

# Jane McGonigal

## Quotes

*Games, Playing Games, Real, Play, People, Thinking, Reality, Motivation, Stress, Motivational, Challenges, Inspirational, School, Inspiration, Running, Epic, Optimism, Powerful, Believe, Country*

Gamers always believe that an epic win is possible and that it's always worth trying and trying now.

~Jane McGonigal

When we play a game, we tackle tough challenges with more creativity, more determination, more optimism, and we're more likely to reach out to others for help.

~Jane McGonigal

Reality is broken and we need to make it work more like a game.

~Jane McGonigal

There is no problem that doesn't have some underlying need for more optimism, stamina, resilience and collaboration. And games are, I believe, the best platform we have for providing that.

~Jane McGonigal

When we play games, our brains respond differently to stress and obstacles. We're better able to control our attention and ignore distractions.

~Jane McGonigal

I didn't accomplish what I set out to do, but I realized I had set out to do the wrong things

~Jane McGonigal

What's really amazing about games is how they change our emotional response to challenges

~Jane McGonigal

If you can manage to experience three positive emotions for every one negative emotion you dramatically improve your health and your ability to successfully tackle any problem you're facing.

~Jane McGonigal

My goal for the next decade is to try to make it as easy to save the world in real life as it is to save the world in online games.

~Jane McGonigal

Compared with games, reality is disconnected.

~Jane McGonigal

Games are unnecessary obstacles we volunteer to tackle.

~Jane McGonigal

Every game we play activates our brain, and it's the same brain we have in real life as we have in the game.

~Jane McGonigal

Game design isn't just a technological craft. It's a twenty-first-century way of thinking and leading.

~Jane McGonigal

A dramatic decrease in oil availability is not at all far-fetched.

~Jane McGonigal

My favorite part of running is the thinking time.

~Jane McGonigal

Game developers know that people have more fun when they're in large groups. They feel more fired up when the challenges are more epic.

~Jane McGonigal

I see a future in which games once again are explicitly designed to improve quality of life, to prevent suffering, and to create real, widespread happiness.

~Jane McGonigal

The idea of the 'lone gamer' is really not true anymore. Up to 65 percent of gaming now is social, played either online or in the same room with people we know in real life.

~Jane McGonigal

It may have once been true that computer games encouraged us to interact more with machines than with each other. But if you still think of gamers as loners, then you're not playing games.

~Jane McGonigal

When you strip away the genre differences and the technological complexities, all games share four defining traits: a goal, rules, a feedback system, and voluntary participation.

~Jane McGonigal

Games that make you feel good about yourself are good games to be playing.

~Jane McGonigal

The single biggest misconception about games is that they're an escapist waste of time.

~Jane McGonigal

We can boost our immune systems by strengthening our social networks and decreasing stress.

~Jane McGonigal

Games are work. There are economies popping up in games now because people value them.

~Jane McGonigal

Games are providing rewards that reality is not.

~Jane McGonigal

The more we consume, acquire, and elevate our status, the harder it is to stay happy.

~Jane McGonigal

Games are such a powerful intervention in health and wellness.

~Jane McGonigal

Any time I consider a new project, I ask myself, is this pushing the state of gaming toward Nobel Prizes? If it's not, then it's not doing anything important enough to spend my time.

~Jane McGonigal

A traumatic event doesn't doom us to suffer indefinitely. Instead, we can use it as a springboard to unleash our best qualities and lead happier lives.

~Jane McGonigal

Over time, the games we play can change how we think and what we're capable of. And it's easy to maximize the benefits so the changes are positive.

~Jane McGonigal

You need to develop mental habits that allow you to activate the same brain patterns we activate during gameplay.

~Jane McGonigal

I don't want to be a saint; I just want to help people.

~Jane McGonigal

Clinically speaking, depression is a pessimistic sense of your own capabilities, and despondent lack of energy.

~Jane McGonigal

If you make it a game, gamers will play it no matter what your

motivation is in making it.

~Jane McGonigal

I've been running since high school. My boyfriend was on the track team, and I'd run with him.

~Jane McGonigal

Urgent optimism is the desire to act immediately to tackle an obstacle, combined with the belief that we have a reasonable hope of success.

~Jane McGonigal

I worry a lot about people using games just for marketing, to get people to buy more stuff, which I think would be the worst possible use.

~Jane McGonigal

Things like depression and obesity are global challenges.

~Jane McGonigal

Every game designer should make one explicitly world-changing game. Lawyers do pro bono work, why can't we?

~Jane McGonigal

Growing up, I was prone to anxiety.

~Jane McGonigal

I want to see a game designer nominated for a Nobel Prize.

~Jane McGonigal

My mom is a public school teacher and works with third grade students.

~Jane McGonigal

When we know our strengths, we're more likely to use them.

~Jane McGonigal

There is so much more knowledge than most people realize about how to maximize the benefits of play and minimize the potential harms.

~Jane McGonigal

We have to accept as a society that games are not escapist. They really do change us.

~Jane McGonigal

Research shows that when we're under stress or facing a major obstacle, we tend to focus on our weaknesses and what we're afraid of.

~Jane McGonigal

You can't play the same game every day for years. New games are key.

~Jane McGonigal

Avatars are a way to express our true selves, our most heroic, idealized version of who we might become.

~Jane McGonigal

There are people who are very dismissive of games and gamers.

~Jane McGonigal

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