



**YOUTUBE
MEMBERSHIPS**

Welcome to the Healthy Gamer Members' Community!

Welcome, Member!

You've just joined a community of like-minded individuals who are all about leveling up—not just in games, but in life. As an HG Member, you're now part of a circle where education, entertainment, and real-life application merge to help you conquer your biggest challenges.



What You Gain with Your Membership:

- **Exclusive Content:** Dive deeper with more real, raw, and educational videos that cover what you're most interested in.
- **Members-Only Discord:** Participate in exclusive conversations and join a supportive network of peers.
- **Influence Content:** Your votes decide the topics we explore in depth. You have the power to shape our journey together.
- **Weekly Quests:** Get access to weekly quests specifically designed to help you use the information from content and implement change IRL.
- **Member badges and emotes:** Earn custom badges and express yourself with membership emotes in chat, comments, and YT community!

How It Works:

Topic Voting

Each month, we'll post on our YouTube Community Tab and send a Discord notification inviting you to suggest lecture topics. We'll tally the suggestions by popularity and then set up a poll with the top 3-5 themes for a final community vote. The winning topics will be announced shortly after.

Weekly Quests

Every week, we challenge you with a new quest linked at the top of each YouTube video comment. You can also find the weekly quests on Discord in the #weekly-quests channel or visit our resource page for a comprehensive quest list.



Engaging with Dr. K:



Live Lectures: Post-lecture, Dr. K dedicates time to answer your questions. Submit them through the SLIDO link in the live chat and vote on the ones you find most relevant. Dr. K will address the most popular questions at the end of the lecture.

Monthly Q&A: Our monthly Live Q&A sessions involve a more comprehensive approach to collecting your questions:

- Before each monthly Live Q&A, we'll call for questions via posts on the YouTube Community Tab. Submit your questions there and vote on others that interest you.
- We gather the top-voted questions, including ones from past SLIDO sessions and VOD comments, for Dr. K to answer during the live session.
- If there's time, we'll open up a SLIDO link for more live questions during the Q&A.

Need Clarity? Here's How to Enhance Your Understanding:

- **Review Past Content:** Check out Dr. K's main channel for a range of topics covered over the years. These short videos often hold the answers you need.
- **Engage with the Community:** Post your questions in the relevant Discord channel for diverse insights from community members.
- **Q&A Participation:** During live streams, submit your questions for the Live Q&A. Community votes will decide which questions are addressed. You can also submit questions for the monthly Live Q&A, where community votes again determine which questions Dr. K answers.

Ready to Dive In? Here's Your Next Steps:

- **Join the Discord:** Your hub for all things Healthy Gamer. Meet, discuss, and grow with your fellow members.
- **Explore the Resource Hub:** All your member materials, including VODs and quest details, in one place.
- **Stay Updated:** Check out which live sessions are up next and make sure you're prepared with any necessary pre-content.
- **Watch Key Lectures:** Start with the Ego Lectures: Part 1 and Part 2 to gain foundational insights.
- **Engage:** Jump into discussions, participate in votes, and make the most out of your membership!