## Says

What have we heard them say? What can we magine them saying?

> The new idea encourages people to choose podcasts over music videos.

They actually

look up to the idea of creating podcast with new features

Action performed by a group as a whole or by individuals as part of group.

The level of challenging, should be specific to a each person to increase their motivation.

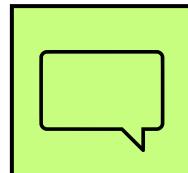
What are their wants, needs, hopes,

and dreams? What other thoughts

might influence their behavior?

**Thinks** 

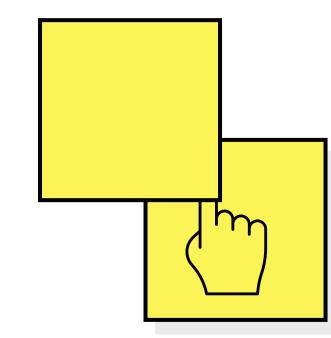
The idea of inviting celebrities on the podcast literally amazes people

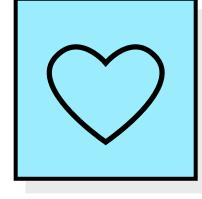


If it is achievable,it can be done. when setting goals for yourself it is critical that you honestly assess whether or not they are achievable

PEOPLE ON **PODCASTS PLUS** 

People like to be adventurous





Students are frustrated because of heavy mental work

Observe and accept feelings such as stress and worry,use breathing to calm yourself

human tend to experience new things.

The fear of being unsuccessfufl in future.

The feeling you get when you finally finish listening to the podcast

## Does

What behavior have we observed? What can we imagine them doing?

## **Feels**

What are their fears, frustrations, and anxieties? What other feelings might influence their behavior?