



Unpacking the Unwind

Team 5 – AI For Self Improvement (RESTED)

Meet the Team (RESTED)



Shirley Z.



Ziyu R.

Last Week Till Now



Last Week

About Goals: Why don't people make progress on their goals?



This week

About Rest: Why doesn't people's downtime leave them feeling rested?

People felt exhausted from existing tasks



01

Additional Interview & Findings

Additional Interviewees

Recruited via research connections and friend of friends

01



“Alex”

M, 22

Software Engineer

Stanford Student

02



“Ben”

M, 25

PhD Student

03



“Clara”

F, 24

Researcher

*Our extreme user who
claims to not doom-scroll
at all*

*Our extreme user who
claims to not feel burn out*



“Alex”

"The conflict mostly comes from what I think I can do versus what I actually end up doing. And I think the scrolling ends up being a big part of the difference."

Says

trying to work out and rotating different exercises

trying to develop his own game with friends but not yet much progress

feels like there is not enough time for game development

sometimes feel exhausted after work to workout

for intrinsic tasks, setting own deadlines makes him more likely to do them

feels ok if he knows he cannot logically do something but bad if just procrastination

instead of doomscrolling, would want to learn or do chores

would do things if there are deadlines or if it is fun

feels ok if he knows he cannot logically do something but bad if just procrastination

"It's a lot about how my body feels that day."

Think

there are designated sections of day for different tasks

Social commitment is a stronger motivator than intention alone

His imagined capacity and actual capacity often diverge because scrolling consumes unplanned time

Personal goals do not need strict metrics if he can see gradual improvement

Long-term goals can disappear from attention when postponed for too long

A plan should fit around real fatigue rather than assume he can always push through

Limiting scrolling could create time for meaningful projects, but a simple restriction may not be enough

productive rest should still feel enjoyable and low-pressure

idea of productivity is personally dependent on context of what can be done

rest feels less justified when he believes he could have acted with a little more effort

Do

works out with friends for accountability

parts of routine reserved for just "work" or "commute"

intrinsically driven to keep doing but does not track progress

cognitively try to not worry when overwhelmed to cope

Tracks exercise progress informally by noticing harder climbs and improved performance.

Lets breaks happen spontaneously rather than scheduling them.

Rock climbs, lifts weights, or runs depending on the day.

Watches shows or videos, plays games, and goes to sleep after work.

Learns Unreal Engine 5 while transitioning from an earlier Unity project.

Sleeps earlier when he feels burned out.

Feel

tiredness sometimes translate to lack of motivation

feel like actively planning breaks can feel like a task

physically and mentally tired after long workdays

Feels comfortable letting some days be unproductive when exhaustion is real

Feels frustrated by the gap between what he plans and what he actually does

feels bored when a project loses novelty or becomes repetitive

cleaning can be a rewarding non-digital break because the result is visible

motivated by fun and social connection more than by abstract long-term outcomes

more motivated and accountable when climbing with a friend

satisfied when he sees improvement in climbing or exercise

Says

trying to work out and rotating different exercises

trying to develop his own game with friends but not yet much progress

feels like there is not enough time

sometimes procrastinates

for intrinsic tasks, setting own deadlines makes him more likely to do them

SWE working out and building a video game whose routine depends on energy and feels guilty only if objectively procrastinating

feels ok if he knows he cannot logistically do something but bad if just procrastination

instincts would learn to

"It's about how the body feels that day."

if he cannot do it but just procrastination

Think

there are designated sections of day for different tasks

A plan should fit around real fatigue rather than assume he can always push through

Social commitment is

He is involved

Resting feels less justified when he thinks he could have worked harder. Scrolling eats into unplanned time, and limiting is insufficient.

Personal goals do not need strict metrics if he can see gradual improvement

Long-term goals can disappear from attention when postponed for too long

idea of productivity is personally dependent on context of what needs to be done

rest feels less justified when he believes he could have acted with a little more effort

Do

works out with friends for accountability

Rock climbs, lifts weights, or runs depending on the day.

Watches sports or videos, plays games, and goes to sleep after work

Works out with friends for accountability. Let's breaks happen naturally which sometimes lead to doom-scrolling

cognitively try not to worry when overwhelmed to cope

exercise informally harder and more often

Lets breaks happen spontaneously rather than scheduling them.

Sleeps earlier when he feels burned out.

Feel

tiredness sometimes translates to lack of motivation

feels bored when a project loses novelty or becomes repetitive

feels like a task

because the result is visible

and social connection more than by abstract long-term outcomes

Planned breaks would feel like a task. Cleaning feels like satisfying, screen-free rest because he can see the result.

comfortable some days unproductive exhaustion is real

more motivated and accountable when climbing with a friend

Feels frustrated by the gap between what he plans and what he actually does

satisfied when he sees improvement in climbing or exercise

Takeaways:

insight

Problem with “unrestful” break is not about the phone, but the purpose

Rest is lost during transitions of tasks

need

Rest that he picks on purpose rather than drifts into

Easy options within reach that requires no planning





“Ben”

“There's this level of mental preparedness that you need in order to be able to read a book... and below that, you can doom scroll, or you can do nothing.”

Says



Think



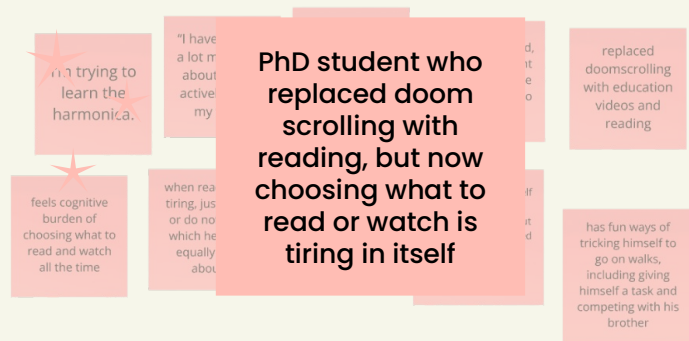
Do



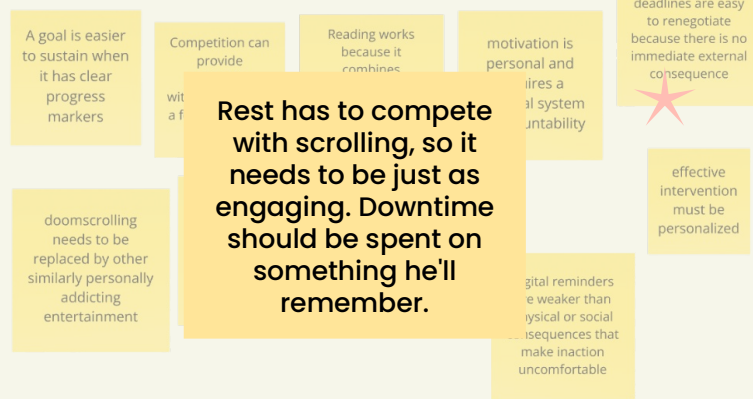
Feel



Says



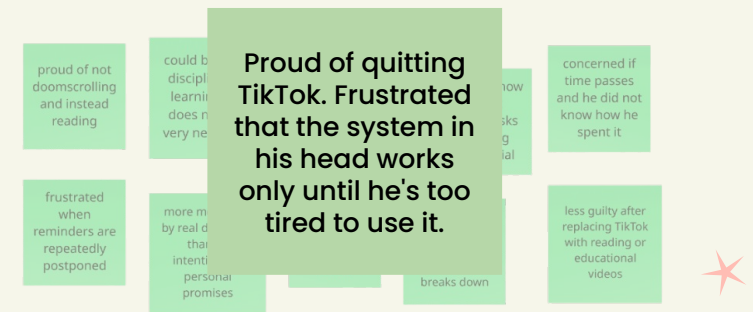
Think



Reads on his commute, deleted TikTok and practices harmonica during breaks.



Proud of quitting TikTok. Frustrated that the system in his head works only until he's too tired to use it.



Takeaways:

insight

Nudges on his phone can't compete with his phone.

Lost time bothers him more than resting does.

need

nudges with real-world or social stakes, tuned to him

rest he can remember afterward





“Clara”

**"I just don't know how
to start the next step."**

Says

have been trying to learn Japanese for years

main obstacle is "no specific goal"

"I haven't been in a situation where I don't want to do anything."

"The yearly goal is just so wide, and sometimes you just get lost in the middle."

wants to have more granularity in planning

"therapy and a support network definitely helps"

has a second "job" managing her finances that takes up screentime

doomscrolls when vibecoding because you cannot do anything anyways

has scheduling done by AI and as second opinion for what can/cannot be done

"It depends on whether the task is really hard and whether I have the capacity to do it right now."

Think

a goal is difficult to pursue when there is no clear target that demonstrates success

weekly planning provides clear structure

daily recaps help her adjust her plans rather than blindly follow outdated schedule

buffer time is necessary for unexpected work and interruptions

reviewing why something failed is more important than feeling bad it is incomplete

AI can remove administrative burden and make scheduling manageable

Some work cannot be usefully decomposed into a fixed checklist

hobbies should happen spontaneously as driven by passion

everything can be broken down into smaller pieces, and smaller pieces can be managed by AI

Different levels of expertise change how people use AI and how much direction they need to provide

Do

plans her upcoming week every Sunday night

leaves flexibility in schedule for unexpected work

Uses GPT for approximately 90% of her work and personal tasks involving AI.

does not really plan personal goals- enjoys spontaneity

lets hobbies happen spontaneously out of work with no real plan

has yearly goals and reflect on what is done and not done

has daily recap of what she did to update her schedule

has yearly goals that she makes by reflecting on past year and what has/ not been accomplished

learns Japanese through duolingo and videos, but with no measurable target

scrolls on phone when AI is running

Feel

energized by research and passionate in what she is doing

reflective of her abilities and interests and comfortable managing complex schedules

satisfied with financially rewarding routine work and work she is passionate in

stagnant when not sure how to continue a certain task

lost in the middle of a long yearly goal without checkpoints

frustrated when unanticipated deadlines consume other designated times

untroubled by phone use as long as there are no better things to do

capable of planning but aware high level plans can lack useful detail

likes exploring new ways of interacting with AI

protective of her ability to control the overall direction of her work

Says

have been trying to learn Japanese for years

wants to have more granularity in planning

main obstacle is

HAI researcher who does not feel burnout by delegating tasks to AI and planning buffer times in calendar

has schedule done by AI and as second opinion for what can/cannot be done

"I haven't been in a situation

writer of the task is really hard and whether I have the capacity to do it right now."

"The yearly goal is just so wide, and sometimes you just get lost in the middle."

doomscrolls when vibecoding because you cannot do anything anyways

Think

a goal is difficult to pursue when there is no clear target that demonstrates success

reviewing why something failed is more important than feeling bad it is incomplete

everything can be broken down into smaller pieces, and smaller pieces can be managed by AI

weekly planning

daily recaps help her adjust her plans rather than

Knowing why something failed matters more than feeling bad, you should feel in control while designating the routine work

Different levels of expertise change how people use AI and how much direction they need to provide

buffer time is necessary for unexpected work and interruptions

hobbies should happen spontaneously as driven by passion

Plans every sunday, has daily recap and uses GPT for planning but let's personal plans happen spontaneously

plans her upcoming week every sunday night

has yearly goals and reflect on what is done and not done

she did to update her schedule

reflecting on past year and what has/not been accomplished

does not really plan personal goals- enjoys spontaneity

learns Japanese through duolingo and videos, but with no measurable target

lets hobbies happen spontaneously out of work with no real plan

scrolls on phone when AI is running

energized by research and passionate in what she is doing

frustrated when unanticipated deadlines consume other designated times

Passionate about her work and fine with her doom-scrolling and occasionally not finishing her plans

proceeds as long as there are no better things to do

planning but aware high level plans can lack useful detail

stagnant when not sure how to continue a certain task

likes exploring new ways of interacting with AI

lost in the middle of a long yearly goal without checkpoints

protective of her ability to control the overall direction of her work

Takeaways:

insight

Too much specific structure works for work but not for personal goals

Asking "why" instead of feeling guilty turns misses into plans

need

small, concrete next steps for personal goals, without making them feel like work

reflection on missed goals without self-blame





02

POVs

POV from Last Week



“Britney”

We met	“Britney”, a software engineer who is burnt out by her responsibilities
We were surprised to realize that	She felt mentally overloaded despite claiming that she has a simple routine
We wonder if this means	She does not feel that her breaks are sufficiently rejuvenating her for her responsibilities
It would be game changing to	Reprioritizing tasks / organizing short breaks so they feel well rested while still feeling productive overall

Additional POVs



“Jack”

We met	“Jack” , a middle-aged primary care physician who is contemplative of how to spend his retirement on activities and relationships that he cares about
We were surprised to realize that	Even though he’s intentional about his time, he often resorts to “easier” tasks, such as stretching, quick chess blitz, etc.
We wonder if this means	“Jack” needs more activities that align with his personal goals that feel both “easy” and productive
It would be game changing to	Help “Jack” reach his long-term goals by breaking down what he needs to do to match his energy levels

Additional POVs



“Ben”

We met	“Ben”, a PhD student with a system for managing his time for personal goals
We were surprised to realize that	Although “Ben” can motivate himself to make progress on his tasks, he struggles when he cannot mentally form a clear plan.
We wonder if this means	People need a way to reduce the mental effort of deciding what to do next and personalize the kind of support they receive.
It would be game changing to	Help “Ben” turn intentions into action by reducing executive-function demands

Top Three HMWs

Reprioritize

HMW prioritize tasks to reduce the mental burden of planning?

“Britney”

Energy Support

HMW adapt working on a hobby to someone's current energy level?

“Jack”

Overcome

HMW help people define what success looks like for a goal that is hard to reason through?

“Ben”



03

Solutions & Prototypes

Top 3 Solutions

via popular vote

Not Today

Offer tasks to skip for the day to focus on more important work

Reprioritize

Picker Upper

Track where you left off on projects and offer quick restarts

Energy Support

Alt You

Reason through obstacles pretending to be you

Overcome

Not Today



3rd Year PhD

Juggling heavy workload
& work-life balance

Recruited via
Friend Suggestion

ASSUMPTION Knowing tasks can be safely skipped with clear rationale reduces guilt around resting. -> if it increases that defeats the purpose

01

Day 1 Evening

Participant lists out tasks for the next day.

02

Day 2 Morning (8 AM)

AI sends a curated list of tasks safe to skip for the day along with clear rationale.

03

Day 2 Evening (9 PM)

Follow-up check-in on task progress, resting guilt level, and interview.

Not Today: Experience Flow

01

Evening Prompt

System requests task list with deadlines.

Please list your tomorrow's tasks, each with a deadline and who's waiting on it

Please text me back before you go to sleep

02

User Submission

Participant texts next-day task commitments.

Survey #1 In one day, to run on Prolific

Survey #2 In one day, to run on Prolific

Monday 21:30

Both with preregistration

Writing up two studies, in one day, overall package of all available studies to Jonathan by the end of next week

Hiking, by the evening, with a friend m

03

Morning AI Triage

Teammate pretends to be AI and delivers safe-to-skip list & reasoning.

{{{{Rested AI Automatic Reply}}}}

Good morning! You can skip these today:

- ☐ Survey #2 (and its preregistration)
- ☐ Writing up Study 2

Why it's safe: The package isn't due to Jonathan until the end of next week, so you have more than a week of buffer. Launching Survey #2 tomorrow still leaves plenty of time to run it and write it up. The Study 2 write-up has to wait for that data anyway.

Today: Survey #1 + prereg, write up Study 1, then your hike. Use the freed time to rest. Maybe head out a little early and enjoy the evening with your friend.

Not Today

01 Relief & Motivation

Relief from skipping tasks; permission to skip actually increased motivation to complete them.

02

Accountability

Planning + check-ins drove commitment: "I stay up to finish work when observed."

03

Priority Mismatch

Skipped a hike for work—AI failed to recognize social commitments as skippable.

04

Structure & Triage

Pre-approved choices aided triage during surprises and provided clear structure.

KEY TAKEAWAY (Partly failed Assumption)

A "safe to skip" list aids triage when plans change, but doesn't guarantee rest and can become a stretch goal.

Not Today: Target & Scope

01 Designed For

Target Audience:

Overloaded students & knowledge workers with flexible tasks who feel guilty resting.

02 Leaves Out

Unsuitable Groups:

- **Fixed Deadlines:** Caregivers, shift workers, non-skippable tasks.
- **Achievement-Driven:** Users turning skip lists into stretch goals.

03 Key Risk

AI Priority Misjudgment:

May skip vital social rest (e.g., social time with friends), risking relationships.

Mitigation: Users must explicitly confirm skipped tasks.

Picker Upper



Licensed Therapist

Learning Mandarin
despite heavy client load

Recruited via
Family Network

ASSUMPTION Reminding people where they left off feels helpful to start the goal rather than naggy -> otherwise a negative emotion.



01

Day 1 Evening

Participant describe where they left off and the next small task to do tomorrow

02

Day 2 Morning (8 AM)

AI sends a reminder of where they left off and the first small task to start off today

03

Day 2 Evening (9 PM)

Follow-up check-in on task progress, and interview.

Picker Upper: Experience Flow

01

1. User Check-in

Initial progress update on tasks

Finished 200 flash cards, but only decreased by about 130 in a set of 1000 due. Each is a set word independent of phrases, then set a small step forward with my book, roughly 10 short lines, or half of the book. Moved from early on page 42 to 43

02

2. AI Automated Message

Teammate sends text reminder based on history pretending to be AI

[[[RESTED AI AUTOMATED MESSAGE]]]

Hi Aaron! Last time, you finished 200 flashcards and "moved from early on page 42 to 43" in your book. Want to pick up from where you stopped on page 43 and read just 5 short lines today? You can leave it there if that feels like enough.

03

3. User Reflection

Detailed response, goals & concept learning

Thank you for the direction! I completed 130 flash cards and 1 line of text, with the intention to complete 100 additional flash cards tonight and 4 additional lines. I learned key concepts around insects and verb usage, with AI translated text to communicate ideas that I'm unfamiliar with, like inheritance and admittance. This is a custom text, meaning I have not progressed in the book. You can track this as X-lines, with each line including 1-2 line breaks.

Picker Upper

KEY INSIGHTS GAINED

01 Action Acceleration

Reminders turn intention into action sooner (~100 extra flashcards completed).

02 Reduced Cognitive Load

Externalizes tracking with clear benchmarks to reduce effort and decision fatigue.

03 Smaller Micro-Tasks

AI starting tasks should be smaller, tailored to difficulty, tools, and available time.

04

Flexible Context & Goals

Tracks stopping points alongside broader goals, offering lightweight alternatives when away.

05

Personal Delivery Channel

Text messages feel personal and non-stressful compared to standard app notifications.

Picker Upper

TARGET AUDIENCE & SCOPE

01 Designed For

People with long-term goals who lose momentum (e.g., a therapist learning Mandarin).

02 Key Product Risk

Reminders turning enjoyable hobbies into stressful obligations.

03 Scope Boundaries (Leaves Out)

- **No Reliable Mobile Access**

Users without consistent phone or text access.

- **Rigid or Location-Bound Goals**

Goals that cannot be split into micro-steps or require fixed locations.

Alt You



CS Undergrad

Trying new fields and
interests

Recruited via
Past Classmate

ASSUMPTION When AI imitates someone, you recognize yourself in the statements. -> otherwise same as suggestions

01

Learning about you

A quick 5 minute form about interests and obstacles

02

Alt You Messages

Text messages making assumptions about why obstacles are happening in first person

03

Corrections

AI asks questions and human makes corrections until they come to a conclusion they feel satisfied with

Alt You

- ★ Felt satisfied with the conclusion he came to rather than just be given suggestions
- ★ First-person framing felt calming, personal, and less judgmental than traditional advice

New learning: Concerns about how personal information is stored and used.

Initial Form

8. Tell us about the most recent time you tried—or thought about trying—to work on it. What happened?

1 response

I was trying to read a paper before bed and instead I kept telling myself I didn't have enough time and spent 1.5 hrs doing nothing (totally could've read the paper).

Sample Messages

"I think with poker videos, I don't need to get anything out of them for the time to feel fine. With a paper, I expect myself to come away understanding something. Maybe I'm reluctant to put in the effort because if I finish still confused, I'll feel like I wasted the time or didn't do a good enough job. With a video, there isn't really a way to do it badly. Maybe I'm avoiding having to judge how well I did, not just the effort itself."

I'm making a bigger guess here. Which part fits, and where does it stop sounding like you?

Tuesday 22:48

Hmmm I'm not too sure about the judging how well I did part. I suppose it could be the case. My best guess is more that it is a lot of effort to try to understand it and I am sometimes unwilling to put in the effort

"I think I've been making understanding the paper a requirement for reading it at all. But I'd probably learn more from reading consistently and getting 10–30% than from putting it off until I'm willing to work through everything. Maybe I need to let myself leave a paper with things still unclear, without treating that as unfinished work I owe myself."

Does that last part fit, or is it a stretch? If you approached your next paper that way, what would you actually do differently?

Tuesday 23:37

Yup I think the last part definitely fit. I would probably be more willing to start on it. I think I should accept "incomplete" work in some sense while reading papers.

Alt You

TARGET AUDIENCE & SCOPE

01 Designed For

Reflective users comfortable sharing personal details and responsive to self-talk.

02 Key Product Risk

First-person statements can subtly nudge users; mitigated by the “Corrections” step.

03 Scope Boundaries (Leaves Out)

- **Data Privacy:** Hesitance sharing personal data with AI.
- **"I" Framing:** Unsettled by AI speaking in first-person.
- **Vulnerable Mindsets:** Risk for users with anxiety or intrusive thoughts.

Our Direction

Combine all three solutions into a digitalized you

Each tool alone fell short; combining them covers every stage of rest & progress

1. Key Functionalities

Reflect (Alt You): Reason in 1st person, non-judgmental

Prioritize (Not Today): Safely skip non-essentials

Progress (Picker Upper): Save progress & quick restarts

3. Target & Inclusion

Serves: Students & young professionals facing burnout

Leaves Out: Users hesitant to share data with AI



04

Appendix

HMW Brainstorming

Bingcheng Li

- 1) HMW make short breaks feel more refreshing?
- 2) HMW help people balance responsibilities vs. a calm state of mind?
- 3) HMW help people find more time to rest in their busy schedules?
- 4) HMW offload some work off of people?
- 5) HMW make everyday responsibilities feel more fun and rejuvenating?
- 6) HMW reprioritize tasks to reduce the mental burden of planning?
- 7) HMW readjust routine to adapt to energy levels
- 8) HMW help Bingcheng preserve the routines that already work for her?
- 9) HMW help Bingcheng identify what actually restores her?
- 10) HMW prevent her responsibilities from carrying into her downtime?
- 11) HMW make rest feel intentional rather than accidental?

Dean Thompson

- 1) HMW make longer goals achievable and rewarding in short terms
- 2) HMW divide a task up so it doesn't feel overwhelming to accomplish
- 3) HMW offer low-effort variations of accomplishing the same goal
- 4) HMW offer tasks that align with personal values
- 5) HMW help Dean feel restored without losing his sense of purpose?

- 6) HMW assess someone's energy levels
- 7) HMW break long-term hobbies into easy, small, fun activities
- 8) HMW stop people from defaulting to scrolling when they want something easy?
- 9) HMW reduce the activation energy necessary to start an activity?
- 10) HMW help people work on their hobbies and/or long-term goals without needing to go into "work/focus" mode?
- 11) HMW find a meaningful, less passive alternative to scrolling that still feels entertaining?
- 12) HMW give people the gratification of scrolling by working a little bit on their long-term goals/hobbies?
- 13) HMW adapt a hobby to someone's current energy levels? How might we simplify it?
- 14) How might we make doing a hobby feel like muscle memory?

Nick Jennings

1. HMW help Nick start an activity when he does not know where to start?
2. HMW reduce the number of decisions involved in choosing what to read, practice, or do next?
3. HMW turn Nick's existing goals into small, obvious next steps?
4. HMW create accountability that works better than self-imposed deadlines?
5. HMW personalize accountability to match what motivates Nick?
6. HMW use competition or playful progress to encourage action?
7. HMW help Nick transition from resting into an activity without making rest feel wrong?
8. HMW help Nick distinguish between needing recovery and avoiding a task?
9. HMW make social activities easier to initiate and organize?
10. HMW help Nick define what success looks like for becoming more social?
11. HMW reduce the anxiety involved in inviting people and planning social events?
12. HMW help Nick build more social hobbies around activities he already enjoys?
13. HMW support Nick's planning without creating another system he has to maintain?
14. HMW design a system that works with Nick's internal planning style while providing stronger external cues?
15. HMW help Nick make progress on long-term goals without relying on stressful last-minute deadlines?

Solution Brainstorming

Greyed out ones are ones too similar to past projects, pink and yellow are what we liked

Solutions:

1. HMW reprioritize tasks to reduce the mental burden of planning?
 - a. Organize tasks by energy levels required and time required → slot them into the available calendar → pick best plan
 - b. Rebuild the calendar whenever a user says that they feel burnt out by their current schedule
2. HMW adapt a hobby to someone's current energy levels? How might we simplify it?
 - a. Organize the tasks required in the hobby by energy levels
 - b. Simplify each task to the bare bones, most simple/muscle memory way of doing it
 - c. Propose various ways to engage with a hobby and connect to Apple Watch sensors to know users' HRV level
 - d. Have a scale slider to indicate someone's energy levels → LLM suggests after
 - e. Create a low, medium, and high energy level version of each task and their required time
 - f. Recommend new ways of engaging with a hobby - e.g. for art, have a relevant art feed like Pinterest that allows passive engagement
 - g. track/ask to track where the user left off with their long-term goals so we can suggest where to pick up/ help the user remember what they were working on
 - h. Make it more incentivized - for example, users can get paid for creating art, etc?
 - i. Give encouraging feedback on past work and improvement suggestions for next steps
 - j. Suggest tutorial videos/ relevant videos that can be passively watched and engaged with to replace doomscrolling
 - k. Tiny art challenges- draw the thing right next to you - small chess puzzles- etc.
 - l. Show progress toward a personal goal without turning it into a productivity dashboard- helps you feel good about your progress and gain motivation to continue
3. HMW help people define what success looks like for a goal that is hard to reason through?
 - a. Social accountability by showing others who are successful in these things- connecting you with friends who are working on the same thing
 - b. Instead of a destination e.g., I can speak Japanese), when the user feels stuck, help them reason through moments that they feel good about (e.g., for my trip to Japan in five months, I can go and order food)
 - c. Monthly why review- for each week, help people clarify why they want to work towards a goal to remind them of the purpose and to readjust if needed

- d. Goal ladder- for each goal, what is the near, medium, and long term vision for what to accomplish
- e. Separate outcomes from things they can influence - help to ground users
- f. Give them comparison benchmarks - "you've done xx better than you were last month"
- g. Help them pull information from different sources and contextualize the info gathered given their situations
- h. AI coach that helps you identify what the real struggles are
- i. Alternative yous- an AI version of yourself and your interests that you correct over time to help you identify your own strengths and flaws and what kind of advice you would give yourself
- j. Routine algorithm feeds that show you: here are the top few things you can try, here are some people you have not talked to in a long time, here are some events you can try, etc.
- k. Borrow a goal from a friend- if you are not making enough progress on a goal, your goal gets sent to a list of friends you listed in advance, and they help you come up with what you can do

Please text me back before you go to sleep

Monday 21:30

Writing up two studies, in one day, overall package of all available studies to Jonathan by the end of next week

Hiking, by the evening, with a friend m

- ☐ Survey #2 (and its preregistration)
- ☐ Writing up Study 2

Today: Survey #1 + prereg, write up Study 1, then y
hike. Use the freed time to rest. Maybe head out a l
early and enjoy the evening with your friend.

I'm making a bigger guess here. Which part fits, and where does it stop sounding like you?

Tuesday 22:48

Hmmm I'm not too sure about the judging how well I did part. I suppose it could be the case. My best guess is more that it is a lot of effort to try to understand it and I am sometimes unwilling to put in the effort

Prototypes

They are also in the drive

[[[RESTED AI AUTOMATED MESSAGE]]]

Hi Aaron! Last time, you finished 200 flashcards and “moved from early on page 42 to 43” in your book. Want to pick up from where you stopped on page 43 and read just 5 short lines today? You can leave it there if that feels like enough.

Thank you for the direction! I completed 1 line of text, with the intention to complete flash cards tonight and 4 additional lines of concepts around insects and verb usage. I wrote text to communicate ideas that I'm unfamiliar with inheritance and admittance. This is a culture I have not progressed in the book. You can see 4 lines, with each line including 1-2 line breaks.

"I think I've been making understanding the paper a requirement for reading it at all. But I'd probably learn more from reading consistently and getting 10–30% than from putting it off until I'm willing to work through everything. Maybe I need to let myself leave a paper with things still unclear, without treating that as unfinished work I owe myself."

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