

Set Up

Begin by writing a Name, a Class and a Goal. This goal can be anything, but should be grand and epic in scale - bring peace to the land of Unternia, claim the sacred mantel of T'rika Norg, Slay the End-Eater Snake to save us all, etc.

Your character has all of the basic abilities of a trainee of your Class, whatever that means for you. Imagine what abilities a Level 1 version of your Class could do, and write two to three of them down in your Abilities.

Stats

For each of your six stats write down a single act of either self-love or self-improvement. These can be any act that you want to do more of that takes about an hour or so.

If it is an act of self-love (Bathing, eating your favourite food, doing a craft you enjoy, watching your favourite show) then mark it with a ♥. If it's an act of self-improvement (Practice guitar, a few lessons on Duolingo, go for a run, vocal warmups, practice a craft you want to master) mark it with a + sign.

These acts do not have to be directly related to your stats, but it's often nice when they are. If you want to get stronger, making your Strength act "Lift Weights" makes for a nice thematic feel.

Playing EGO

Get your notebook, and write the answer to the following question in as much or as little detail as you like.

How do you begin your quest
and what is your first adversity?

Note: Throughout the game you will be asked to answer questions.

Whenever you see this, we mean to write the answer in your notebook.

Every time you engage in one of your 6 activities, once you're finished, do a self check to determine how you feel about the the time you spent. Then, answer one of the three questions associated with that feeling.

These answers can be as long or as short as you like, but should connect somehow to the previous answer you wrote down, continuing your character's journey through the world.

Not the Best Time

You were distracted, you couldn't find your groove, you didn't enjoy the activity, you had to finish earlier than you'd like.

How did you succeed, despite great trial?

What new ally saved you?

What did you lose to save yourself or another?

A Fine Time

You basically did what you intended to do, but nothing special. You finished your run but no personal best, etc.

Where did you go, once you were finished what you had to do?

How did this trial test you, and how did you surprise yourself?

What new item did you find that will help you on your quest?

An Amazing Time

You exceeded your expectations. You really relaxed, you were engrossed and enjoyed the film you watched, you finished a project.

How did you push your limits, and find a new plateau?

How have your actions changed the world for the better?

What did you do, that they will all remember forever?

Inventory And Abilities

Your character begins with 3 items in their pack; Something they need to survive, something they need on their quest, and something pointing them in the right direction. Write these down. Whenever your character uses an item in your story, be sure to remove it from their pack.

Your character also has a set of abilities that will grow as you play. They are assumed to have all the basic abilities of a trainee or level 1 version of your chosen class. When prompted, write a new ability down in the given slot, and answer the following questions.

What did you learn?

How did you learn it?

What can you do with it that no one else can?

XP, Levels and Endings

Once you've finished writing, mark one XP next to one of your stats. When you reach 10 marks total, with at least 2 marks both + and ♥ skills, you level up. Answer the following question:

What has changed about you?

and write down a new ability or piece of equipment your character has gained in their quest. You may also choose to write down how they got it, and its history. Then clear off all your XP marks. Once you reach Level 10, answer the following question:

How did you win?

And how will you be remembered forever?

Then close the notebook. It is complete.

Legacy

To play again, simply make a new character, and pick an item your old one ended the story with. Write it in your new character's inventory and answer the following question:

Who left you this item, and

what did they hope you would do with it?

Inventory:

Character Sheet

Name:

Class:

Goal:

Stats:



Abilities: