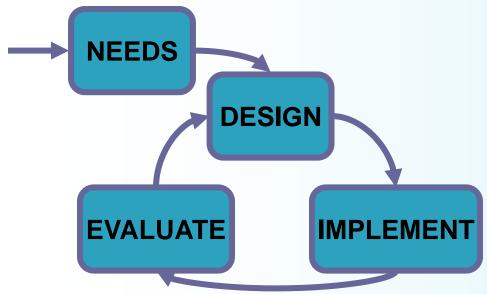
### Procrastination — Need finding



**Team members** 

Varsha C: PES1201701387

Aishwarya MM : PES1201802368

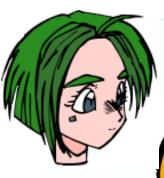
Keerthana O: PES1201802387

## Procastinating mind...,



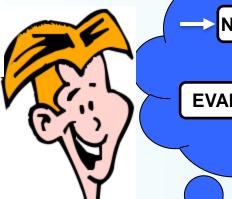
## Designing for free from procrastination

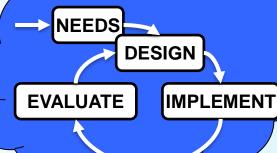


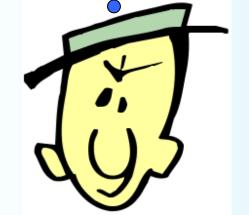












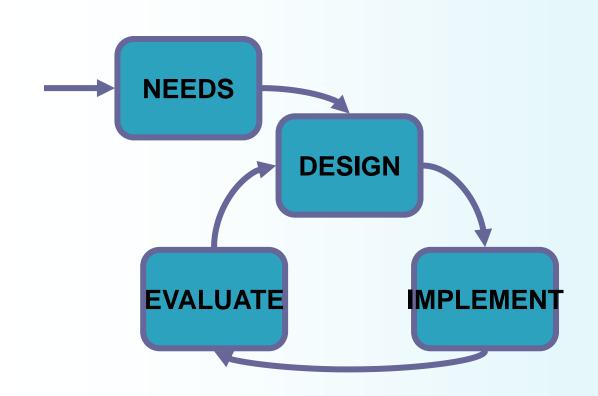




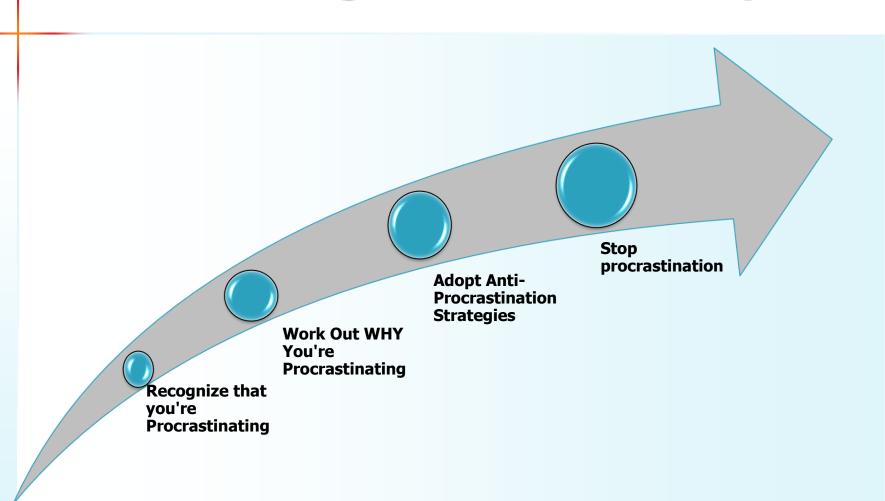




## Design process



### How to Stop Procrastinating Overcoming the Habit of Delay



## Methodology to overcome procrastination

- Forgive yourself for procrastinating in the past.
- Commit to the task
- Promise yourself a reward
- Ask someone to check up on you
- Act as you go
- Rephrase your internal dialog
- Minimize distractions

## **Empathy Map**

#### Says:

- Block
- Harder Tasks
- Turn off everything
- Making a deal

#### ĺ.

Planning

Does:

- Time blocking
- Scheduling ahead
- Constant remainders

#### **Thinks:**

- Focus on saying NO
- Negative feedback-loop
- Hard to start
- Public pressure helps

#### Feels:

- Boredom
- Overwhelmed
- Anxiety
- Fear of failure

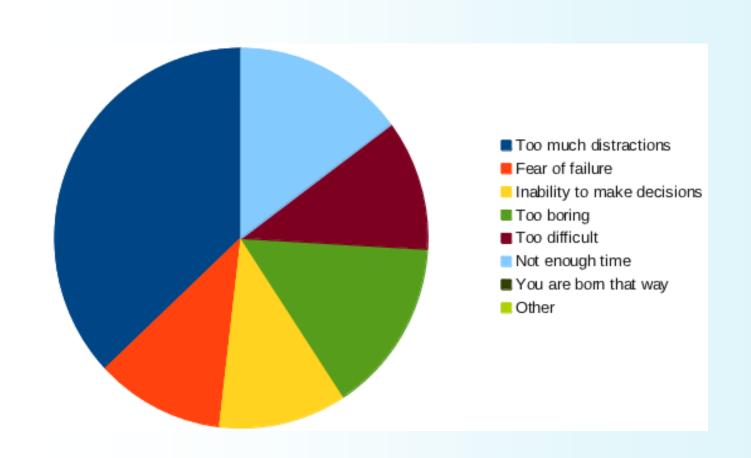
## **Analysis:**

# Day by day the procrastination have been increased making the mind weak and over whelmed..



Figure 3. Graph of average indicator values on the method "Procrastination degree of manifestation" scales

# Survey results of procrastination



## Summary

- To overcome this procrastination we can use "Reinforce App.."
- Where this app helps to set a remainder to do work accordingly
- This app will be demonstrated in high fidelity prototype
- Like this we can overcome the procrastination