Your Squares Left

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1. Identify The Problem

Wasteful time management when internet surfing for information or action towards a task. The problem can stem from the abundant and distracting elements lingering in the internet and our mind (social media, YouTube, other tabs, etc.).

2. Set a Target

Reduce time loss during these "internet surfs" for information or actions towards a task.

3. Analyze The Causes

Many tasks require exploring the internet. The productivity of an individual is determined by their time spent towards the task. Nevertheless, this productivity deviates whenever our unconscious motors drive their cursor towards some distraction like social media, which most of us have and use extensively in today's modern era.

Number of people using social media platforms, 2004 to 2018

Estimates correspond to monthly active users (MAUs). Facebook, for example, measures MAUs as users that have logged in during the past 30 days. See source for more details.
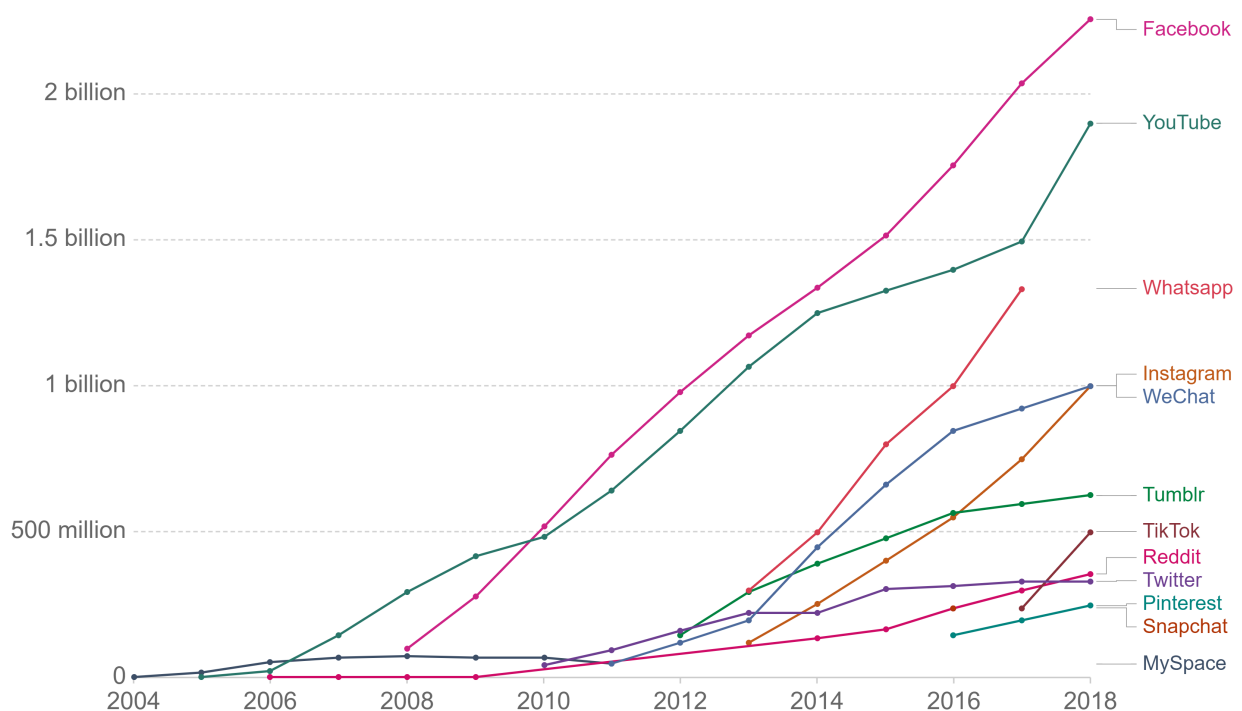
Source: Statista and TNW (2019)

4. Propose and Implement Countermeasures

If an individual is looking to be productive during a task that requires the internet, and desires not to befall into distractions and procrastination, there can exist a home page or a chrome extension (that activates on start up), presenting one with a visual representation of the time they have left to live. This is presented with a grid of squares, where those filled in black imply expired months in their life. Hopefully, this psychologically aid can redirect the motive of their actions, and drive them back towards whatever task they initially set out to accomplish via the internet.

Idea but in another form