

CONSUME ME

A narrative review by Allison Lee
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USC
Games

BITES

395

500 (Par)



At what point does self-optimization become self-destruction?

Jenny's goals, born from the model minority myth and the American Dream:

Watch your weight, get buff, make your mother proud, impress your crush, win over his strict mother, maintain a long-distance relationship, defeat your rival, excel academically, become well-rounded, and balance your STATS.

Become your best self – all within the constraints of limited time!

Mirror Jenny:
internalization of the
model myth minority.

Self-optimization
distorts perception of
reality.



To-do lists: visualization of the American Dream. *You can achieve anything if you work hard enough.* Worth is measured through



TO DO

Diet (or die!!)

450 BITES

SAT SUN MON TUE WED THU FRI

Cheat Days:

Bio Exam!

Ace the bio exam! 35/100

Calc Exam!

Ace the calc exam! 65/100

Extras!

Complete at least 4 Extra Goals!

Required Extras

TO DO

Bus Ticket!

Save money to visit Oliver again! \$0/\$30

Reading

Finish the reading for my Lit class! 0/100

Nutritious!

Go to bed with Guts (🐷) above 50% 4 times!

Exercise

Burn 999 Bites! 0/999

Combo

Do 4 activities in a single day! 0/4

Required Extras

If becoming our "best self" costs our health, our relationships, and our sense of identity...
is this really who we want to become?