Contemplations on a Balanced and Intrinsically Motivated Life

reflective practice. spring 18.
• an intentional, systematic, and contemplative practice

• the way you do something

• to reach a new outcome.

• into ongoing processes
A playful & experiment with a self defined strategy
to transform my feeling of dread
by increasing my appreciation for how I respond to my life

Ryder Carrol “Calendex”

The Renaissance Quilling craft of Monastic Life

To make an aesthetic object that represents my effort
work hard,
stay motivated
get rewarded,
Ikigai
A Japanese concept meaning "reason for being"

Balanced Life
Dream Plan Achieve

Balance in Life
Work
Career
Business
Performance
Responsibility
Life
Health
Family
Friend
Happiness

A Balanced Life
For You
Dream BIG

Balanced Life
Dream Plan Achieve

PHYSICAL HEALTH
MENTAL HEALTH
RELATIONAL HEALTH
FINANCIAL HEALTH
"WORK" HEALTH
"VOCATION" HEALTH

Balanced Life
Dream Plan Achieve

Air Dried Raw
CHICKEN
COMPANION TREAT
Chicken Meat & Liver with Anteries

The Balanced Life
breathe~
Contemplations on a Balanced and Intrinsically Motivated Life

- **Intrinsic**
  - Autonomy
  - Belonging
  - Curiosity
  - Love
  - Learning
  - Mastery
  - Meaning
  - ...

- **Extrinsic**
  - Badges
  - Competition
  - Fear of failure
  - Fear of punishment
  - Gold Star
  - Money
  - Points
  - Rewards
  - ...

Sustaining

Collapsing
<table>
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<tr>
<th></th>
<th>Jack</th>
<th>John</th>
<th>Molly</th>
</tr>
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<tbody>
<tr>
<td>Monday</td>
<td>Brush my Teeth</td>
<td>Eat all my Food</td>
<td>Finish my Homework</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Get to Bed on Time</td>
<td>Brush my Hair</td>
<td>Finish my Reading</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Brush my Hair</td>
<td>Do more exercise</td>
<td>Be Good Today</td>
</tr>
<tr>
<td>Thursday</td>
<td>Eat my vegetables</td>
<td>Pack my school bag</td>
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<tr>
<td>Friday</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Saturday</td>
<td></td>
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<tr>
<td>Sunday</td>
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<table>
<thead>
<tr>
<th>Reward when I get stars</th>
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<tbody>
<tr>
<td>11</td>
<td>a toy car</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>an ice cream</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>to go ice skating</td>
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How can I be more playful in life?

How can I be more gameful in life?
Game Essentials

- Defined Target Behavior
- Defined Goals
- Defined Rewards & Reward Schedule

Measure of Performance,
failure actually instructs how to play

Analyze Performance,
challenge level, “flow”, multiple response consequences

Feedback, Explicit and Immediate
Intrinsic reward: making art, aesthetic, meaning

Quilling or paper filigree
Lisa Nilsson
I’ve been thinking of other angles to analyze, codify and create new quells from my week and month and perhaps seasons.

Current quilling samples
new ways to manage difficult emotions, quit caffeine, 
learned new skills that previously overwhelmed me, 
developed awareness of my body in gross and subtle ways 
And brought this awareness into my yoga teaching and meditation, 
Fell asleep faster and slept better, 
increased my compassion for mistakes, 
Gave myself high fives more often, 
Increased my sense of awe and gratitude for simple things

Am I Balanced?
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