FIGMA –

https://www.figma.com/design/bqR0pPj2yYVtm09UpJBYZz/Figma-basics?node-id=615-9&p=f&t=MbL4WPdQ0rpbYLKR-0

REFERENCE LINKS –

Apart from the deck, I used these sites to Analyze TAM, SAM & SOM, gaining insights into market reach, user adoption, and competition. The research validated the demand for AI-driven screen time management, stress detection, and productivity tools, refining the go-to-market strategy.

- https://www.businessofapps.com/data/headspace-statistics/

- https://www.statista.com/statistics/1239640/top-health-and-meditation-apps-monthly-downloads/

- https://medium.com/design-bootcamp/how-a-top-rated-productivity-app-forest-uses-gamification-to-retain-users-9345f6867a2d

- https://www.forestapp.cc/

- https://expandedramblings.com/index.php/headspace-facts-and-statistics/