

M U N I
F I

PV235 - Time Management and Effectiveness

Make habits a game

[Habitica](#)



Source: Google Images

Martin Haderka (493335)

Habitica

- Habit tracking app
- Gamification
 - Your character
 - Levels
 - Health, Experience, Mana
 - Gold
- In this presentation I'll explain:
 - How to use habitica
 - How I set it up
 - How to manage habits



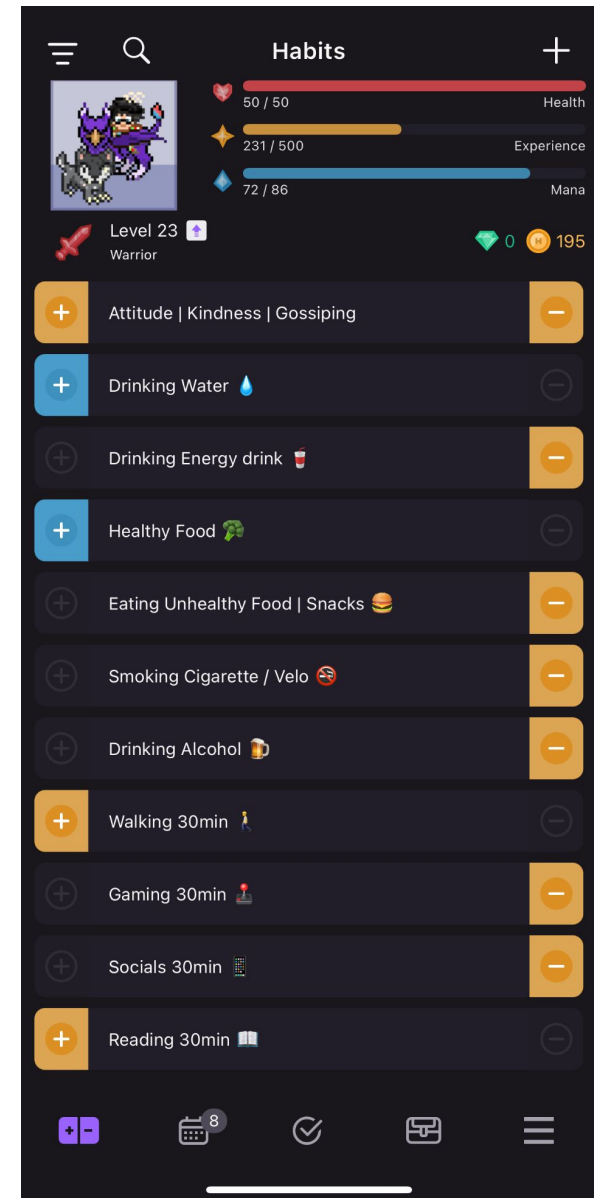
Source: Habitica app

Habits

- **Bad Habits**
 - No instant reward in case you avoid doing a bad habit
 - Long term reward
 - e.g.: smoking
- **Good Habits**
 - Takes time to feel rewarded
 - Easy to stop doing it
 - Long term reward
 - e.g.: jogging
- **Habitica app:**
 - Instant punishment (bad habit)
 - Instant reward (good habit)
 - Daily habits

Habits

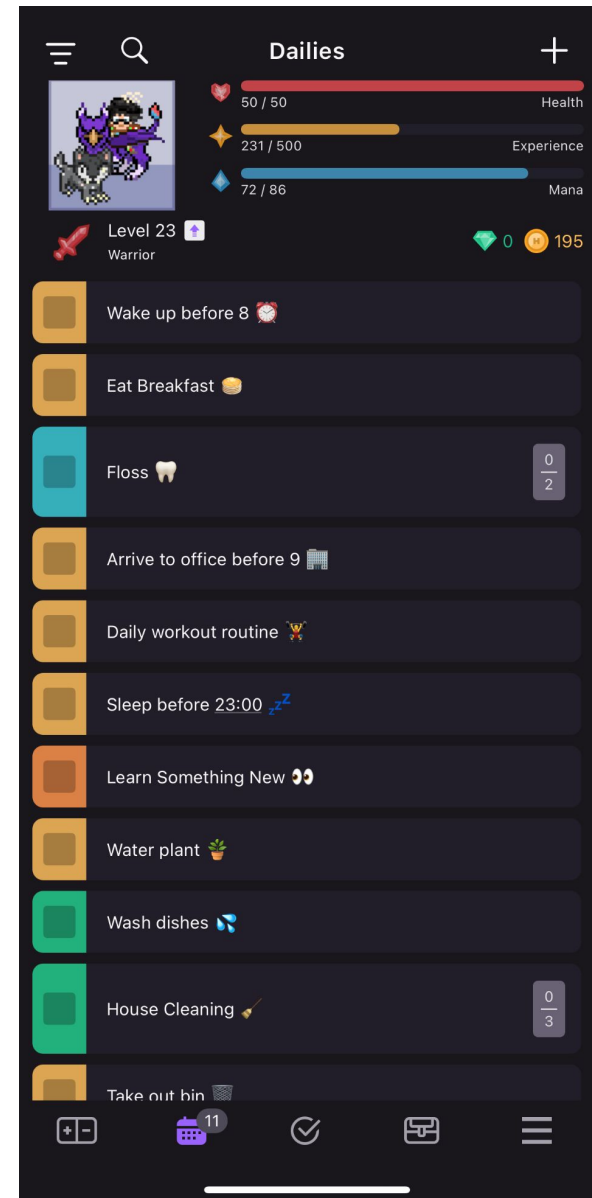
- Not daily
 - Reward
 - Punishment
- Can be repetitive
- Examples:
 - Reward yourself for:
 - Skipping urge to smoke
 - Facing a problem
 - Doing important task
 - etc.
 - Punish yourself for:
 - Eating junk food
 - Alcohol
 - Energy drink
 - etc.



Source: Habitica app

Dailies (Daily Tasks)

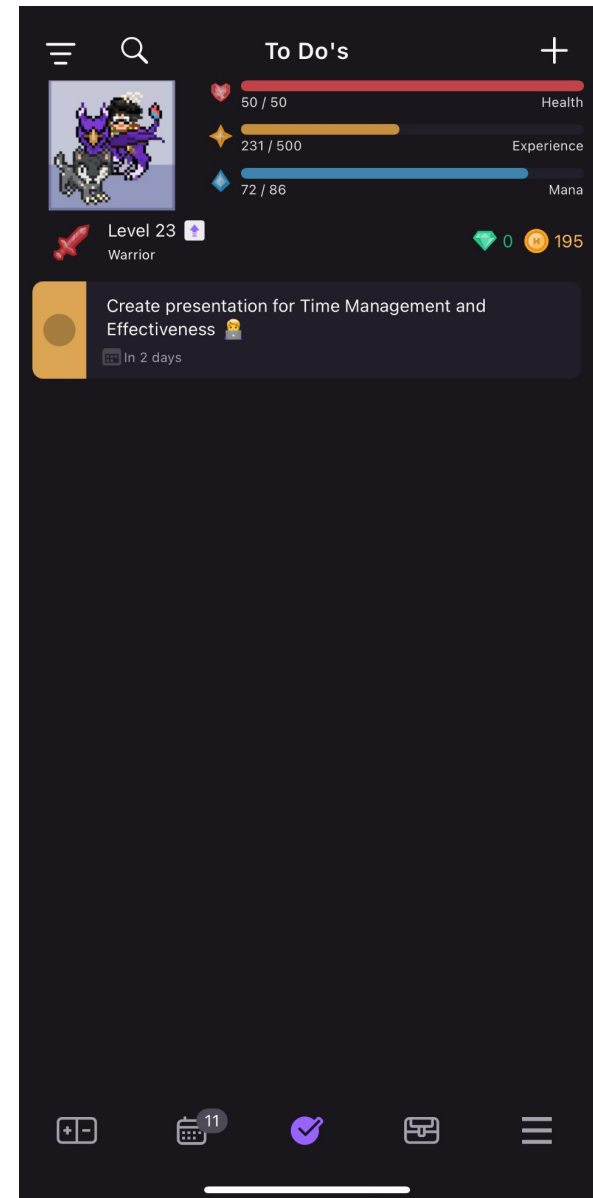
- Habits to do everyday
 - Routines
 - Teeth Flossing
 - Eating breakfast
 - Washing dishes
 - Cleaning the house
 - Etc.
 - Daily tasks
- Must be done by the end of the day
- Character will lose points if not done



Source: Habitica app

To Do's

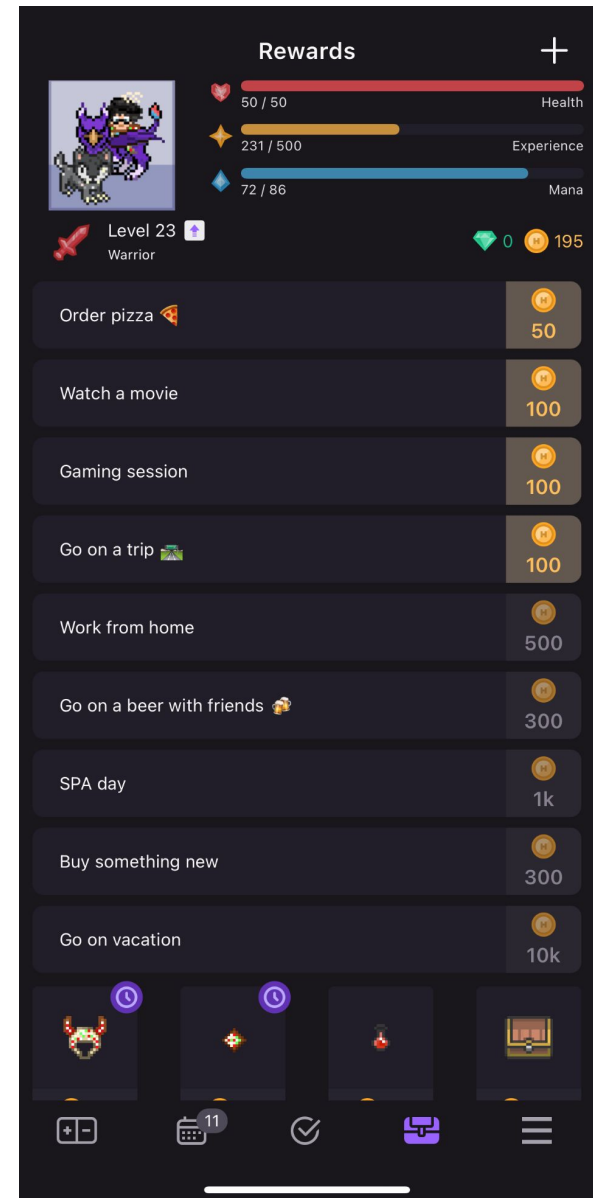
- As a regular ToDo app
- Personal note:
 - I'm rather using regular Reminders app
 - May be useful to someone to not postpone tasks



Source: Habitica app

Rewards

- Rewards
 - Smaller “bad habits”
 - Huge “bad habits”
 - Vacation
- In-game rewards



Source: Habitica app

Habitica

- [Desktop link](#)
- [How to start link](#)
- Personal notes:
 - Find out what is best for you
 - Start with easy tasks
 - Add other on the way
 - Reward yourself

