

Treat Life Like a Video Game

You Are the Hero Character

You matter. Treat yourself like you do. Create the world you wish to live in and **augment your reality** through your actions. Be the main character—*the hero*—in your own story. Stay engaged as your journey unfolds, and embrace the role of an active participant in life. Think of yourself as the protagonist, constantly upgrading and leveling up.

"Anything that attacks you only makes you stronger. To be a warrior and the main character is a powerful antidote to this modern world."

Open World Concept

The world is *limitless*. There are no borders, no walls—only endless terrain to explore. I believe thinking beyond your hometown and embracing a global perspective is crucial for creative growth. **The open world is ours to conquer.** When you're out on the streets, interacting with people, you're in the heart of this open-world experience. This isn't about staying indoors, stagnant, like a goblin at a computer screen. *Go outside, under the sun, and embrace the real world.*

"When you explore the streets and interact with people, don't take life so seriously. Video games are meant to be fun—so let life be the same."

Level Up Each Day

Just as you'd level up in a game like *Skyrim*, **increase your stats in real life.** I believe every gamer should supplement their passion with lifting weights. The gym is a real-life experience of *progressive overload*. Each day, your strength can increase by +1. Compare yourself not to others, but to who you were yesterday.

"Every day you can improve yourself, like the main hero character. In the gym, treat each rep as leveling up your strength, resilience, and character."

Consider how each interaction and each effort makes you a stronger character, just like in a video game. Your **strength, speech, and skills improve** as you engage with the world. Take inspiration from heroes like *King Leonidas* from *300*—think like a warrior, raising an army within yourself, ready to face whatever life throws at you.

Interact with NPCs

The more you engage with people in your community, the more connected you become to the world around you. **Interact with more NPCs**, allowing yourself to be open to new quests, conversations, and experiences throughout your day. This helps you grow in “speech” and “persuasion”—skills that make life’s interactions richer and more rewarding. Whether you’re chatting with strangers at a fountain or meeting people on the street, these small encounters add depth to your life’s story.

Have Fun!

Video games are meant to be fun—**so treat life this way!** Embrace the spirit of play, returning to a childlike state each morning. Stay curious, courageous, and create your own hero story. Don’t get bogged down in nostalgia or routines; life is an adventure waiting to unfold.

"Build your character, explore the open world, and treat life like the ultimate video game. Just go out there and have fun in the real world—the open world."

Take the lessons you’ve learned from gaming and apply them to life. *Treat every day like a new level, a new quest.* Upgrade your mind, body, and spirit, and enjoy the journey.