flowspace
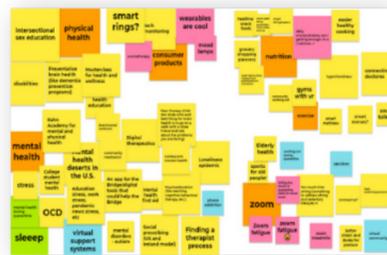
a mindful approach to deep work

Problem:
Constant notifications, lack of deep work, and stress-induced burnout
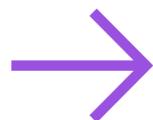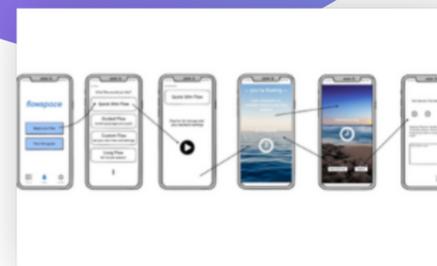
Process:

Needfinding
control   productivity   avoid distractions
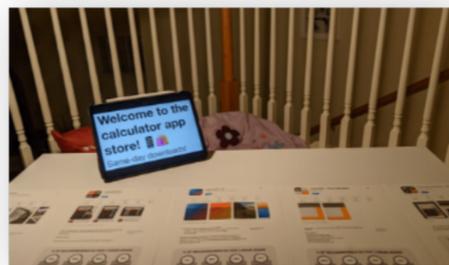
Experience prototyping
data   coaching   mindfulness
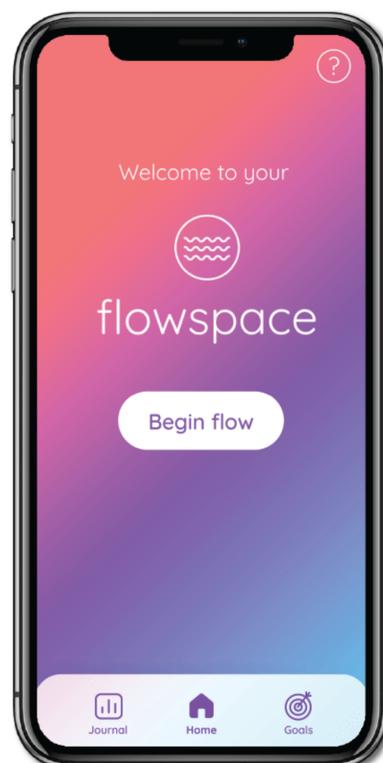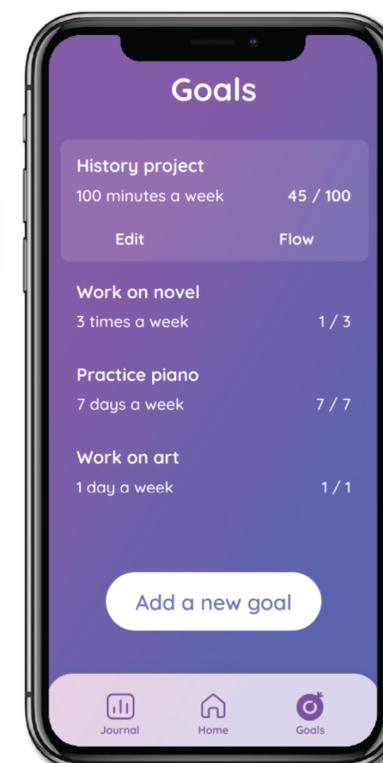

Low-fi prototyping
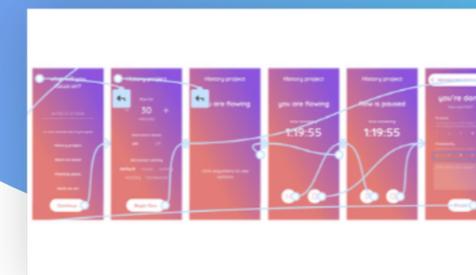
Med-fi prototyping

Features:

Onboarding

Begin flow

Set goals

Develop habits

Solution:
Guided flow states, goal-oriented work, and long-term flow habits