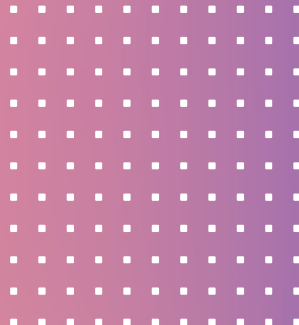




flowspace

a mindful approach
to deep work





flow - /fləʊ/

“The mental state in which a person performing some activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment.”
-Wikipedia

the problem

- Stress-induced burnout is perpetuated by information overflow and constant connectivity
- The average 21st century workspace is flooded with notifications, messages, and other distractions
- This makes it difficult to get into right physical and mental environment for deep, productive work

the solution

- **flowspace** uses guided sessions to help users enter their own unique flow state, where they work with more intention, focus, and clarity
- The app also helps users develop long-term flow habits through self reflection and long-term project planning



three levels of tasks



simple
begin flow

Decide which tasks to
flow for

Set up flow environment
and schedule



medium
reflect on flow

Respond to prompts about
personal experience during
flow state, make future
flowing easier

Plan for how to improve
future flows



complex
enter long-term flow

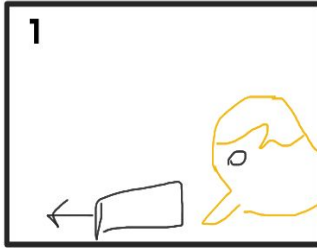
Set up flow routine for
long-term projects

Reflect long-term on a
project, resolve to
change high-level habits

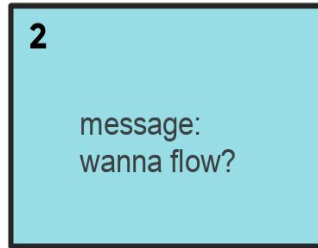


concept storyboards

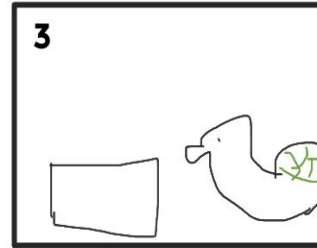
simple: begin flow



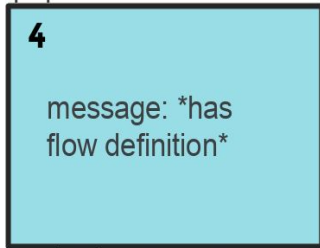
flow coach: beak slides paper across a desk



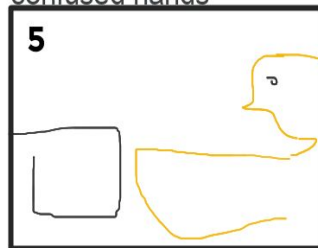
main char: open paper, confused hands



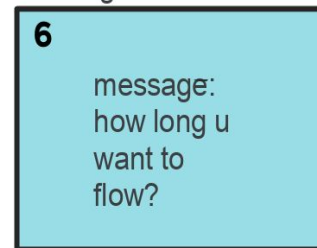
coach: slide another message



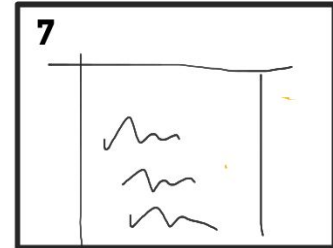
main char: open paper
"YES I need to flow!!!"



coach: another message



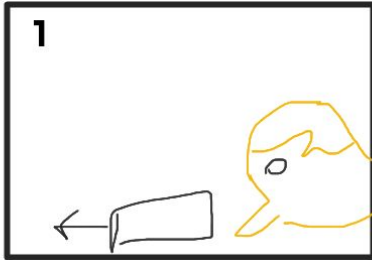
main char: open paper, thinkin hands, set flow time 30 min



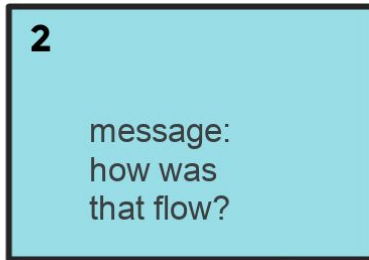
flow work montage

concept storyboards

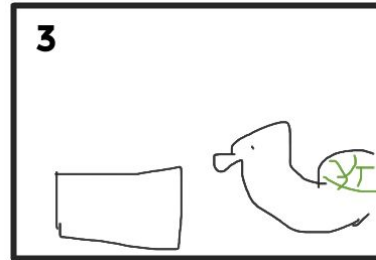
medium: reflect flow



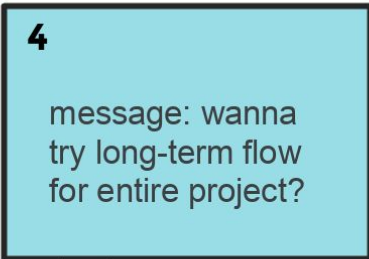
coach: slide message



main char: open paper, "it was awesome!" smiley face, happy hands



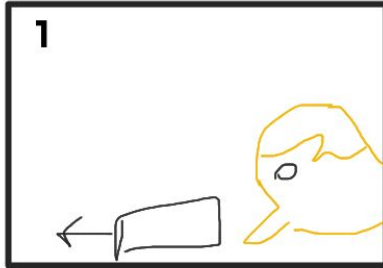
coach: slide message



main char: open paper, excited hands

concept storyboards

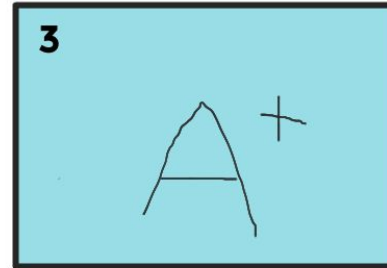
complex: long-term flow



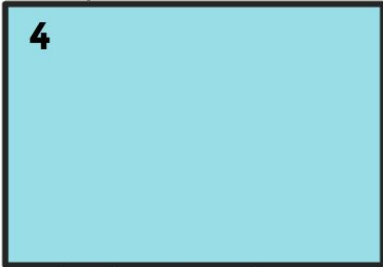
1
coach: help main char
set up flow calendar



2
main char + screen: flow
work montage



3
screen: paper complete,
great grade

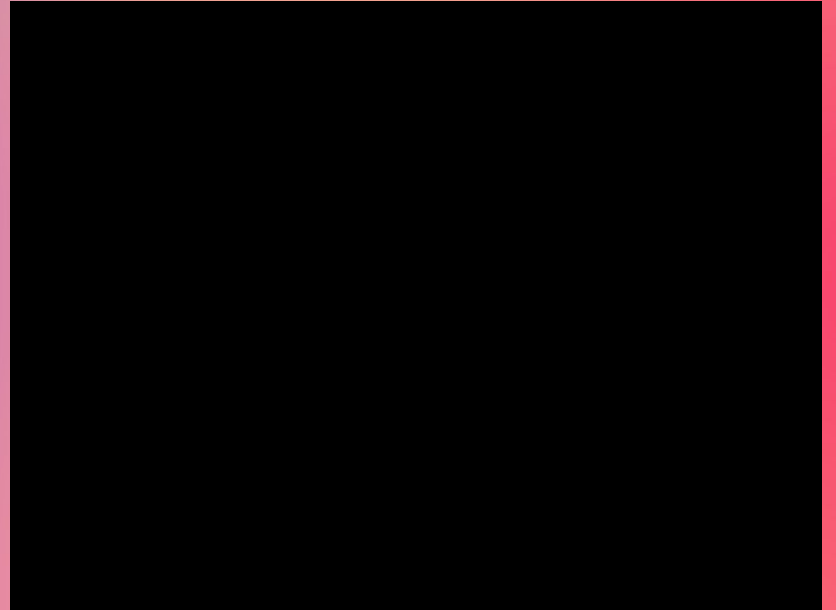
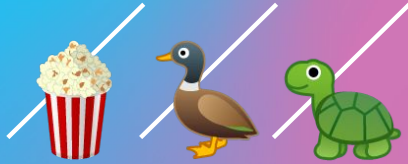


4
main char: very happy
hands



5
coach: the end ;)

final concept video



 click me!





Thanks for watching!

- the flowspace team

