



POVs, HMWs, and Experience Prototyping

Assignment 2

TEAM BAGG



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Gabriella U.



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RECAP OF ASSIGNMENT 1 FINDINGS

Productivity isn't just task management, it's a deeply emotional experience tied to one's identity and values; sense of self-worth is targeted when one doesn't meet their definition of productivity.

REVISITING OUR DOMAIN

PRODUCTIVITY



EMOTIONAL
WEIGHT OF
PRODUCTIVITY

TO LEARN MORE
ABOUT OUR
DOMAIN, WE
SPOKE TO TWO
MORE PEOPLE

LAST WEEK



NEW!



MATT, 21

UFlorida New Grad

NEW!



JORGE, 42

Venezuelan Immigrant

NEW!



MATT, 21

UFlorida New Grad

New Grad currently living back at home as he plans for his next steps in pursuit of a career in the arts.

Reflected on his career as a student athlete and balancing his multiplicities of identities.

Primary Interviewer: Gabriella
Secondary Interviewer & Notetaker: Gil

"yeah i don't have the right answer on that one yet"



"So many of us reach points along the line where we aren't sure where to place our next step, that's a part of life. To classify that person who may be feeling lost as 'unproductive' is totally unfair. To be unproductive, then, would mean having goals, but avoiding the work it takes to reach them."

MATT, 21

UFlorida New Grad

Productivity for art/creative fields can't be structured so going stretches of time without "producing" is common



SAY

"I recently got a job, thank God."	"I used to be overwhelmed with ideas, now I just have a few. I feel like I'm finally getting somewhere, but I still feel like I'm not doing enough."	"I think I'm becoming more focused on my work, but I still feel like I'm not doing enough. And I feel like I'm not achieving what I want to achieve."	"I'm very quickly, I realized how unsatisfiable that is."
"What it means to be productive is different for everyone. For me, it's about being able to do what I need to do and not feel guilty about it. I feel like I'm not doing enough, but I'm trying to change that."	"I hate - most of people writing about it as a verb and saying you're not being productive if you're not giving it your best. Like, like, like, like, like."	"I just had a bit more relaxed attitude towards it. I think it's something that's been ingrained in me, that I need to be doing more, but I'm not doing more. I'm not doing more, but I'm not doing more."	"So, as long as I'm doing making steps toward the thing that I'm trying to fulfill, that's what being productive is."
"People are more likely to be productive when they're in a creative environment, but in the end, it's up to the individual to decide what's best for them. I think that's what's important."	"I don't have it figured out yet, but I'm trying to keep pushing and keep thinking, what's my approach?"	"They don't have anything they want to do, but they're not doing anything. They're not doing anything, but they're not doing anything."	"Maybe this is not great, but like, I'm always listening to music."
"I struggle to be productive at the time it's most needed, in the heat of business, and I find myself doing it a lot."	"Independent work was such a huge issue. Now, we've got a lot of time to work on our own projects, and it's been great for me to be more productive."	"Pete! Ahh! You've got to go to college. If you're not going to college, people won't respect you."	"I think some unproductiveness is a matter of time. I think we have to be more patient with ourselves. We have to be more patient with our work, and we have to be more patient with our ideas."
		"We weren't meant to be lying in bed and scrolling, that's objectively unproductive."	"It's not about being productive or unproductive; it's about being effective or ineffective."

THINK

Creativity and activity give his life balance.	Change can be uncomfortable if he neglects important parts of himself.	Productivity to others is checking things off a checklist.	Self-learning from checking tasks gives him motivation to complete them
Society values people who are working in tech/Al	The kids who had computers and homework and played at track meets were the most productive.	Productivity for art/creative fields can't be structured so instead of going stretches of time without "producing" is common	Regardless of your interests, if you don't have an answer for your 2 year/5 year plan, you're unproductive
Understanding and implementing nonnegotiables is important to have balance in life	Mindless, brainless things are what is unproductive, but mundane things can be productive.	Someone who doesn't do their work because they think it's not beneficial to their time is not unproductive	Someone who doesn't have goals, anything they're working towards, or something they feel is unproductive
		Everybody who doesn't have goals, anything they're working towards, or something they feel is unproductive	

DO

Paints and sculpts	Spends time with his friends on the weekend	Sketches a lot, particularly at Stanford, sometimes with a friend	Watches movies	Plays basketball with the high schoolers	Compares himself to his friends that are working in the city in Al
Pretty consistent eye contact	Only seemed unsure when he would preface it verbally	drinking a smoothie from jamba juice	came straight from a workout	Used to lie to his mom about work being done	Disconnected from the traditional image of productivity
Transferred schools	Always has music playing	Has a hard time sitting still	Doesn't leave in his room. Intentionally removes himself		Excited to interact with the youth in a mentorship capacity

FEEL

Displeased but accepting that inspiration strikes him late at night	Self-loathing when tasks don't get finished	Content with not working in tech/Al like his friends because it's not what he wants to be doing
Obligated to compartmentalize other tasks to succeed at track	Certain that everyone procrastinates	Indifferent when in an environment where others are "doing their thing" and he's not
Impressed when people can prioritize a task over all else	Existential when seeing friends be traditionally successful	Held accountable when sketching with friends

Disconnected from the traditional image of productivity

UFlorida New Grad

NEW!



Jorge, 42

Venezuelan Immigrant

Venezuelan Immigrant who works 12 hours a day fulfilling doordash orders

Reflected on his distance from family. Contrast in economics in Venezuela and the United States, and the anxieties of keeping up with his productivity.

Primary Interviewer: Gil
Secondary Interviewer & Notetaker: Gabriella

"After work I only have to meal prep and sleep before I wake up at 6 am the next day"



Very anxious about taking advantage of the opportunity of being in the U.S.

Multitasks, even while talking, his attention is divided between work and conversation

"my primary stress isn't from rent, food, or sending money back home, its from the app."

JORGE, 42

Venezuelan Immigrant

SAY	THINK
"I work from seven to seven, sometimes longer."	"Here, everything moves fast, money comes, but there's no time to live."
"My primary stress isn't from rent, food, or sending money back home, its from the app."	"I don't see any productivity here. I don't know what I have to do every day. I know what I need to do, but I don't know what to go to sleep."
"After work I only have to meal prep and sleep before I wake up at 6 am the next day"	"Productivity = survival and dignity."
"My wife, my son, my mom... everyone is still in Venezuela."	"Working hard is the only path to stability in a new country."
"The app tells me when I have to work."	"Life in the U.S. offers opportunity but little balance or connection."
"In Venezuela, things were different. There was more time for family."	"The app controls his day, success feels algorithmic, not personal."
"I feel productive when I'm working hard and not wasting time."	"He doesn't have any control of his time."
"I don't have free time"	"Misses Venezuela's slower, family-centered rhythm."
"Free time is when I can do anything I want on a Sunday with friends"	

DO	FEEL
Checks his phone constantly during the interview for DoorDash notifications	Spends money back to his family regularly
Speaks quickly, apologizes often, and appears tired but focused	Doesn't sit still; seems like he's mentally "on the job" at all times
Works 12-hour shifts (7 a.m.-7 p.m.) with limited breaks	Lonely, separated from family and lacking social connection
Multitasks, even while talking, his attention is divided between work and conversation	Proud of his endurance and ability to provide
Prioritizes staying on the road over resting	Frustrated by the app's control and lack of autonomy
He was working 15 hours a day when he was in Colombia	Anxious about the lack of control of his life, his economics, and time
He walked 3 months from Colombia to the U.S. and then	Grateful for the economic stability and opportunities in the U.S.
I walked three months from Colombia to get here. Then I had to cross the Sonoran Desert	Tired and anxious, from the constant grind and mental load of gig work
Mentions "traffic" as a mental and emotional trigger	Very anxious about taking advantage of the opportunity of being in the U.S.

NEW INSIGHTS

- Free time isn't as accessible/acknowledged across social class.
- Production doesn't always come from structure and regularity.
- Importance of connection & balance

POVS

INITIAL POV: Studio

We met...

JC, a 17 year old senior and multi-sport athlete at Palo Alto high school.

We were surprised to notice that...

though he's incredibly self-driven and disciplined, his motivation is deeply social and he feels most energized by comparison, which pushes him forward but also pressures him to constantly measure himself against others.

We wonder if this means...

his ambition depends on external inspiration and without visible mentors or examples to follow, his motivation might fade.

It would be game changing if...

he had an easy and positive way to connect with mentors and peers who reflect his interests and could continuously inspire his goals.



WE MET...

Gabby, a highly organized 20-year-old international Stanford student involved in a variety of campus communities and leadership roles.

WE WERE SURPRISED TO SEE...

that despite carrying an intense workload, she prioritizes sleeping an average of 8.5–10 hours a night and is adamant about time blocking, spending time with friends, treating rest and connection with the same importance as work.



WE WONDER IF THIS MEANS...

if this means her commitment to rest and social time stems from necessity over ease, suggesting an underlying burnout that requires constant management.

IT WOULD BE GAME CHANGING...

to design ways for rest and connection to feel effortless, reducing her need for structure as a safeguard against burnout.

Gabby

20, Stanford sophomore, Lebanon, Ecuador

WE MET...

Darcy, a 59 year old disability rights advocate, former clinical psychologist, and mother of three neurodivergent sons.

WE WERE SURPRISED TO SEE...

that although she recognizes the toxic effects of productivity mindsets and the importance of valuing herself beyond her output, she continues to struggle with anxiety about not keeping up with her daily tasks.



WE WONDER IF THIS MEANS...

for her, solely acknowledging a healthier mindset isn't enough to maintain positivity when she isn't producing.

IT WOULD BE GAME CHANGING IF...

she could have a way to easily access support to deeply internalize her self-worth outside of her production.

Darcy

59, Mother of three neurodivergent sons, Burlingame, Michigan

WE MET...

Omar, an accomplished cancer drug researcher in his mid-50s originally from Historical Palestine.

WE WERE SURPRISED TO SEE...

despite his deep immersion in American academics and research, he radically rejects the American education system and its prioritization of work over thought.



WE WONDER IF THIS MEANS...

he fears that growing up in a system obsessed with performance will rob his son, nieces, and nephews of the ability to think critically and meaningfully about the world.

IT WOULD BE GAME-CHANGING...

if the future generations of his family could have a way to learn and internalize the value of thought over the value of production.

Omar

Mid-50s, Drug Discovery Scientist, Manager, Historic Palestine

Turning Insights into Opportunities

How Might We (HMW)?

We met...

Gabby, a highly organized 20-year-old international Stanford student involved in a variety of campus communities and leadership roles.

HMW 1

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It would be game changing...

to design ways for rest and connection to feel effortless, reducing her need for structure as a safeguard against burnout.

**HMW...reframe
burnout as
something to be
cautious of rather than something to be afraid of?**



Gabby

*20, Stanford sophomore, Lebanon,
Ecuador*

We met...

Darcy, a 59 year old disability rights advocate, former clinical psychologist, and mother of three neurodivergent sons.

We were surprised to see...

that although she recognizes the toxic effects of productivity mindsets and the importance of valuing herself beyond her output, she continues to struggle with anxiety about not keeping up with her daily tasks.

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HMW... help track emotional fulfillment?



Darci

59, Mother of three neurodivergent sons, Burlingame, Michigan

We met...

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We were surprised to see...

despite his deep immersion in American academics and research he radically rejects the American education system and its prioritization of work over thought.

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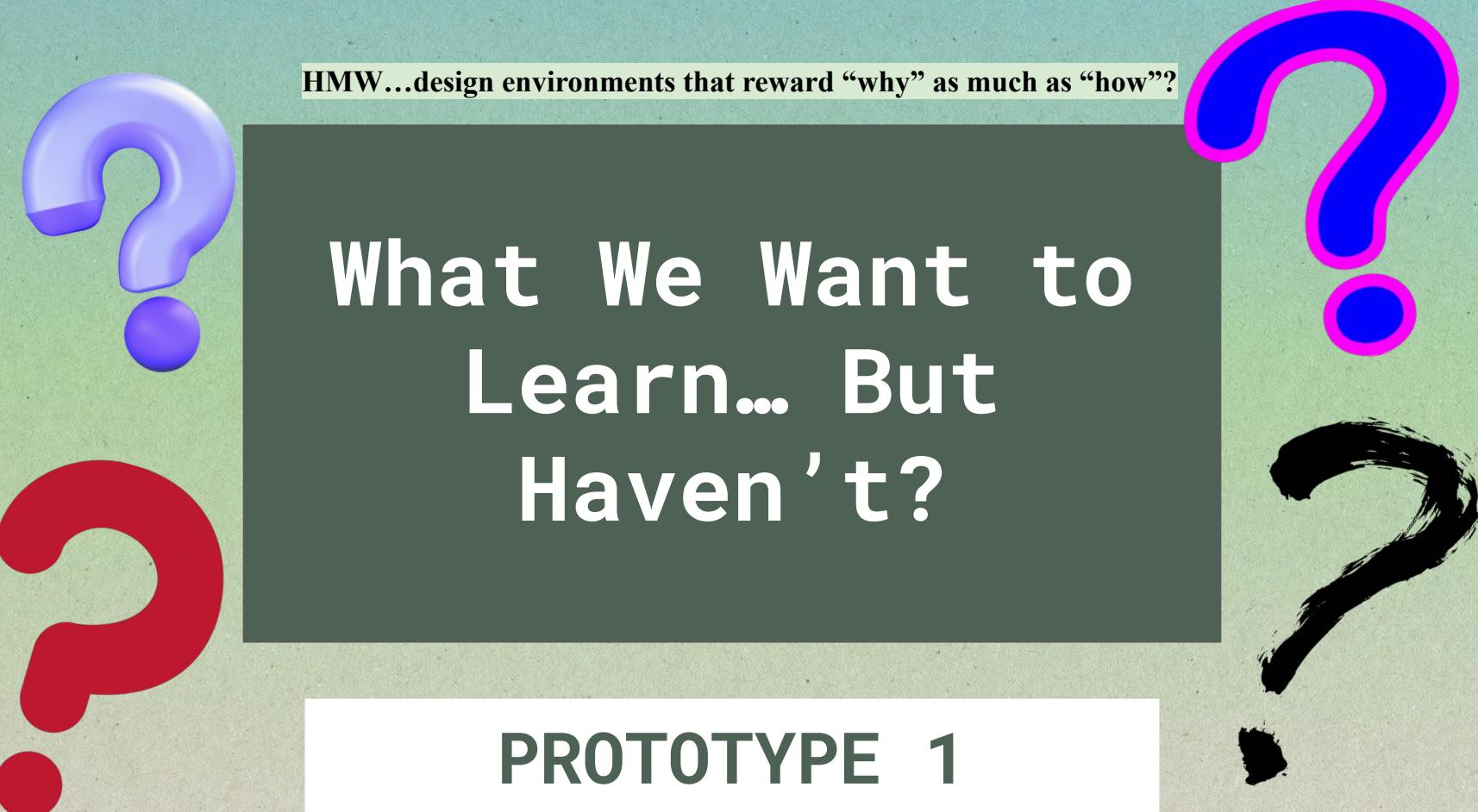


HMW...design environments that reward "why" as much as "how"?

Omar

*Mid-50s, Drug Discovery Scientist,
Manager, Historic Palestine*

**EXPERIENCE
PROTOTYPE TESTING**



HMW...design environments that reward “why” as much as “how”?

What We Want to Learn... But Haven't?

PROTOTYPE 1

HMW...design environments that
reward “why” as much as “how”?

Our Solution:

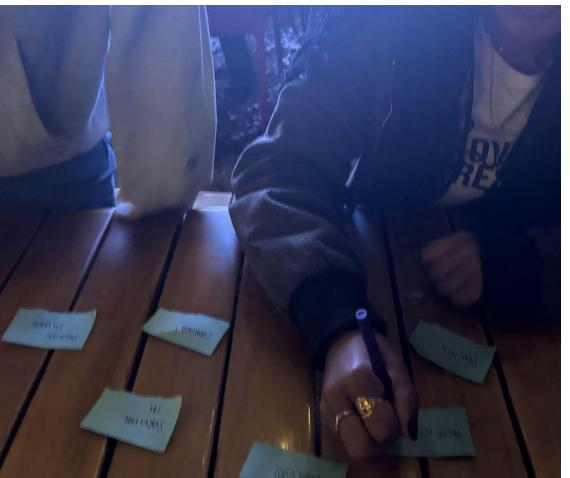
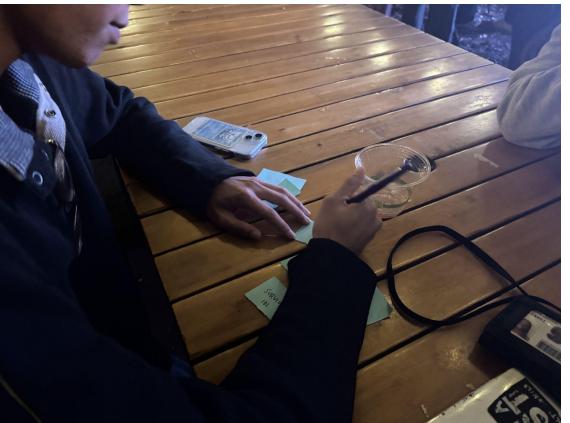
An assistant that allows you to track the topics you want to learn more about, no matter how niche, and checks in about whether or not you've started learning them



Our Assumption:

People want to be reminded about and guided towards the things they want to learn.

EXPERIENCE PROTOTYPE #1



1. Ask participants to, in 2 minutes, write down everything they want to learn about (skills, hobbies, niche topics, etc.).
2. Afterwards, ask them why they haven't learned them yet.

PARTICIPANTS: EXPERIENCE PROTOTYPE #1

Recruited at a local trivia game

WHERE?

Range of ages, races,
and occupations

WHO?

- 3 college students
- 1 high school student
- 3 software engineers (mid-20s)
- 1 contracting specialist
(mid-40s)

WHY?

Trivia primes user minds
to be reminded of topics
they want to know more
about

**HMW...design environments that
reward “why” as much as “how”?**

User A - 20 years old, M-identifying, Student

What haven't you learned yet?

Filipino culture (his own)	Tools
Survival 101	How to Sew
How to cut his own hair	How to cook
Woodworking	

Why not?

I don't know	Not skills valued in traditional education
Haven't had classes that are geared towards these things	Not things "boys" learn
Not conventionally learned topics	

What haven't you learned yet?

How meteorologists determine weather	GPS
How to dance very, very well	Piano

Why not?

I don't even know	I don't really care about them
Things I care about, but if I don't know it, I'm not going to die.	I'm a person who cares about very little.

User D - 25 years old, M-identifying, Software Engineer

What haven't you learned yet?

Chess	How to DJ	Minecraft
Photo editing	Piano	Music theory
Working Out	AI	Programming in general
Photography	Cooking	How energy grids work
Personal Finance	Hair Care	

Why not?

procrastination	getting discouraged due to being bad
I have learned a lot of these things	Time Commitment

User C - 22 years old, F-identifying, Student

What haven't you learned yet?

Cars	How to be a really good doctor	How to whine
Flavor profiles in foods	Makeup & Skincare	African food

Why not?

Hard to prioritize things that aren't of the utmost urgency	My boyfriend and I are trying to learn more from each other
---	---

User E - 25 years old, M-identifying, Software Engineer

What haven't you learned yet?

Financial Modeling	Art History	Music Theory	Constitutional Law
Upholstery	Religious History	Game Development	Making Clothes
Mandarin	Crochet Nuigurumi	Metalworking	Glassblowing
Ancient Languages	Chess	Watercolors	Sales Tactics
Gardening	Arabic	Quant Development	Carpentry

Why not?

Time	access to materials/ workspace
romanticizing what it means to be good at something	de-centering productivity as being important to everything I do
not feeling like spending time learning things to better myself professionally is always worth it if I am happy with my current job	

Users A-E

Notes have been rewritten digitally for readability

**User F - 25 years old, M-identifying,
Clinical Technician**

What haven't you learned yet?				Why not?		
video gaming	glass blowing	pottery	dj-ing	time/money investments I'm not willing to make	it's the starting that's really hard for me	If there's nothing going on, I just default to whatever I'm used to
sculpting	mixed method research	music theory	investing	In my head I'm like "I want to learn this," but then I just feel like I could do it, but it's just sooo hard to get up, ya know	usually it's just too many other things are going on	No one to learn with or from (that would help with the laziness for sure)
landscape design	machine learning	yoruba idioms	urban planning			
making video games	planning public transit systems	swimming	arabic			
circuitry	realism in drawing (shading, texture)	interior design				

**User H - 16 years old, F-identifying,
Student**

What haven't you learned yet?				Why not?		
Equestrian	Fencing	Ice Skating	Sewing	These are actual techniques that I don't have time to learn	Resources (where am I going to get a horse?)	I just can't remember
Origami	How to fold paper airplanes	Spanish	German	I've tried multiple times	I want to possess all of the knowledge in the world, but it's not possible	Time
French	Japanese	Italian	Knitting	Brain capacity (how much my brain can hold knowledge-wise)		
How to ride a bike/scooter	How to skateboard	I want to be able to play any sport	How to actually do calculus			
Professor-level smart in math						

**User I - 22 years old, M-identifying,
Student**

What haven't you learned yet?				Why not?		
ADHD	Time	Action	Convenience			
surfing	snowboarding	skiing	Skateboarding			
archery	Rock climbing	Style and dress	Art			
Oil painting	Sculpture	research paper stuff in CS	Game theory in econ			
how to count cards in blackjack	How to make food	How to make good french and italiano food	Another language (speak more stuff)			
Jazz, jazz appreciation	Other cultures	Travel and be well-knowned	Be a better friend			
Plan things w people and be proactive	Better leader	Lot of CS things	LLM			
Programming things	Underlying system of NVIDIA GPUs	Instruction set architectures	About people I'm friends with			
Music production						

Users F, H, I

THINGS THAT WORKED

Speed + Clear Desire

Users noted a large amount of topics off the top of their head very quickly, showing that learning desires are top-of-mind.

Two Column Juxtaposition

Placing the number of topics next to reasons why learning hasn't begun evoked reflection (lots to learn, little reason not to)

THINGS THAT DIDN'T WORK

Ethical Concern

Reminders weren't explicitly desired

Of all of the reasons people haven't started learning,

forgetfulness was one of the least common.

It is possible that reminders can be seen as more forceful than supportive.

Lack of follow-through

People didn't act on the interests identified, making this experience prototype more about awareness than response to reminders.

LEARNINGS

ADHD

de-centering
productivity as
being important
to everything i
do

Hard to
prioritize things
that aren't of the
utmost urgency

Resources
(where am I
going to get
a horse?)

Not things
“boys”
learn

No one to learn
with or from (that
would help with
the laziness for
sure)

Things I care
about, but if I
don't know it, I'm
not going to die.

getting
discoura
ged due to
being bad

There are many factors
that go into why one
isn't able to learn
all that they want to.

Forgetfulness isn't
one of the main
reasons.

In the next prototype,
hypothetically, it
would be good to test
reception to
reminders.

**It was valid to assume
that people are
curious to learn a lot
but simply haven't.**

HMW... help track emotional fulfillment?

Emotional Scheduling Reflections

PROTOTYPE 2

HMW... help track emotional
fulfillment?

Our Solution:

An emotional check in that asks you to select how you're feeling and why after events in your calendar, allowing you to remember the situations that make you feel certain ways and providing tools that help you prepare if any regular patterns of discomfort come up.



Our Assumption:

People don't already seek patterns in their emotions.

EXPERIENCE PROTOTYPE #2



1. Ask participant to write down everything they did in the last two days.
2. Have them plot the valence of each event in chronological order (higher on the board/map = more positive).
3. Ask them to reflect on the experience of intentionally attaching emotions to their events.

PARTICIPANTS: EXPERIENCE PROTOTYPE #1

Upperclassmen Dorm Complex

WHERE?

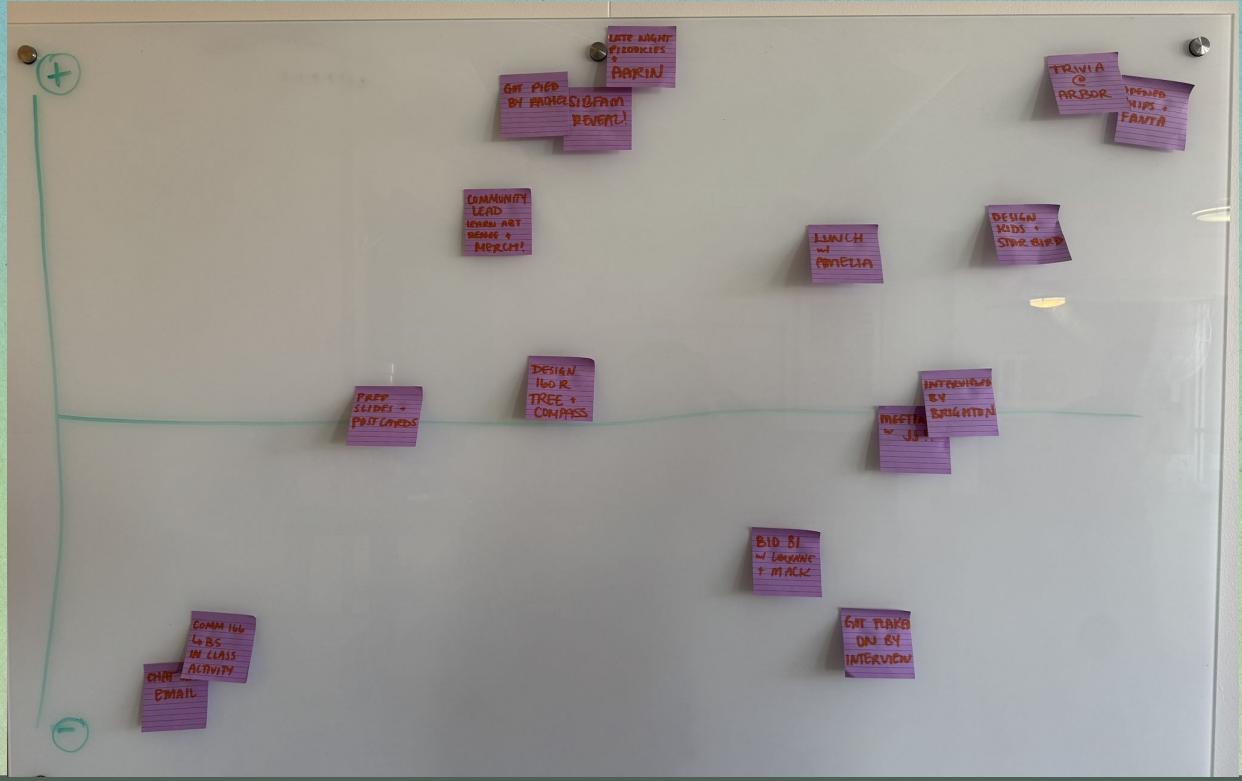
Venezuelan Junior
studying Engineering

WHO?

WHY?

We wanted to capture the emotions from the end of the day which we figured would be easiest to do if we recruited someone in their home.

HMW... help track emotional fulfillment?



"This was incredibly therapeutic."

"Some events were better/worse emotionally because of previous ones, and I didn't notice until now."

"I didn't realize that my days always start low..."

Wednesday + Thursday Valence Map

Plotted chronologically in respect to valence (most positive on top, most negative on the bottom, chronological L to R)

THINGS THAT WORKED

Physical Plotting Shows Patterns

Prototyping with a journey map very clearly revealed emotional patterns.

Emotionally Cathartic

Participant was felt inspired reflecting on past events and felt shocked to see how much he learned about his days from this activity.

THINGS THAT DIDN'T WORK

Prototype relied on memory

User had to take time to remember what he did in the given timeframe.

Ethical Concern

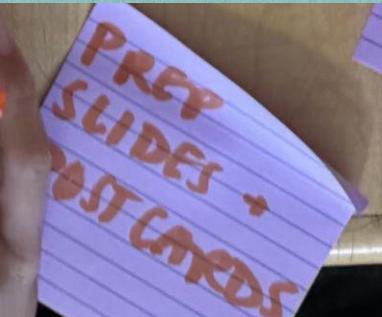
Over-reliance

Users could develop over-reliance on this method of reflection, neglecting to do so themselves.

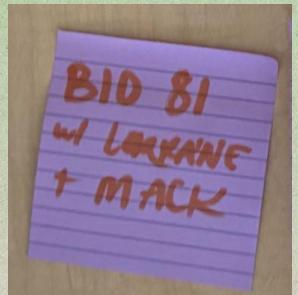
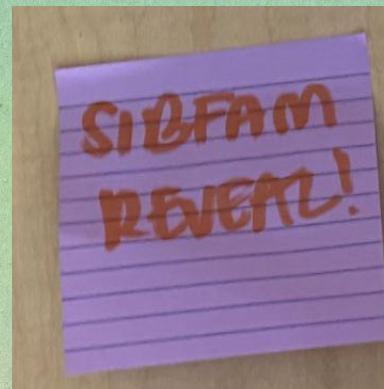
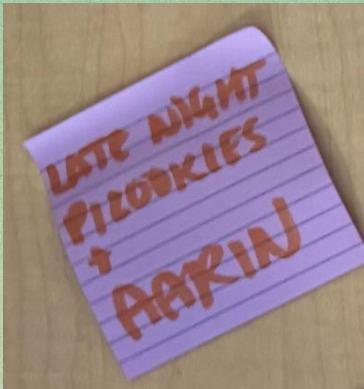
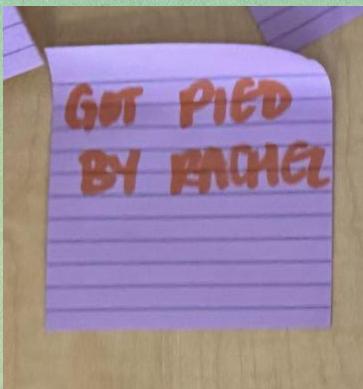
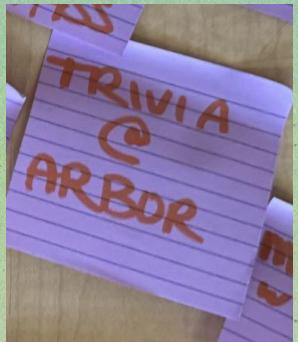
Short term prototype limits pattern tracking

Since the goal was to find emotional patterns across repeated activities, timeframe was too short to reveal.

LEARNINGS



Even if people don't remember exactly what happens, they more often remember how they felt afterwards.



Mapping your day emotionally can reveal trends in mood based on behavior/event.

In this participant's case, it was valid to assume that people do not typically take time to reflect after each event in their day.

CAN'T WAIT TO SEE ALL THE
AMAZING THINGS YOU DO.
THE WORLD'S NOT READY!

- GIL S

GO TOUCH GRASS

- (CHARLOTTE C

Kind Note Discovery Around Campus

YOU VS. THAT P-SET.
YOU GOT THIS.

- JONATHAN L

IT'S A CRAZY BUSY WEEK, BUT
REMEMBER TO TAKE A BREAK!
YOU DESERVE IT. :)

- YOUR BESTIE

PROTOTYPE 3

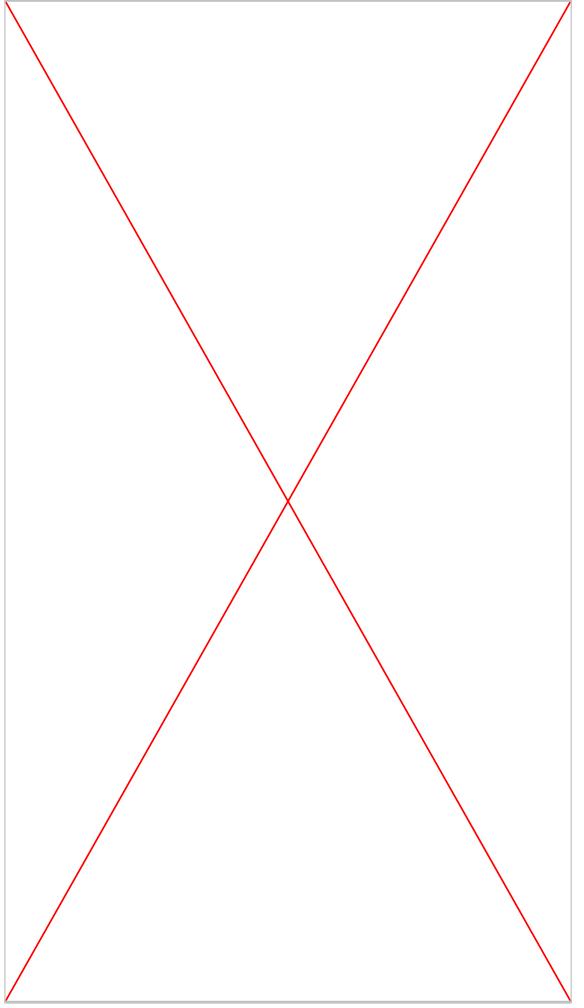
Our Solution:

A concierge service that allows students to send surprise, anonymous kind messages to friends on campus, which our team receives via a Google Form and delivers by hand or text



Our Assumption:

People want to write notes/leave positive messages for themselves and others to discover later



EXPERIENCE PROTOTYPE #3

1. Collect a kind, anonymous message for a friend via our Google Form
2. Act as a "concierge" and transcribe the message onto a physical note / text
3. Deliver the note as a surprise text or physical drop, then follow up to measure their reaction

THINGS THAT WORKED

High Emotional Impact:
Most recipients reported feeling happy and cared for, with many selecting "Made me smile"

Low-effort for senders:
The Google Form was simple enough that friends were willing to fill it out as a quick act of kindness

Message
Today 8:57 PM



Hi James, you have a friend who wanted to send you a kind note today through a small campus project.

Here is the message they wanted you to see: "Ur the best! Rock on james"

Hope this brings a smile to your evening! - The Kind Notes Drop Team

Read 9:25 PM

this brings a smile to my evening!



THINGS THAT DIDN'T WORK

iMessage
Yesterday 9:00 PM

Hi Angela you have a friend who wanted to send you a message today through a small campus project.

Here is the message they wanted you to see: "I have a crush on u pretty girl uwu"

Hope this brings a smile to your night! - The Kind Notes Drop Team 

Ethical Concern

Anonymity risk:
The "crush" message revealed a major issue. Highly personal or romantic notes can feel unsettling or creepy from an anonymous source

Logistical challenges:

Finding the exact right time and place for a physical note drop was difficult, making the text message backup essential

LEARNINGS



THE DESIRE TO SEND KIND NOTES IS STRONG. OUR PROTOTYPE SHOWED THAT A LOW-FRICTION AND SEMI-ANONYMOUS CHANNEL (THE GOOGLE FORM) SUCCESSFULLY UNLOCKED THIS DESIRE.

7 People
2 Physical notes
5 Text

It was valid to assume that people want to write notes for other people, but not really for themselves

SUMMARY / NEXT STEPS

- Our three experience prototypes tested different ways to address the emotional weight of productivity. We moved away from traditional tools to explore solutions centered on curiosity, emotional reflection, and social connection.
- Our prototypes revealed that the primary barriers to personal growth are emotional and structural, not forgetfulness, invalidating our initial assumption that people simply need reminders for their goals.

Next Steps (SOLUTION):

Focus on the strong positive signals from the Emotional Scheduling and Kind Notes prototypes, combining the value of emotional reflection with the joy of positive social connection

Solution: **Emotional Scheduling** with the potential connection component of Kind Notes.

Ethical Implications:

- A notes-based discovery app **might only be appealing to/approachable for geographically-close communities** (i.e. campuses, walkable cities).
- Emotional scheduling could **cloud week-by-week planning with bias**, potentially creating distress where unnecessary.
- This solution **could exclude those who don't have the luxury of free time** to thoroughly reflect on their day/send a note.

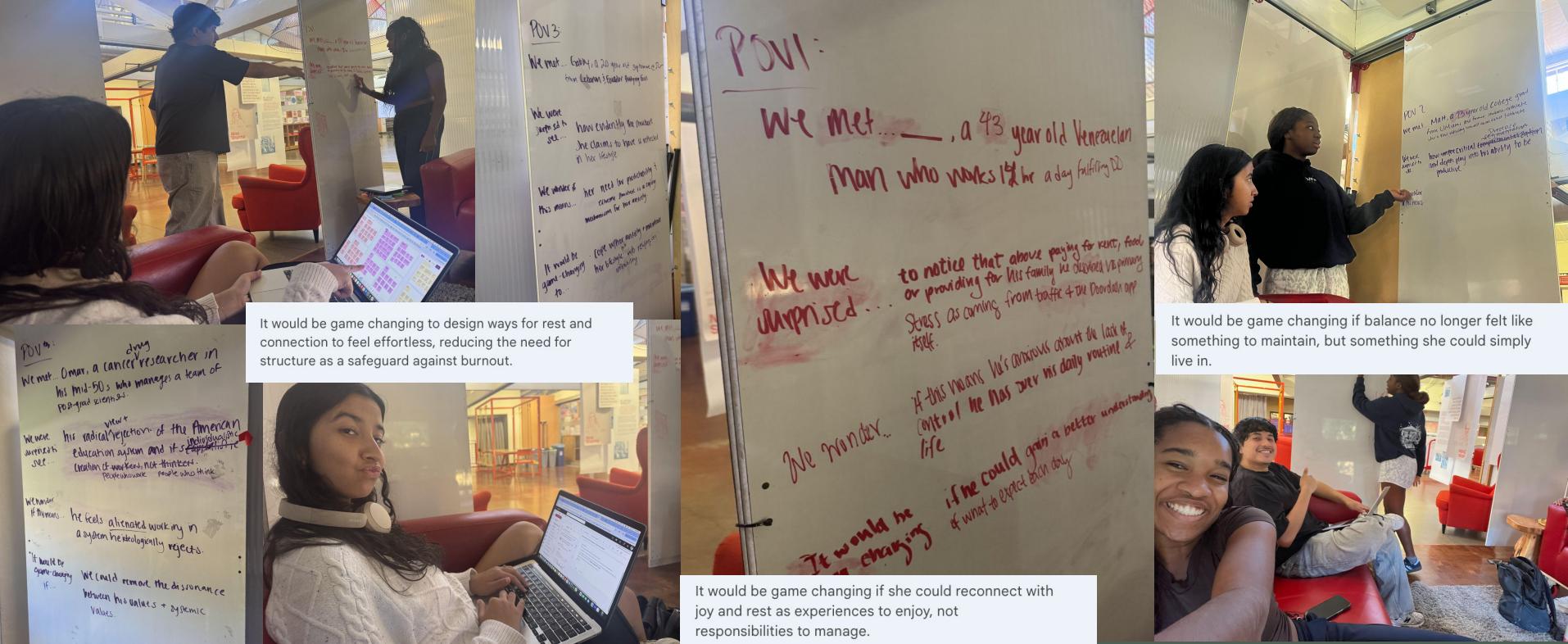
THANK YOU!



Appendix (*Pages Linked*)

Brainstorms:

- POVs
- HMWs
- Solutions



Brainstorming: POVs

BRAINSTORM: HMWs

It would be game changing...if she could have a way to easily access support to deeply internalize her self-worth outside of her production.

pg 1

1. HMW...introduce support for people struggling with self-worth?
2. HMW...help her separate herself self-worth from her production?
 3. HMW...remind her of her self-worth more consistently?
 4. HMW...remind her of the toxic effects of productivity mindset?
 5. HMW...make self-worth something everyone enjoys?
 6. HMW...reward self-worth more than productivity?
 7. HMW...make internalizing self-worth productive?
 8. HMW...use her lack of self-worth for good?
 9. HMW...use productivity mindset to make self-worth internalizing feel productive?
 10. HMW...help her manage her self-esteem?



Darcy

59, Mother of three neurodivergent sons, Burlingame, Michigan

It would be game changing...if she could have a way to easily access support to deeply internalize her self-worth outside of her production.

pg 2

1. HMW...shift conversations on productivity away from output?
2. HMW...uncover the connection between self-worth and productivity?
 3. HMW...encourage self-prioritization in caregivers?
 4. HMW...make self-worth trendy?
 5. HMW...remove the pressure of "unproductivity"?
 6. HMW...make self-worth a baseline, not a luxury?
 7. HMW...make tasks feel more intrinsically rewarding?
 8. HMW...create support groups for caregivers with self-worth issues?
 9. HMW... help her track her emotional fulfillment?
 10. HMW... connect her with other people experiencing similar experiences?



Darcy

59, Mother of three neurodivergent sons, Burlingame, Michigan

It would be game changing...if she could have a way to easily access support to deeply internalize her self-worth outside of her production.

pg 3

1. HMW... create a system that tracks daily tasks and says what is realistic and what not?
 2. HMW... make her set realistic daily tasks? B
3. HMW... help her feel accomplished even though she is not fully checking things off her list?
4. HMW... reframe the idea of productivity from finishing all the tasks to doing enough?
 5. HMW... create tools that teach self-worth?
6. HMW... have her family members support her when she isn't productive?
7. HMW... incorporate non-productive values in the education system?
8. HMW... externally reinforce the toxicity of the output-first productivity mindset?
 9. HMW... have a productivity mindset incorporate self, mental care?
10. HMW...normalize being selfish?



Darcy

59, Mother of three neurodivergent sons, Burlingame, Michigan

It would be game changing...if she could have a way to easily access support to deeply internalize her self-worth outside of her production.

pg 4

1. HMW...give Darcy support with her kids and other people she takes care of?
2. HMW...have Darcy unlearn that taking time for yourself is not selfish? G
 3. HMW...get rid of all kids and obligations Darcy has?
 4. HMW...make doing nothing feel like doing something essential?
 5. HMW...make caretakers feel cared for?
6. HMW help caretakers like Darcy see "doing nothing" as an act of value, not guilt?
7. HMW help her track emotional fulfillment, not just tasks completed?



Darcy

59, Mother of three neurodivergent sons, Burlingame, Michigan

It would be game-changing...if those in the education system could have a way to protect their curiosity and wellbeing by prioritizing thought over production.

Pg 1

1. HMW...integrate intentional thought into curricula?
2. HMW...expose students to careers that value thought over production? AGG
3. HMW...reframe the importance of production in workspaces?
 4. HMW...create peace in workers?
 5. HMW...encourage curiosity in workspaces?
 6. HMW...integrate wellbeing into curricula?
7. HMW...reshape the definition of wellbeing to include deep thought and intellectual vitality?
8. HMW...incentivize curiosity in highly "productive" spaces? G
9. HMW...discourage the pursuit of jobs that prioritize money over impact for students?
 10. HMW...encourage children to think over produce?



Omar

*Mid-50s, Drug Discovery Scientist,
Manager, Historic Palestine*

1. HMW...change school curriculum to teach about thinking over producing?G
2. HMW...grade people on thinking over producing?
3. HMW...reward curiosity in education over solely producing? BA
4. HMW...make it okay for people to prioritize their wellbeing in the education system?
5. HMW...have grades and money and other metrics we use right now disappear?
6. HMW...change the metrics of how we view production in the education system?
 7. HMW... let Omar mentor the future generations?
 8. HMW... re-invent the educational system?
9. HMW... connect teachers to Omar's concern about curiosity and wellbeing?
10. HMW... create a support system for Omar?



Omar

*Mid-50s, Drug Discovery Scientist,
Manager, Historic Palestine*

1. HMW... stop schools from killing curiosity?
2. HMW... learn from schools / educational systems that reward curiosity?
3. HMW... create a less individualistic education system?
4. HMW... have teachers support curiosity?
5. HMW... incentivize curiosity and wellbeing fiscally? BAGG
6. HMW... make critical thinking as fun as a game?
7. HMW... allow families to support each other's critical thinking journeys
8. HMW bring Omar's philosophy into classrooms everywhere?
9. HMW let Omar rewrite the education system's mission statement?
10. HMW give students a way to learn how to think?



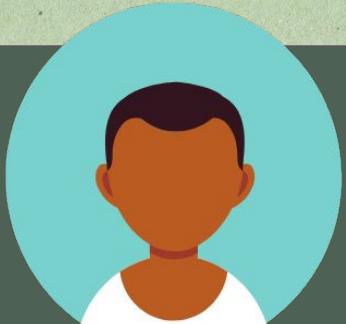
Omar

*Mid-50s, Drug Discovery Scientist,
Manager, Historic Palestine*

It would be game-changing...if those in the education system could have a way to protect their curiosity and wellbeing by prioritizing thought over production.

Pg 4

1. HMW design environments that reward "why" as much as "how"? B
2. HMW bring philosophy and critical thought into everyday professional life?
3. HMW help parents like Omar nurture curiosity in their children despite the system they're in?
4. HMW let Omar mentor future thinkers outside traditional academia?
5. HMW make wonder a measurable form of progress?
6. HMW turn productivity from output into the pursuit of understanding?
7. HMW help his son grow up valuing purpose over prestige?



Omar

*Mid-50s, Drug Discovery Scientist,
Manager, Historic Palestine*

It would be game changing...to have ways for rest and connection to feel effortless, reducing the need for structure as a safeguard against burnout.

pg 1

1. HMW...get rid of tools that allow people to create structure?
2. HMW...create designated times for all people to not be working?
3. HMW...encourage people to stop working at the same time in the day?
4. HMW...have people prioritize rest and social connection without having it in their schedule?
5. HMW...make social connections more accessible and efficient so people don't have to schedule it but can just drop by? BG
6. HMW...encourage people to be more flexible? G
7. HMW...have people not use tools anymore?
8. HMW...raise awareness of burnout and symptoms?
9. HMW...encourage people to have free time?



Gabby

*20, Stanford sophomore, Lebanon,
Ecuador*

1. HMW...reframe burnout as something to be cautious of rather than something to be afraid of?
2. HMW...encourage boundaries in student life that don't feel like rigid segmentation?
3. HMW...create distinctions between hyper-organization and preparedness? AG
4. HMW...make rest and connection feel like another part of student schedules?
5. HMW...teach students how to manage burnout rather than how to fear it? BG
6. HMW...explore rest as a privilege over a dire necessity?
7. HMW... encourage people to structure their days?
8. HMW... have tools to identify burnout faster? BA
9. HMW... deal with burnout without having to overschedule her life?
10. HMW... design tools that identify patterns in her scheduling and do that for her?



Gabby

*20, Stanford sophomore, Lebanon,
Ecuador*

It would be game changing...to have ways for rest and connection to feel effortless, reducing the need for structure as a safeguard against burnout.

Pg 3

1. HMW... find different ways to cope with anxiety?
2. HMW... have someone else create structure for her?
3. HMW... have her meaningfully reflect on her reliance on structure? AG
4. HMW... reconstruct her life so she doesn't need structure?
5. HMW... reduce the predictability of her tasks so she doesn't reach burnout?



Gabby

*20, Stanford sophomore, Lebanon,
Ecuador*

BRAINSTORM :

Solutions

HMW... help her track emotional fulfillment?

1. An assistant agent that prompts with questions about how various tasks made her feel
2. A check-in app that monitors your online activity for moments when you might find yourself "doomscrolling".
3. An emotional check in that asks you to select how you're feeling and why after events in your calendar, allowing you to remember the situations that make you feel certain ways and providing tools that help you prepare if any regular patterns of discomfort come up
4. A social platform that reminds you to check in on your friends.
5. A daily voice journaling application
6. Tracker that constantly checks on her
7. Tool that reminds her to reflect on how she's feeling → suggestions on what she could do
8. Affirmation quotes as notifications
9. The Reverse To-Do List: Deck where you write what you already did instead of what's left to do
10. Automatic messenger that sends a reminder to close ones to check on her
11. App that pays you to feel better
12. Affirmation AI reader
13. Track fulfillment real time with simple prompts
 - a. Maybe provide options, just click how she is feeling
 - b. Get average and then provide recommendations
14. A brain monitor that logs when you are feeling happy
 - a. A brain monitor that gives rewards when you are feeling happy
15. A video game that gain points for when it senses you are happy
16. A social application that competitively logs who is achieving the most joy
17. A to-do list tracker for only activities that give you joy
18. An immersive virtual reality experience where all activities that bring negative feelings are siloed away and as time spent in there is recorded it tracks how much joy was experienced for a day.
19. An assistant that knows her schedule and lift and checks in on her at times when she knows she may be feeling stressed
20. Constant emotional questions throughout the day to reflect on emotional wellbeing
21. App that sets reminders to think
22. App that once u finish a task it has to reflect on it
23. Social app where ppl post wins anonymously and ppl support
24. After a task u report how emotionally fulfilled u feel
25. 5 minute journal: A surprise check in that asks you journal/write whats on your mind at random points throughout the day. Share with friends, hold each other accountable, comment on theirs, send love, maybe even take a pic
26. Today i failed, and what about it: celebrate your losses with friends and loved ones by posting an L, you took aim providing encouraging words to others

27. Tiny tasks: a tracker that helps you remember quick tasks that you forget to do underneath larger ones
28. Provide journaling prompts that encourage deeper reflection about your current emotions using the five whys method (ex. Today i feel ____ why? Because a. Why? Because b. Why? So on and so forth)
29. Intentions setting assistant that helps you gather your thoughts and goals going into something to help ensure you get the most out of everything you do, even if you might not see it as something that could be fulfilling
30. Write down whats taking ur time like energy "vampires" vs energizers
 - a. Like things that drain u vs recharge u
31. Wear a plant type of thing but for emotional recharge
32. Journal with voice and then ai can tell u how u feeling and track how u feel over time and make patterns of "u did this and then u felt bad"
33. Meditation app helps u do guided breathing but with cute characters when u need it
34. Social app where ur phone tracks when u see ur friends and ppl u enjoy and reminds u when u haven't seen pp!
35. Wellness activity so if u do smthn and feel good u post it on a map and ur friends or general public idk based on ur chosen status they can do it too and maybe u could even do it together next time
36. App that has certain locations where if u in that location it pings u a kind quote or smthn (basically like how when u walk around campus and see a note on a tree or smthn telling u to smile but its at random locations that the app shuffles around each day so it sends u like a text) oh and u could have friends place those notes in random places on ur map too to spread joy
 - a. Maybe make this some sort of intelligent glasses

HMW...design environments that reward "why" as much as "how"?

37. Ai that always asks u "why" like a kid
38. A community app where ppl post things and others ask questions
39. Ai that asks u why questions and if u answer them it gives u points
40. App that gives u a prompt and then the furthest question asking streak u get u win
41. Or a game where u get a topic and u get matched with another player and u have to ask as many questions as possible and whoever cant think of a question to ask loses that round
42. A game where u give 2 players 3 sentences about something random and then they have to ask a bunch of questions (like concentration but questions)
43. Curious critters: take elementary school children who ask the most substantial questions per semester to the petting zoo
44. Assistant tracking thing that allows you to write down the topics you want to learn more about, no matter how niche, and checks in about whether or not you've started learning them (ex. You select "Awards season", the assistant knows enough to create learning

modules and can send reminders here and there, i.e. "Have you started looking into "The SAG Awards"" Take 5 minutes to learn the basics!

45. Create a lightbulb and/or accompanying neon "Eureka!" sign that actually goes off whenever you have an idea
46. Send your friends daily prompts that start with "why" and earn rewards based on the number of reciprocated, deeply thought out answers (AI can determine how substantial the questions and answers are)
47. Send coupons to customers of restaurants that are able to find meaningful reasons behind failing aspects of their establishments
48. Journaling but everything u do it questions it so u think about why u do it and if u should continue to do it
49. Writing purpose of creation on various things a person interacts with day to day
50. An augmented reality platform that has educational content about the history, politics, and culture of day to day objects, locations, and tasks
51. A movie watching/music listening platform that describes the meaning behind lyrics/story telling
52. A game platform that rewards users for inputting essays reflecting about the meaning and purpose behind activities or objects in their life
53. Create a platform that tells you more about anything you take a picture of; receive "tokens" or some form or reward for each query
54. Set curriculum standard to incorporate a curiosity/intellectual exploration portion to grading
55. A social platform where you send in questions that you want answered and get them answered when you answer others'
56. Give elderly folks the chance to sign up to tell their story, have people volunteer to listen to their experiences + advice, offer questions and specific situations for which you want guidance
57. Friends and facts: assign you and your friends a topic weekly or daily, and set the winner as the person who can learn the most "fun facts" about that topic
58. Practice the Five Whys as a standard introductory practice.
59. Reward students who ask good questions
60. Ai that promotes a different grading system centered on students' understanding of why
61. Tool that collects the collective "why" before starting class, project, hw...
 - a. sticky note, digital post, or shared mural
62. 3 minute way: an app that reminds you to ask yourself why you're doing what you're doing
63. Yoga reflection guided videos, voice guiding users to think in the why of smthn, promoting a specific philosophy
64. Smoke and explore the why: recreative app that guides you while you are high or any drug in general

Brainstorming: Solutions

- a. Helps you reflect to a deeper level
- 65. Something that gives you quotes to wonder "why" while you're waiting for something
 - a. Food, coffee, in line for smth
- 66. A search engine that gives you points for the amount of research that you do
 - a. Rewards provocative questions on niche topics
- 67. An web extension that pulls up similar archival and historical imagery relevant to the web application and browser that you are on
 - a. An 1000 person video essay team sitting next to you instantaneously scripting video essays about everything in your life analysing the why behind every action and object in your life that you can watch on demand

HMW...reframe burnout as something to be cautious of rather than something to be afraid of? HMW... have tools to identify burnout faster?

- 68. Create a weekly tracker that allows you to set what you're planning to do that week and creates daily interventions to encourage meditative practices
- 70. Create educational content that teaches young students (high school, maybe middle school) how to identify burnout
- 71. Something that basically is like a weather forecast but for ur stress so based on ur calendar or something it tell it like journaling about whats coming up and ill tell u how much stress u should expect and when u should deal with it
- 72. Create a boundary setting aspirations list to share with friends, help encourage each other to maintain boundaries (ex. Go to the gym, eat, sleep at least 6 hours) as a goal-achieving method
- 73. Create an animal mascot (ex. Bernie the Burnout Bear) to create educational programming for younger students
- 74. Create a toolkit for people to use when they feel a friend is struggling with burnout
- 75. Create a preventative burnout toolkit to use on yourself and others (warning signs, intervention methods, check ins, recovery, etc)
- 76. Recovery time: grounded meditative practice that recenters people who feel overwhelmed
- 77. An intervention that stops you from spending too much harmful time on your phone after a long day
- 78. A national rewards program for students to incentivize deeper understanding of what burnout truly is
- 79. We can come back from this: something supportive and portable that aids people who are already overwhelmed and burn out feel reassured that they can and will recover
- 80. App that prepares you to be the **friend** who helps someone experiencing burnout
- 81. Sleep genius: a platform that identifies when you might be sleep deprived/becoming sleep deprived and help you get to the root of that (clarity as an intervention rather than shame)
- 82. Start a portable, take home crafting kit that provides mini crafts for people who might be struggling without burnout/not being able to "be productive", something small to do with

your hands that creates a sense of accomplishment once finished. Maybe a paired app that allows you to keep track of what you've made, shows tutorials, checks in on your emotion to know what kind of craft is best, that jazz

- 83. Body tracking device detects symptoms of burnout
- 84. Journaling
- 85. App that tracks physiological signs of burnout and gives restorative tasks for the day
- 86. App that tracks activities that signify burnout and gives restorative tasks for the day
- 87. Regular meetings with a 10 person therapist team that understands your triggers and can prompt you when they think you are at risk of burning out
- 88. Mandated schedule that stops
- 89. Game about people who burnout
 - a. A card game would be so fire
- 90. Ring / bracelet / cap / watch / etc that tracks when you're burnout + app that helps you with this
- 91. Game "Guess who?" of burnout questions
 - a. Actually idk, idk how this would work
- 92. App to track and reward streak of days without facing burnout
- 93. AI of yourself telling you that you have burnout and that you need to take a break
 - a. Like a video with your face and voice but all AI. It makes it feel more personal. It could also be a closer one like your parents or lebron james
- 94. App of anonymous users sharing their experiences with burnout
- 95. App that knows when you have burnout and sends you selfcare packages / food / something to reduce the burnout
- 96. A gamified app where u play against like family/friend circle and u compete on who can take most diversified ways to be well or balance even in busy days
- 97. Crying tracker streak of days not cried u could even share with friends THIS!!!
 - a. And the why behind stuff! too and it can give u a crying spotify wrapped of why u cried throughout the year

Brainstorming: Solutions

