

# Action Goal and Achievement Journal - Reduce Repeated Mistakes

Action | Reduce Repeated Mistakes | Asset ID GAME-01-10-05

**Player goal: spot the trigger that appears just before the same error. Success means you can cut repeats of one selected mistake.**

## How to use this download

This is a genre-level learning resource, so it works across original browser games that share action mechanics. Read one section, test it in a short session, and write down what happened. Keep the part that helped; change the part that did not.

| Planning field | Write or choose                                    |
|----------------|----------------------------------------------------|
| Category       | Action                                             |
| Resource       | Goal and Achievement Journal                       |
| Player goal    | Reduce Repeated Mistakes                           |
| Session length | Choose 10, 20 or 30 minutes                        |
| Baseline       | Record one normal attempt before changing anything |
| Review rule    | Change one variable, then compare like with like   |

## Category fundamentals

The useful starting point in Action games is to read threats, move with intent and choose safe attack windows. These six fundamentals give your practice a clear order.

| # | Fundamental          | Player cue                  |
|---|----------------------|-----------------------------|
| 1 | Movement and spacing | Notice it before acting     |
| 2 | Attack timing        | Practise it slowly          |
| 3 | Defence and recovery | Name the cue                |
| 4 | Threat priority      | Use it in one safe attempt  |
| 5 | Resource use         | Record one result           |
| 6 | Arena awareness      | Retest under light pressure |

## Before the first attempt

- Write the exact result you want from this session.
- Check the game's own rules and controls; this guide does not replace them.
- Pick one metric from page 3. More numbers are not automatically better.
- Change one cause at a time and retest the exact situation.
- Stop the session while you can still describe what changed.

## Goal and Achievement Journal

Turn reduce repeated mistakes into a goal you can see and review. A useful achievement names the behaviour, the evidence and the conditions under which it counts.

| Goal step         | Definition                                            |
|-------------------|-------------------------------------------------------|
| Baseline          | My current repeatable result is _____                 |
| First milestone   | I can use movement and spacing in _____               |
| Second milestone  | I can combine attack timing with defence and recovery |
| Stretch milestone | I can cut repeats of one selected mistake under _____ |
| Evidence          | Score, completion, note or recording: _____           |
| Review date       | _____                                                 |

### Achievement notes

- What became easier? \_\_\_\_\_
- What still breaks under pressure? \_\_\_\_\_
- Which practice gave the clearest return? \_\_\_\_\_
- What will I stop practising for now? \_\_\_\_\_
- Next milestone: \_\_\_\_\_

## Action Practice Lab

Pick one drill. Run a normal attempt first, then three focused attempts, then one normal attempt again. The final attempt shows whether the practice transferred back into play.

| # | Drill                                 | Skill tested         | Record                 | Result        |
|---|---------------------------------------|----------------------|------------------------|---------------|
| 1 | Survive without attacking             | Movement and spacing | Damage taken           | Result: _____ |
| 2 | Isolate one target                    | Attack timing        | Clean actions in a row | Result: _____ |
| 3 | Alternate attack and defence          | Defence and recovery | Time survived          | Result: _____ |
| 4 | Clear a small area without damage     | Threat priority      | Resources left         | Result: _____ |
| 5 | Save one resource for recovery        | Resource use         | Recovery success rate  | Result: _____ |
| 6 | Repeat one encounter with a new route | Arena awareness      | Damage taken           | Result: _____ |

## Common traps and a cleaner response

| Trap                                      | Cleaner response                                        |
|-------------------------------------------|---------------------------------------------------------|
| Mashing every input                       | Pause at the trigger and state the intended action.     |
| Chasing into danger                       | Return to one dependable input before rebuilding speed. |
| Using every resource at once              | Use a fixed marker, route or rule for the next test.    |
| Ignoring recovery frames                  | Compare the attempt with the same starting state.       |
| Watching the character instead of threats | End the run, write the cause and reset deliberately.    |

## Small signal dashboard

Choose one main signal for the week. A score can rise while decision quality gets worse, so keep one behaviour measure beside the result.

| Signal                 | Start           | Latest         | Decision             |
|------------------------|-----------------|----------------|----------------------|
| Damage taken           | Baseline: _____ | Current: _____ | Keep / change: _____ |
| Clean actions in a row | Baseline: _____ | Current: _____ | Keep / change: _____ |
| Time survived          | Baseline: _____ | Current: _____ | Keep / change: _____ |
| Resources left         | Baseline: _____ | Current: _____ | Keep / change: _____ |
| Recovery success rate  | Baseline: _____ | Current: _____ | Keep / change: _____ |

## Session Sheet for Reduce Repeated Mistakes

Today's focus is to spot the trigger that appears just before the same error. Change one cause at a time and retest the exact situation.

| Session field      | Entry                                        |
|--------------------|----------------------------------------------|
| Player or initials | _____                                        |
| Date and game      | _____                                        |
| Input method       | Keyboard / touch / gamepad / other           |
| Session target     | _____                                        |
| Main signal        | Damage taken                                 |
| Comfort check      | Visual / audio / motion / reach / break plan |

## Twenty-minute practice shape

| Time      | Action                                                             |
|-----------|--------------------------------------------------------------------|
| 0-2 min   | Warm up with familiar inputs. No score target.                     |
| 2-7 min   | Focused drill: Survive without attacking.                          |
| 7-12 min  | Focused drill: Isolate one target.                                 |
| 12-17 min | Return to normal play and use the skill only when its cue appears. |
| 17-20 min | Record the result, one cause and the next test.                    |

## Attempt log

| Attempt | Outcome       | Observation        | Decision           |
|---------|---------------|--------------------|--------------------|
| 1       | Result: _____ | Cue noticed: _____ | Next change: _____ |
| 2       | Result: _____ | Cue noticed: _____ | Next change: _____ |
| 3       | Result: _____ | Cue noticed: _____ | Next change: _____ |
| 4       | Result: _____ | Cue noticed: _____ | Next change: _____ |
| 5       | Result: _____ | Cue noticed: _____ | Next change: _____ |

## Close the session

- What improved when I slowed down? \_\_\_\_\_
- Where did the first avoidable error begin? \_\_\_\_\_
- What setting or instruction should stay the same next time? \_\_\_\_\_
- Next session's single focus: \_\_\_\_\_

## Controls, Comfort and Accessibility Lab

A strong setup removes friction without playing the game for you. Record the current setup, change one option and replay the same short section before deciding what to keep.

| Area           | One option to test                         | Question after the replay                    |
|----------------|--------------------------------------------|----------------------------------------------|
| Visual clarity | Text size, contrast, effects or camera     | Can I read the next cue in time?             |
| Audio clarity  | Cue balance, captions or output device     | Can I identify the useful sound comfortably? |
| Input reach    | Binding, grip, gesture area or handedness  | Can I repeat the input without strain?       |
| Motion comfort | Camera speed, shake, blur or field of view | Can I track movement without discomfort?     |
| Session pace   | Pause points, reminders or break length    | Can I finish focused rather than fatigued?   |
| Interface load | Notifications, clutter or pointer size     | Is the objective easier to find?             |

## One-change comparison

| Test field             | Record                               |
|------------------------|--------------------------------------|
| Short test section     | _____                                |
| Original setting       | _____                                |
| Single change          | _____                                |
| Old result             | Damage taken: _____                  |
| New result             | Damage taken: _____                  |
| Comfort before / after | ___ / 5 ___ / 5                      |
| Decision               | Keep / revise / restore / test again |

## Stop-and-adjust signals

- Repeated wrong inputs after slowing down
- Text, targets or hazards remain hard to distinguish
- Headache, eye strain, dizziness, numbness or pain
- Audio is uncomfortable or masks the cue you need
- Frustration makes the next attempt less deliberate

## Action Scenario Cards

Use these cards away from a live attempt first. Say what you notice, choose one action and name the evidence that would make you change course. There is rarely one universal answer; the value is in making the decision visible.

| # | Situation                                                          | First question             | Small response                             |
|---|--------------------------------------------------------------------|----------------------------|--------------------------------------------|
| 1 | The opening plan stops working earlier than expected.              | Check movement and spacing | Use: survive without attacking             |
| 2 | A tempting reward appears while the safe route is still available. | Check attack timing        | Use: isolate one target                    |
| 3 | One mistake has just broken the rhythm of the run.                 | Check defence and recovery | Use: alternate attack and defence          |
| 4 | The useful cue is visible, but the input keeps arriving late.      | Check threat priority      | Use: clear a small area without damage     |
| 5 | The result improves once, then drops on the next two attempts.     | Check resource use         | Use: save one resource for recovery        |
| 6 | You have enough time for only one more focused attempt.            | Check arena awareness      | Use: repeat one encounter with a new route |

## Work one card fully

| Decision field       | Notes                                                                   |
|----------------------|-------------------------------------------------------------------------|
| Chosen card          | _____                                                                   |
| What is known        | _____                                                                   |
| What is assumed      | _____                                                                   |
| Safe option          | _____                                                                   |
| Higher-risk option   | _____                                                                   |
| My choice and reason | _____                                                                   |
| Evidence to watch    | Clean actions in a row: _____                                           |
| Goal connection      | This helps me spot the trigger that appears just before the same error. |

## Debrief

- What did I notice early enough? \_\_\_\_\_
- Which assumption was wrong? \_\_\_\_\_
- Did the result come from the decision or the input? \_\_\_\_\_
- What would make the safer option too passive? \_\_\_\_\_

## Seven-Session Evidence Tracker

Use the same main signal for all seven sessions. The purpose is to see whether work on reduce repeated mistakes transfers into normal play, not to manufacture a perfect upward line.

| Session | Focus                | Signal                 | Result | One useful note |
|---------|----------------------|------------------------|--------|-----------------|
| 1       | Movement and spacing | Damage taken           | _____  | _____           |
| 2       | Attack timing        | Clean actions in a row | _____  | _____           |
| 3       | Defence and recovery | Time survived          | _____  | _____           |
| 4       | Threat priority      | Resources left         | _____  | _____           |
| 5       | Resource use         | Recovery success rate  | _____  | _____           |
| 6       | Arena awareness      | Damage taken           | _____  | _____           |
| 7       | Movement and spacing | Clean actions in a row | _____  | _____           |

## Compare the pattern

| Review                 | Value | Context                      |
|------------------------|-------|------------------------------|
| Baseline result        | _____ | Conditions: _____            |
| Typical result         | _____ | Based on sessions: _____     |
| Best repeatable result | _____ | Repeated how often? _____    |
| Largest drop           | _____ | Likely trigger: _____        |
| Comfort pattern        | _____ | Break or setup change: _____ |

## Evidence-based decision

- Keep: the routine that produced a repeatable gain.
- Change: the smallest cause linked to the repeated error.
- Pause: a metric that adds logging but no useful decision.
- Next target: one behaviour and one result for the next seven sessions.

## Personal Playbook and Next-Step Plan

Finish by turning your notes into a short playbook you can actually remember. Write actions in your own words and keep only the cues that changed a decision or result.

| Moment        | My rule                                                       |
|---------------|---------------------------------------------------------------|
| Before play   | I will check the objective, comfort and movement and spacing. |
| Opening cue   | When I notice _____, I will test attack timing.               |
| Pressure rule | When the plan breaks, I will _____.                           |
| Recovery rule | After an error, I will use save one resource for recovery.    |
| Risk rule     | I will take the higher-risk option only when _____.           |
| Stop rule     | I will pause or finish when _____.                            |
| Review rule   | I will record damage taken and one cause.                     |

## Two-week continuation plan

| Session   | Practice                              | Purpose                          |
|-----------|---------------------------------------|----------------------------------|
| Session 1 | Survive without attacking             | Set a clean baseline             |
| Session 2 | Isolate one target                    | Repeat one visible cue           |
| Session 3 | Alternate attack and defence          | Apply under light pressure       |
| Session 4 | Clear a small area without damage     | Retest the weak section          |
| Session 5 | Save one resource for recovery        | Check transfer to normal play    |
| Session 6 | Repeat one encounter with a new route | Review: Reduce Repeated Mistakes |

## Completion review

- I can now cut repeats of one selected mistake: yes / partly / not yet
- The clearest evidence is: \_\_\_\_\_
- The most useful page in this workbook was: \_\_\_\_\_
- My next small target is: \_\_\_\_\_

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