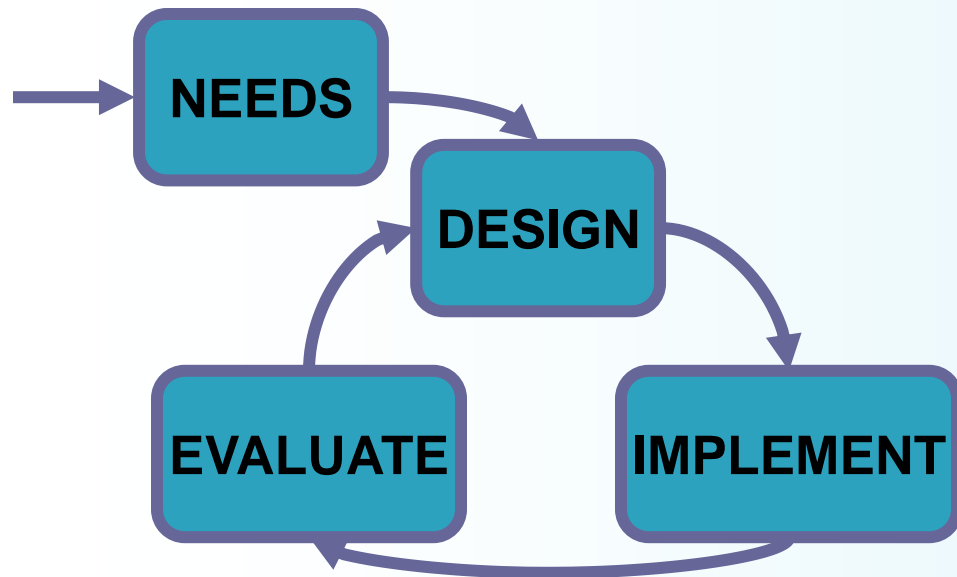


Procrastination – Need finding



Team members

Varsha C : PES1201701387

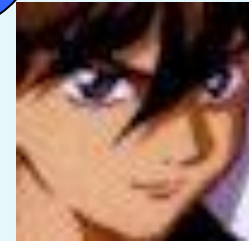
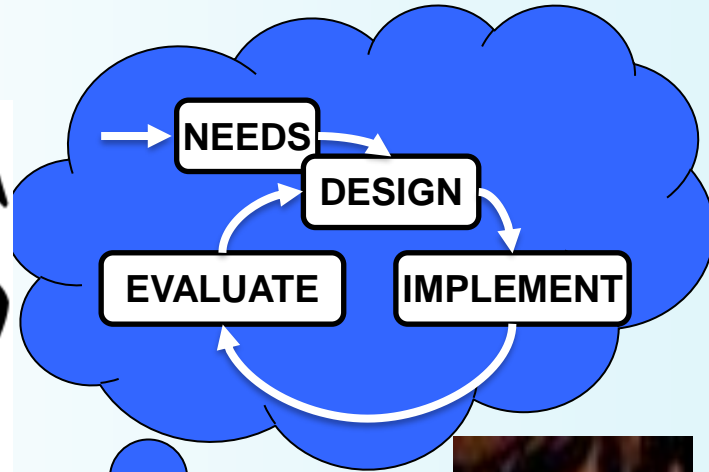
Aishwarya MM : PES1201802368

Keerthana O : PES1201802387

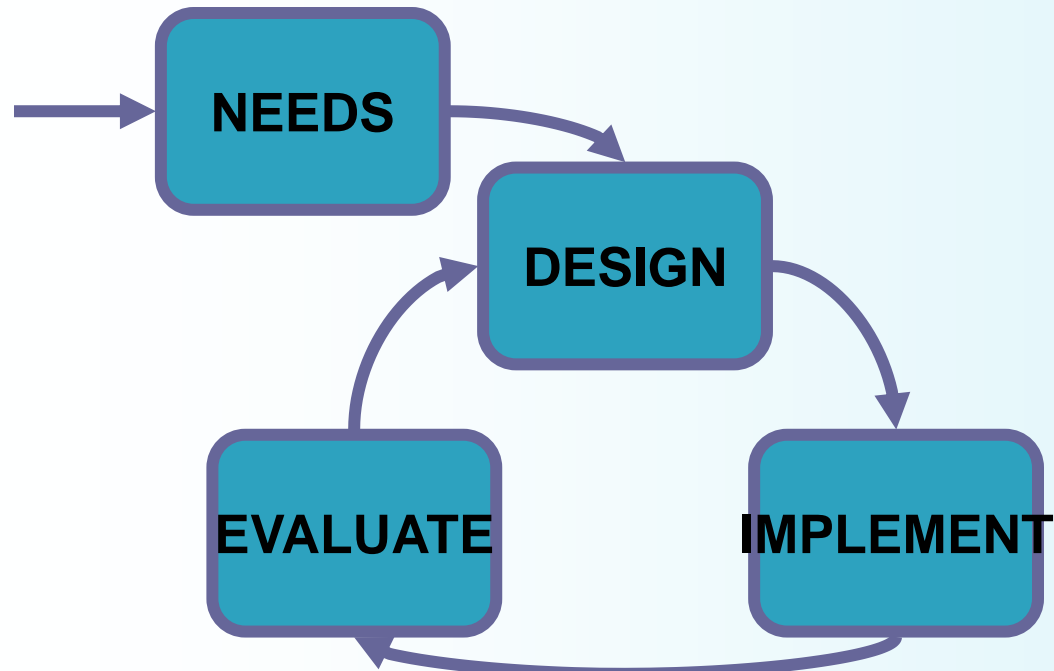
Procastinating mind...,



Designing for free from procrastination

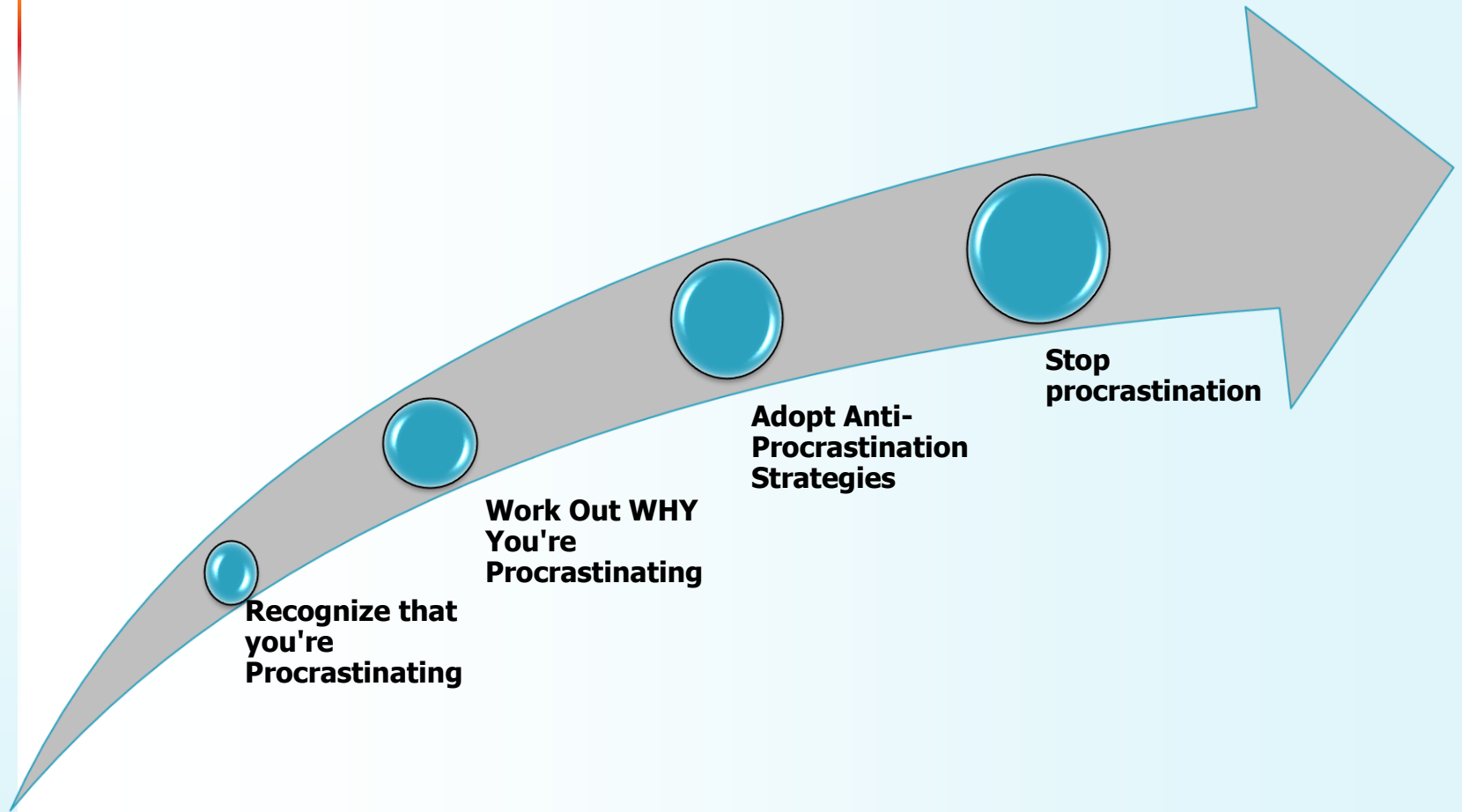


Design process



How to Stop Procrastinating

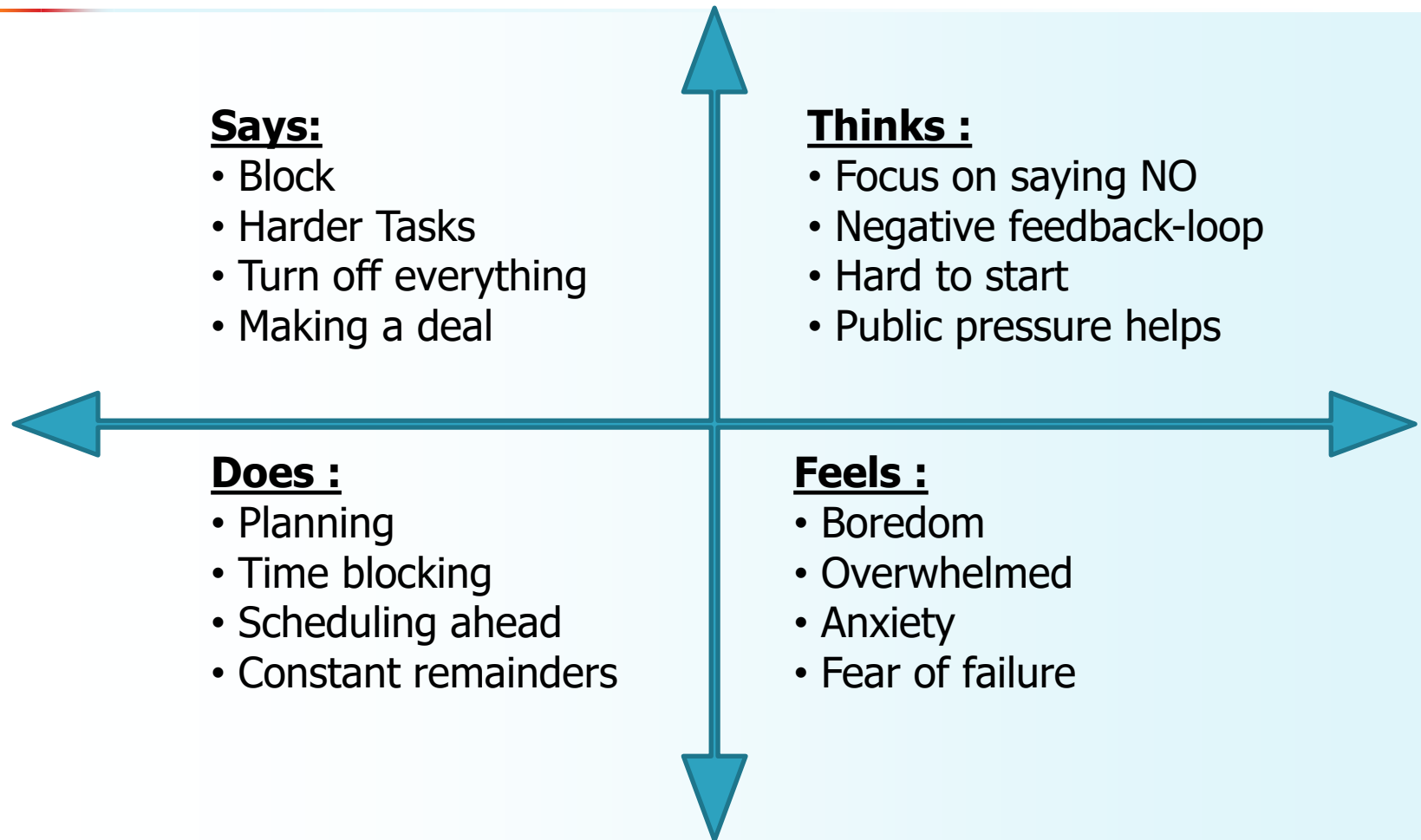
Overcoming the Habit of Delay



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



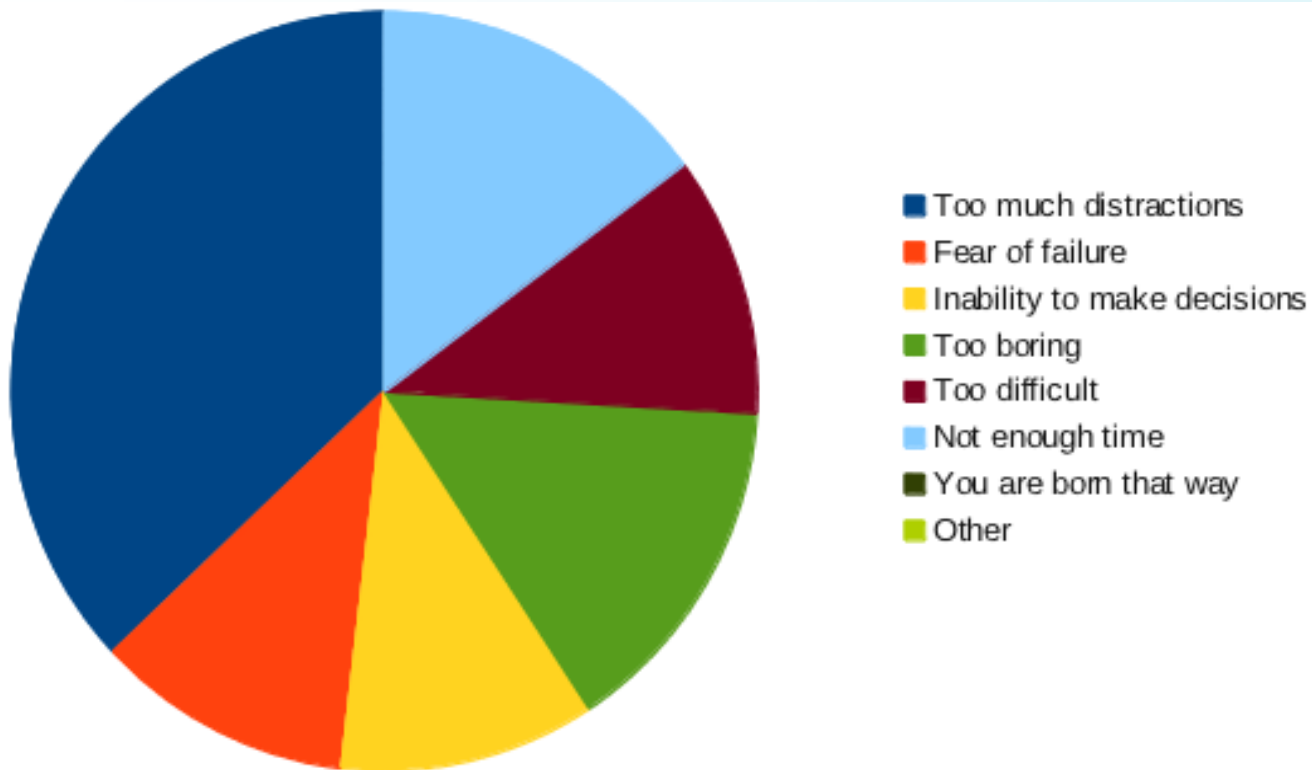
Analysis :

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