



POVs, HMWs, and Experience Prototyping

Assignment 2

TEAM BAGG



Gil S.



Bennie N.



Gabriella U.



Ameshia B.

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

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 isnt from rent, food, or sending money back home, its from the app.”

JORGE, 42

Venezuelan Immigrant

SAY	Here, everything moves fast, money comes, but there's no time to live.	<small>He says that the productivity here is anything from the app to the app itself. He says he wants to get more out of life but there's no time to live.</small>	THINK	He doesn't have any control of his time	Misses Venezuela's slower, family-centered rhythm
"I work from seven to seven, sometimes longer."	"The app tells me when I have to work."	"In Venezuela, things were different. There was more time for family."	"I don't have family here."	Productivity = survival and dignity.	Working hard is the only path to stability in a new country.
"My primary stress isn't from rent, food, or sending money back home, it's from the app."	"I feel productive when I'm working hard and not wasting time."	"I don't have free time"	"Free time is when I can do anything I want on a Sunday with friends"	Thinks constantly about his family back home and the sacrifices behind his work.	Difference in productivity in America is rooted in the economy
"After work I only have to meal prep and sleep before I wake up at 6 am the next day"	"My wife, my son, my mom... everyone is still in Venezuela."				Productivity is defined by the economy
					freetime is having control over time
DO	Sends money regularly	Doesn't sit still; seems like he's mentally "on the job" at all times	FEEL	Very anxious about taking advantage of the opportunity of being in the U.S.	Tired and anxious, from the constant grind and mental load of gig work.
Checks his phone constantly during the interview for DoorDash notifications	Speaks politely, apologizes often, and appears tired but focused	Works 12-hour shifts (7 a.m.-7 p.m.) with limited breaks	Multitasks, even while talking, his attention is divided between work and conversation	Lonely, separated from family and lacking social connection	Proud, of his endurance and ability to provide.
Prioritizes staying on the road over resting	He was working 15 hours a day when he was in Colombia	He walked 3 months from Colombia to the U.S. and then	I walked three months from Colombia to get here. Then I had to cross the Sonoran Desert	Resigned, sees exhaustion as part of the immigrant experience	Appreciative of this country and the chance to be here, even with all its challenges
Mentions "traffic" as a mental and emotional trigger				Anxiety about legality	Anxious about lack of control of his life, economics, and time
					Homestick, sometimes feels like dropping everything just to return home and see his family.

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)?

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

HMW 1

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



Gabby

20, Stanford sophomore, Lebanon,
Ecuador

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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

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

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



Omar

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

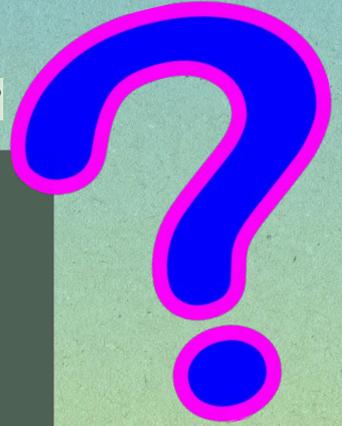
EXPERIENCE

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

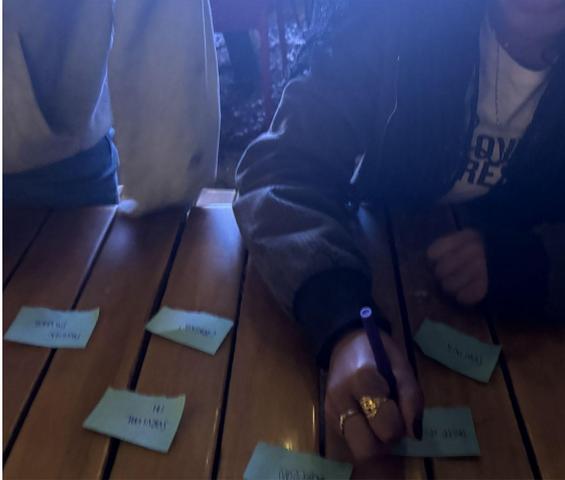
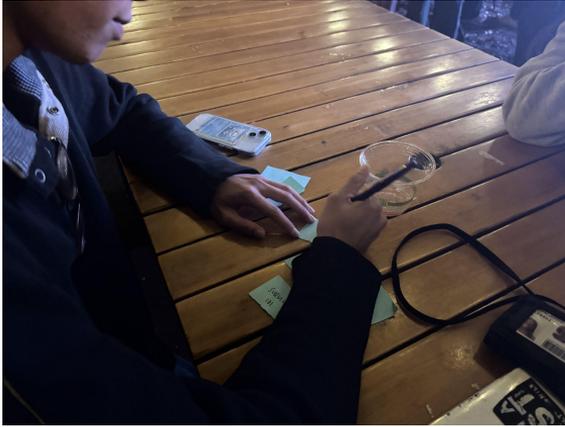


Our Assumption:

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	

User B - 46 years old, F-identifying, Contracts & Negotiations Manager

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 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 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 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
reminiscing what it would be like to be good at something but then when I actually try to learn it the learning is boring	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?

video gaming	glass blowing	pottery	dj-ing
sculpting	mixed method research	music theory	investing
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	

Why not?

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 im used to
In my head im like "I should try it" or "I 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)

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

What haven't you learned yet?

Equestrian	Fencing	Ice Skating	Sewing
Origami	How to fold paper airplanes	Spanish	German
French	Japanese	Italian	Knitting
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			

Why not?

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
I've tried multiple times	I want to possess all of the knowledge in the world, but it's not possible	Time
Brain capacity (how much my brain can hold knowledge-wise)		

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

What haven't you learned yet?

surfing	snowboarding	skiing	Skateboard ing
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 italian food	Another language (speak more stuff)
Jazz, jazz appreciation	Other cultures	Travel and be well-knowledgeed	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			

Why not?

ADHD	Time	Action
Convenience	Some amount of active personal into learning through, few hanging fruit is easier	Hard to do with school
Anything that's more than a couple hours is harder to do	Can only learn a handful of these at a time	

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.

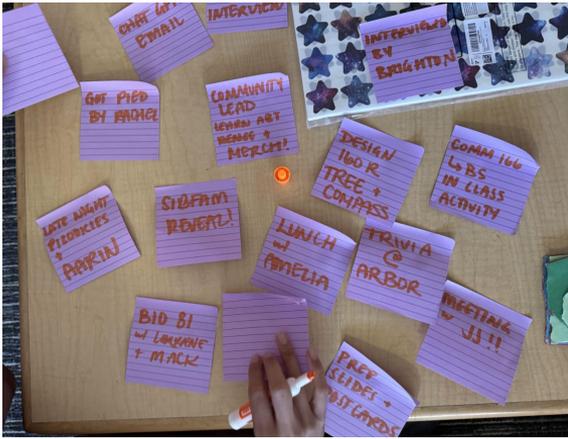


Our Assumption:

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?

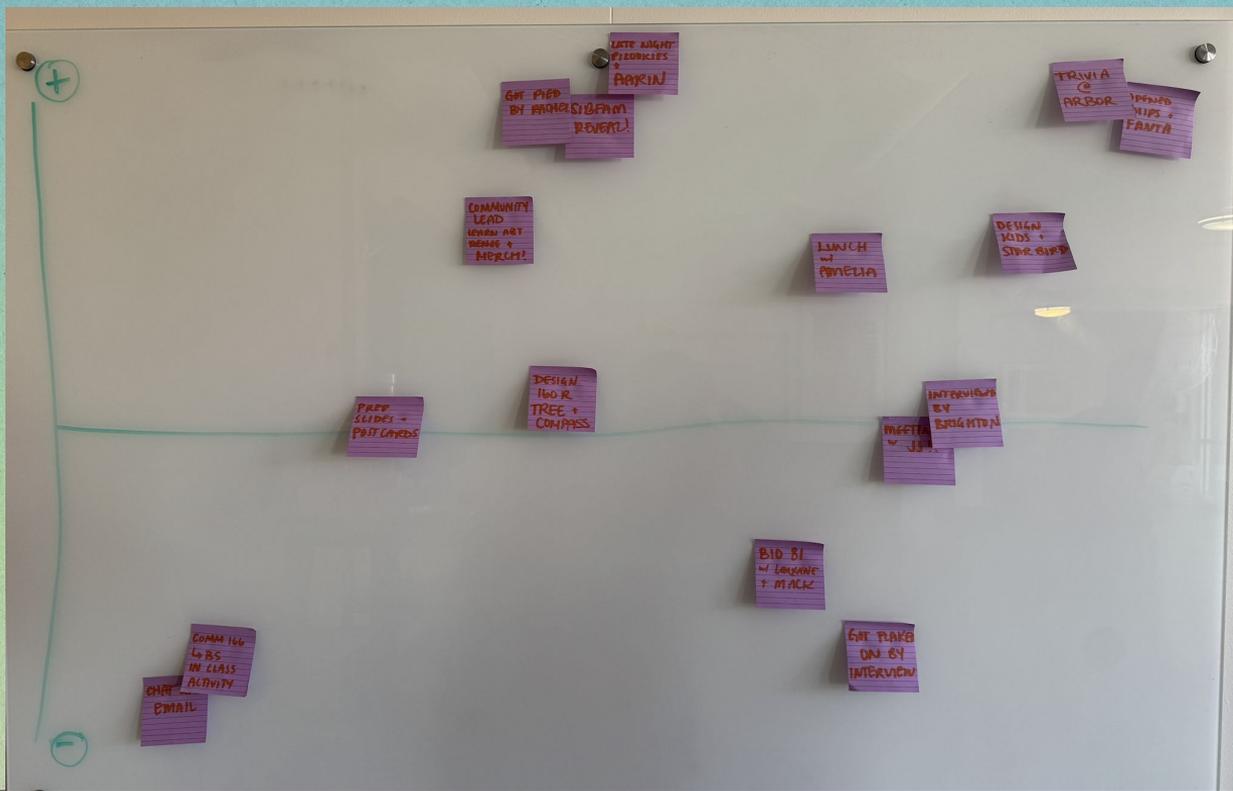
Venezuelan Junior
studying Engineering

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

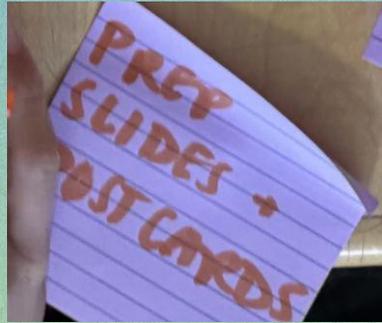
Over-reliance

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

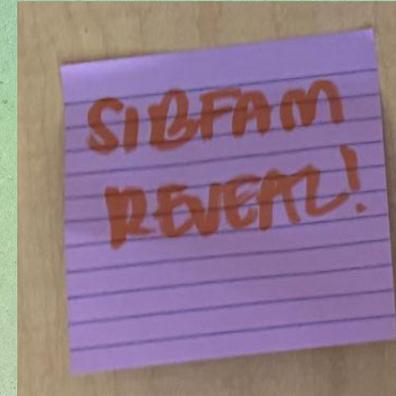
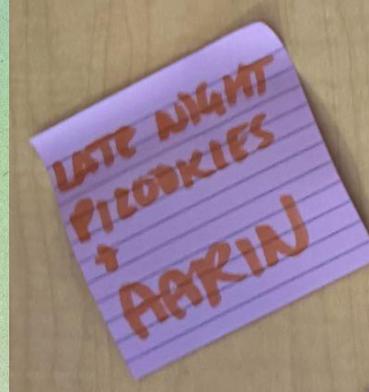
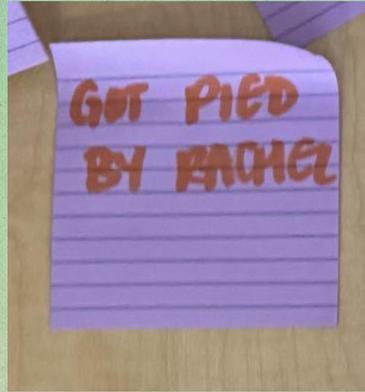
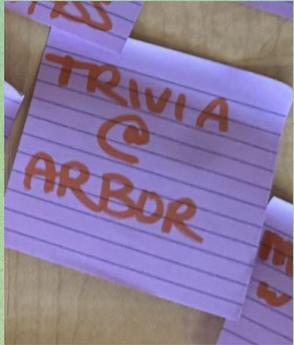
Short term prototype
limits pattern
tracking

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

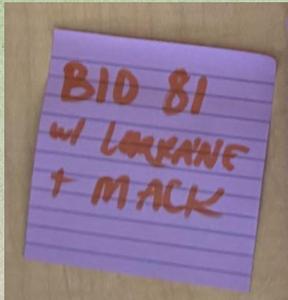
LEARNINGS



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 "conciierge" 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](#)



POV3

We met... *Genius*, a 20 year old systems engineer who believes in flexible working

We were surprised to see... *Now evidently he makes the claims to have a relaxed 9-5 working day*

We wonder if this means... *her need for productivity? Creative freedom is a coping mechanism for her anxiety*

It would be game changing to... *help with anxiety management, her schedule, job, etc.*

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

POV4

We met... *Omara*, a career researcher in his mid-50s who manages a team of post-grad scientists

We were surprised to see... *his radical rejection of the American education system and it's ^{rigid structure} rote learning of workbooks, not thoughtful post-graduate people who think*

We wonder if this means... *he feels alienated working in a system hierarchically rejects*

It would be game changing if... *We could remove the dissonance between his values + systemic values*



POV1:

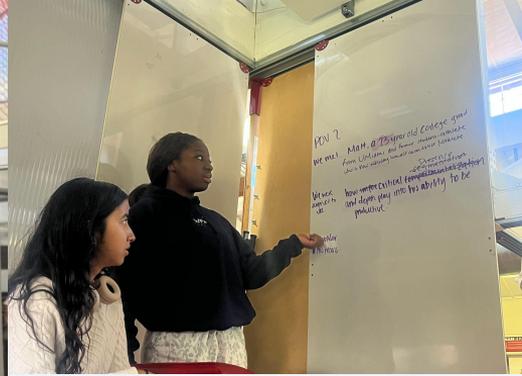
We met... *_____*, a 43 year old Venezuelan man who works 12 hr a day fulfilling DD

We were surprised... *to notice that above paying for rent, food or providing for his family he chooses to pay stress as coming from traffic & the Download app*

We wonder... *If this man's his conscious about the lack of control he has over his daily routine & life*

It would be game changing... *if he could gain a better understanding of what to expect each day*

It would be game changing if she could reconnect with joy and rest as experiences to enjoy, not responsibilities to manage.



It would be game changing if balance no longer felt like something to maintain, but something she could simply live in.



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*

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 2

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*

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 3

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. How do we design environments that reward “why” as much as “how”?
2. How do we bring philosophy and critical thought into everyday professional life?
3. How do we help parents like Omar nurture curiosity in their children despite the system they’re in?
4. How do we let Omar mentor future thinkers outside traditional academia?
5. How do we make wonder a measurable form of progress?
6. How do we turn productivity from output into the pursuit of understanding?
7. How do we 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

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 2

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 "doomscrewing".
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 you 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 life 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 and 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. Water a plant type of thing but for emotional recharge
32. Journal with voice and then ai can tell u how ur 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 havent seen ppl
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 ur 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 farthest 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 youve 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 recollects the collective "why" before starting class, project, hw...
 - a. sticky note, digital post, or shared mural
62. 3 minute yoga: 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 smth, 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
- 68. 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?

- 69. 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 u tell it like journaling about whats coming up and it'll 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 burnt 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 emotions 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 close 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