

# Healthy Competition

Friendly competition can be an effective way for teams to deepen engagement, foster collaboration, and boost morale. One simple route to creating healthy competitions is to use **gamification**.

Gamification involves adding game-based elements (such as scoring points) to existing processes or activities. Which parts of your day to day routine can you gamify and make more appealing?

## Brainstorm some healthy competitions for your team below.

When brainstorming, it helps to understand the goal of the game or competition. Write the objective in the box on the right. Your competition concepts can be based in gamification, or they can be wholly original ideas!

### Example Concept:

Weekly (optional) online trivia game for teams

### Example Overall Objective:

Spark friendly conversations, have the team learn together

Concept:

Overall Objective:

Concept:

Overall Objective:

Concept:

Overall Objective: