything the user wants, and successful completion of Missions allows these Skills to increase in level. These Skills and their respective progress can be displayed by selecting “Skill filter.” Skills should reflect specific traits or aspects of lifestyle the user hopes to improve. It is useful to create a list of these Skills to which the user can refer before designing Missions. Skills are only entered into the application itself when a Mission is designed; it can then be selected from a window when creating other Missions.

## **Rewards**

The user may list real-life things with which to reward himself, whether tangible or not, upon the acquisition of a certain number of reward points or RP. The user himself assigns an RP award to each task as a way to motivate himself.

## Strategy

### Designing Missions

Missions are created with a title and a short description of that task. Following that are three sliders indicating the Attributes of a Mission: Difficulty, Urgency, and Fear. The Difficulty and Urgency Attributes are fairly self-explanatory; Fear can represent the uncertainty or unpleasantness inherent in a particular project. These sliders allow the user to indicate a value for each Attribute from 0% to 100% in increments of one. However, to get the most out of *LifeRPG*, the user must approach the Attribute values in a consistent manner. The following table (Fig. 1.1) has been developed to assist the user in determining the exact value a given Attribute should be assigned:

| ATTRIBUTES | DIFFICULTY        | URGENCY      | FEAR        |
|------------|-------------------|--------------|-------------|
| 10%        | Trivial.          | Optional.    | Negligible. |
| 20%        | Beginner.         | Non-urgent.  | Eustress.   |
| 30%        | Breeze.           | Free.        | Excitement. |
| 40%        | Easy.             | Low.         | Jitters.    |
| 50%        | Medium.           | Middle.      | Moderate.   |
| 60%        | Hard.             | High.        | Worry.      |
| 70%        | Challenge.        | Major.       | Gloom.      |
| 80%        | Expert.           | Superlative. | Obsession.  |
| 90%        | Extreme.          | Immediate.   | Dread.      |
| 100%       | Transformational. | Critical.    | Mortal.     |

Fig. 1.1

*LifeRPG* itself divides each Attribute’s values into four groups: 0%-25% is “low,” 26%-50% is “medium,” 51%-75% is “high,” and 76%-100% is “extreme.” It is not advisable to set any Attribute to 0%; Difficulty and Urgency above 0% are both necessary for any XP to be awarded upon the completion of the Mission (being the primary mechanic of the application), and the Fear Attribute increases XP further. The following table (Fig. 1.2) defines the terms used in the previous table for further clarity:

| DIFFICULTY.   | URGENCY.   | FEAR.   |
|---|--|---|
| Trivial – effortless, undemanding of attention.   | Optional – unnecessary but desired.  | Negligible – aversion may be completely unnoticed.  |
| Beginner – welcoming to one who has never done this before.   | Non-urgent – necessary, but failure unlikely to cause significant impact.                                | Eustress – just enough “pull” to feel good or productive.   |
| Breeze – requiring attention but generally quick and simple.  | Free – necessary, but can be completed at any time.  | Excitement – non-threatening but interesting.   |
| Easy – Challenging to someone just learning, but not intimidating to the same.                                      | Low – to be placed at the lowest tier of tasks to be accomplished in specific time-frames.               | Jitters – manageable nervousness about undertaking the task.  |
| Medium – requiring moderate effort and attention; somewhat intimidating to beginners.                               | Middle – to be placed in the middle tier of time-sensitive tasks.  | Moderate – pervasive or chronic, but low-key anxiety about the task.  |
| Hard – unwelcoming to beginners and challenging even to the well-practiced.   | High – to be placed in the uppermost tier of time-sensitive tasks.                                       | Worry – middle-tier chronic anxiety about the task, such that sleep may be affected.  |
| Challenge – may overwhelm even the very well-practiced.   | Major – demanding longer-term attention than High Urgency items.   | Gloom – upper-tier chronic anxiety about the task, such that almost all aspects of life are impacted by it.   |
| Expert – demanding very high familiarity and intense focus.   | Superlative – may completely displace even High Urgency items.   | Obsession – intense chronic anxiety such that all or most thinking is centered on the task.   |
| Extreme – may overwhelm even experts.   | Immediate – to be accomplished as soon as possible even at the expense of extremely high priority tasks. | Dread – aversion and anxiety approaching fight-or-flight response.  |
| Transformational – will change a person from the inside out when even a modicum of effort is expended on this task. | Critical – genuine life-or-death stakes.   | Mortal – fear such that one may sincerely struggle with deciding whether to undertake the task or suffer a severe impact to quality-of-life in avoidance of it. |

Fig. 1.2

Once a value has been assigned to each Attribute, the application will calculate the task’s worth in XP according to a proprietary algorithm. The higher the Attribute values, the higher the XP payout.

Following this, the user will assign to the Mission a Skill or multiple Skills. Skills that have not been yet entered into any Mission will not be available to select and so must be typed into the provided space. After the Skill space comes an option to select a “Parent Mission,” which will allow the Mission currently being designed to be regarded as an individual task within a larger project. Missions cannot have multiple Parents but they can have multiple Children, and even Child Missions can have Child Missions.

Next comes the due date, which is optional. The application will also allow for a specific time of day to be selected by which the task must be completed. The user also has the option to set reminders, notifications that appear on his device at certain intervals. The user can also choose the Mission’s “Repetition,” to indicate whether the task is recurring and by what intervals the task recurs, such as every so many days, certain days of the week, etc. The player can also indicate the expected duration of the task in minutes, hours, days, etc. This helps the application order the tasks according to priority, if the user chooses the “suggested” order function.

Finally comes the assignment of RP to the task, which will be awarded to the user upon its successful completion. The user designs specific rewards to allow himself that he can “purchase” according to how many RP he has accumulated and the “price” in RP he has set for each award. The following table (Fig. 2.1) is offered as a means of aiding users in determining RP assignment to Missions in a consistent way, according to the XP awarded by the Mission and dividing standards between Child Missions and those Missions without Parents:

| Reward Points. | NON-CHILD MISSIONS.   | CHILD MISSIONS.            |
|----------------|-----------------------|----------------------------|
| 1 RP           | Daily Missions only.  | Daily and weekly Missions. |
| 5 RP           | 0-100 XP.             | 0-1,000 XP.                |
| 10 RP          | 101-1,000 XP.         | 1,001-10,000 XP.           |
| 25 RP          | 1,001-10,000 XP.      | 10,001-100,000 XP.         |
| 50 RP          | 10,001-100,000 XP.    | 100,001-1,000,000 XP.      |
| 75 RP          | 100,001-1,000,000 XP. | 1,000,001+ XP.             |
| 100 RP         | 1,000,001+ XP.        | Not applicable.            |

Fig. 2.1

It is recommended here that the user only award himself 1 RP for every daily non-child Mission he completes and for every daily and weekly child Mission he completes, regardless of the XP awarded him. Also, the user is her advised not to award himself 100 RP for any child Mission.

Truly last and wholly optional is the ability to select an icon from the library to represent the Mission.

## Designing Rewards

The user can design rewards for himself as a measure of keeping motivated, items tangible or otherwise of his own choosing that he can “purchase” in the application using RP to treat himself for making progress in his goals. In adding a reward, the user is expected to select a representative icon if he so wishes, to name and describe the reward, to set its “price” in RP, and to set the number of such rewards “in stock” (which can be a finite amount or made unlimited, according to the user’s predilections).

The user is here recommended to determine the cost of his rewards in RP by using the following formula (Fig 3.1) for items that require a real-world purchase:

$$\text{Mod}(\text{Cost})/\text{Stock}$$

Fig. 3.1

In the formula above, the “Cost” is meant to indicate the price in the user’s standard familiar currency rounded up to the next ten basic units, with some exceptions. This means that, for example, an item costing 39.99 USD would be rounded up to 40 USD, or that a price of 118.98 GBP would be rounded up to 120 GBP. The lower divisions of the currency (cents and pence, respectively, in the previous examples) are dropped. The exception to this is made for currencies whose values are such that multiples of one hundred or higher are extremely common, such as in the Japanese Yen. Since *LifeRPG* is, at the time of writing, an exclusively English-language application, this is unlikely to present a problem to the user. Should the user encounter such a problem, he is advised to round up to the nearest *factor* of ten that makes the most sense for his particular currency, such as to 5200 JPY for an original price of 5119 JPY.

The “Mod” in the formula refers to a special modifier to be multiplied with the cost. The modifier is determined by the nature of the reward. The following table (Fig. 3.2) illustrates how this modifier is to be determined:

|  |                  |
|--|------------------|
| Type I – potentially useful toward completing future Missions, does not significantly divert attention or energy away from Missions/can be used or enjoyed while working on Missions.                  | Multiply by 0.5. |
| Type II – potentially useful toward completing future Missions, may significantly divert attention or energy away from Missions/must be focused on before returning to working on Missions.            | Multiply by 1.   |
| Type III – has no significant potential use toward completing future Missions, does not significantly divert attention or energy away from Missions/can be used or enjoyed while working on Missions.  | Multiply by 1.   |
| Type IV – has no significant potential use toward completing future Missions, may significantly divert attention or energy away from Missions/must be focused on before returning to work on Missions. | Multiply by 2.   |

Fig. 3.2

“Stock” in the formula refers to how many discrete instances of the item the user has chosen to represent as “in stock.” If the user were to, say, plan on purchasing two video game consoles priced at 399.99 USD, perhaps one for himself and the other for a friend, then, considering that, unless one of his Missions is to complete certain games, the console is something that will not contribute to Missions and will divert efforts away from them while it is being enjoyed, this user will achieve a price of 400 RP: the USD price of 399.99 is rounded up to 400, multiplied by 2 to achieve 800 given the nature of the reward, and then divided by two since he plans to purchase two. The “Stock” divider is really intended for such things as snacks or cigarettes that are purchased collectively but enjoyed individually, but any reward allowing multiple purchases from the rewards page will likely be a lower monetary investment. The user is admonished to use his best judgment.



## **Conclusion**

This Strategy Guide is now complete. Given the nature of the application, there is no one perfect way to approach *LifeRPG*. However, it is the hope of the author of this Strategy Guide that users may find a satisfying and consistent approach in the suggestions he has offered in it. The user is encouraged to experiment to find what works best for his particular needs and to discard that which hinders his progress.

Special thanks to Jayvant Javier Pujara for creating this wonderful app! It is available for Android devices on the Google Play store!