QUEST UPGRADE

BATTLE THE BOSS

GUIDE

BATTLE THE BOSS

This Reality Hacker OS upgrade turns any project into a fun "battle". It's perfect for those big projects you need to get done but just keep finding yourself procrastinating on. Included in this guide is how to use the Battle The Boss framework for your own personal projects, team projects, or as friendly competitions with friends, family and colleagues.

BASIC SETUP

There are two steps to setting up your Battle. Follow along as you read below.

1. Fill Out The Project Worksheet

The included Project Worksheet document gives you a simple framework for structuring any project into a Battle The Boss game. You may print out and use the included worksheet template, or use the blank pages in the back of your Reality Hacker OS journal to write it out yourself.

First, write a name and/or description of the project you are going to be working on:

BATTLE QUEST

Project Description _____

Boss Name _____

Below the project name/description there is a space to enter boss name. This is a fun exercise that allows you to create the character you are battling. Use the boss name generator document included in this pack to select from the three columns and design your boss name:

GUIDE

BOSS NAME GENERATOR

ADJECTIVE	NOUN	ORIGIN
The Dark	Gargoyle	of the night
The Vengeful	Goblin	of the seas
The Cursed	Creature	of the forest
The Savage	King/Queen	of the north

Once you've created your boss name, enter it in the Project Worksheet and move on.

© 2020 All Rights Reserved

Now it's time to fill break your project into tasks (or "hits"). This is how you will battle the boss and accomplish the project in the process.

On the lines below the project name/description and boss name, write down each step or task required to complete the project. Try to be as specific as possible, and keep each task as small and simple as you can. The easier each individual task is, the more fun and effortless the project will be to complete.

For instance, say your project is to clean your house. You could write "clean bedroom" as one of the steps, but that's not as specific as you can get. Instead, break that task down into even smaller tasks—take sheets of bed and put in laundry room, put clothes into laundry basket, sweep bedroom floor, organize miscellaneous items, and so on. This way you feel the sense of accomplishment with every single action you take, no matter how small it may be.

Tasks	Date Completed	Hit Points
☐		
☐		
☐		
☐		
☐		
☐		
☐		
☐		
☐		
☐		
☐		
☐		
☐		
☐		
☐		
☐		
☐		
☐		
☐		
	Total points to defeat boss	

Another important aspect of this process is assigning each task a Hit Point value. A Hit Point is a strike, hit or blow to the boss you are battling. So with every task you complete, you cause damage to that boss and get one step closer to victory.

We recommend assigning Hit Points based on how easy or difficult a task is, using a scale of 1 (easiest) to 5 (hardest). For instance, putting clothes into the hamper is easy, so that may only earn 1 Hit Point, but mopping the floor takes more time and effort, so that is 5 Hit Points. There is no right or wrong way to do this, just have fun and do what you think makes sense.

Once you have finished writing out the project tasks and assigning Hit Points, add all task Hit Points up and write in a grand total at the bottom. This is the total points it will take to defeat the boss and accomplish your project.

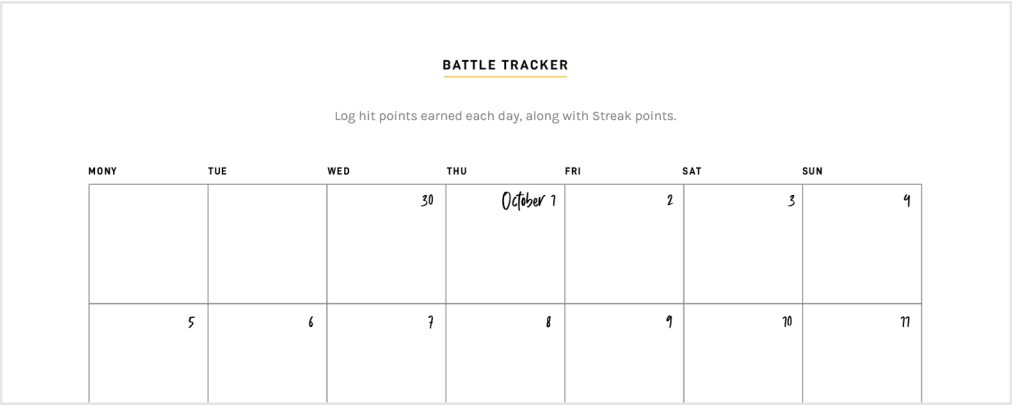
© 2020 All Rights Reserved

2. Fill Out The Battle Tracker

The last step of setup is to prepare your Battle Tracker for use. The Battle Tracker gives you a framework to track your project and Battle day-to-day. This is an important component to the Battle The Boss Framework.

Taking a look at the image below, you'll notice the grid featured at the top of the Tracker. You'll use this to create a calendar to track your Battle progress.

Starting on the day you will begin this project, write in the next few weeks of dates. For instance, let's say today is Tuesday, September 29, and you want to start tomorrow. Begin the calendar on Wednesday, September 30. You may reference a calendar so you get the days and dates correct. Also be sure to notate any change of month, as shown in the example below:



Note: If you are filling this out in your Reality Hacker OS journal, draw the grid using the bullet marks provided on the blank pages at the end of the journal.

Once complete, you are done with Basic Setup. You may now continue to the next page to learn how to play.

© 2020 All Rights Reserved
REALITY HACKER OS

HOW TO PLAY

Now let's do a walk-through of how to play the Battle.

> 💎 Before you begin a task, you can use the Flow Inducer inventory upgrade included in this pack. This process will activate a state of flow for effortless completion of your project.

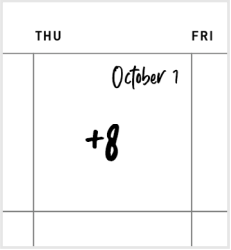
1. Complete Your Tasks

In the Setup phase you outlined the tasks required to complete your project. Each day, work on this list, and check off each task as you complete it. As you check off a task, also write the date in the Date Completed column (you'll see why shortly).

Tip: When you complete a task, imagine you are striking a hit or blow to the boss character. This adds an extra level of fun and makes your project feel light and enjoyable. Make it feel like a game!

2. Track Your Daily Progress

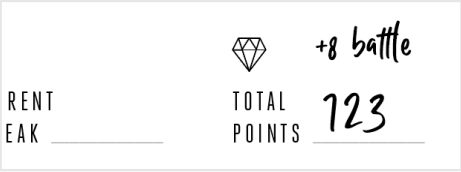
At the end of each day it is time to tally your progress. Add up the Hit Points earned for all tasks completed today, and write the total in the day's calendar square in the Battle Tracker:



3. Update Your Daily Journal Quest Template

This add-on is designed to integrate into your daily Reality Hacker OS journaling. As you battle your boss, you will also earn additional points to add to your Reality Hacker OS points total. This way the more you battle, the quicker you advance in rank in the Reality Hacker OS Multiverse.

After you total your Hit Points for the day, turn to today's Quest page in your journal and write the battle points above the Total Points section. Then when you tally your day's points, add your battle points to it, like the example below:

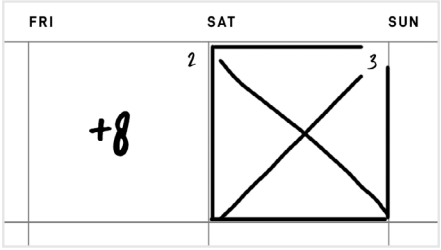


© 2020 All Rights Reserved

4. Stay Consistent Or The Boss Will Strike Back!

Stay vigilant! This is not a one-sided battle—if you slack on your project, the boss *will* strike back. Consistency is important and this battle will help you stay motivated.

If you skip a day without checking at least one task off your project list, you've sustained a hit—mark the strike by putting an "X" in the calendar box for the day. This means you sustained a hit from the boss.



If you want to make it really fun and effective, for each day you sustain a hit from the boss, subtract 5 points from your Reality Hacker OS Total Points. This way you are punishing yourself by slacking on your commitments. You can also assign yourself punishments (like chores) for sustaining too many consecutive hits.

BATTLING OTHERS

There are also ways you can play Battle The Boss with others. Here are a couple ideas:

Team Projects

For projects you are working on with others, you can use the Battle The Boss framework for increased fun, productivity and teamwork. Each team member would create a task list of their own, just as you do in the basic game-play framework. Then, each day can be a friendly competition of who completes the most tasks and thus sustains the most Hit Point damage to the boss. Write down each day's winner and total day-to-day wins for an ongoing leaderboard. Together, you will defeat the boss faster!

Head-to-Head

If you would like to play with another person who is working on a project of their own, a head-to-head battle is fun and effective. One person will choose the role of the boss, and the other person will be the hero. Each day you will play your own project tasks, and at the end of the day whoever completes the most tasks or Hit Points wins and therefore sustains a hit on the other person. Write down each day's winner and when the first project is completed, the person with the most daily wins receives the battle victory.

© 2020 All Rights Reserved