Value Proposition:
Flowspace provides a mindful approach to deep work.

Problem:
The 21st century workflow is marked by a constant overflow of notifications and lack of deep, productive work, leading to stress-induced burnout.

Solution:
Flowspace provides guided flow state sessions and goal-oriented work and reflection, enabling users to develop long-term flow habits.

3 tasks

Simple: flow and reflect

Medium: review journal, onboarding

Complex: set goals, plan them
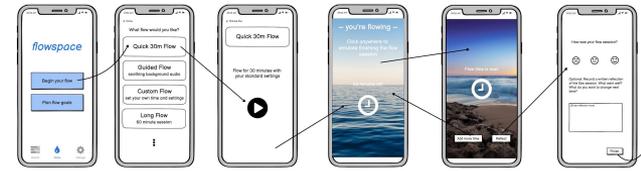
🔨 revisions
from lo-fi

# revisions: simple

flow + reflect

Changes include:

1 - Allowing users to start flow session by **selecting long-term goal** with previously set-up session settings

2 - Allowing users to **change which apps are blocked each session** via simple "Distraction setting": during feedback, people said that they may want to change which apps are blocked each session

Not shown - Changing reflection at each session end to **ask for ratings on purpose, productivity, and overall notes**: helps each session be centered around ultimate goal of long-term relationships between work, productivity, and life satisfaction

Not shown - Added the option for users to **pause or stop** flow sessions early to allow for greater flow session flexibility
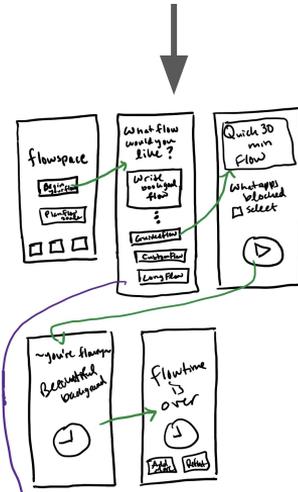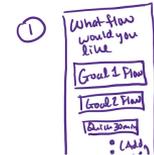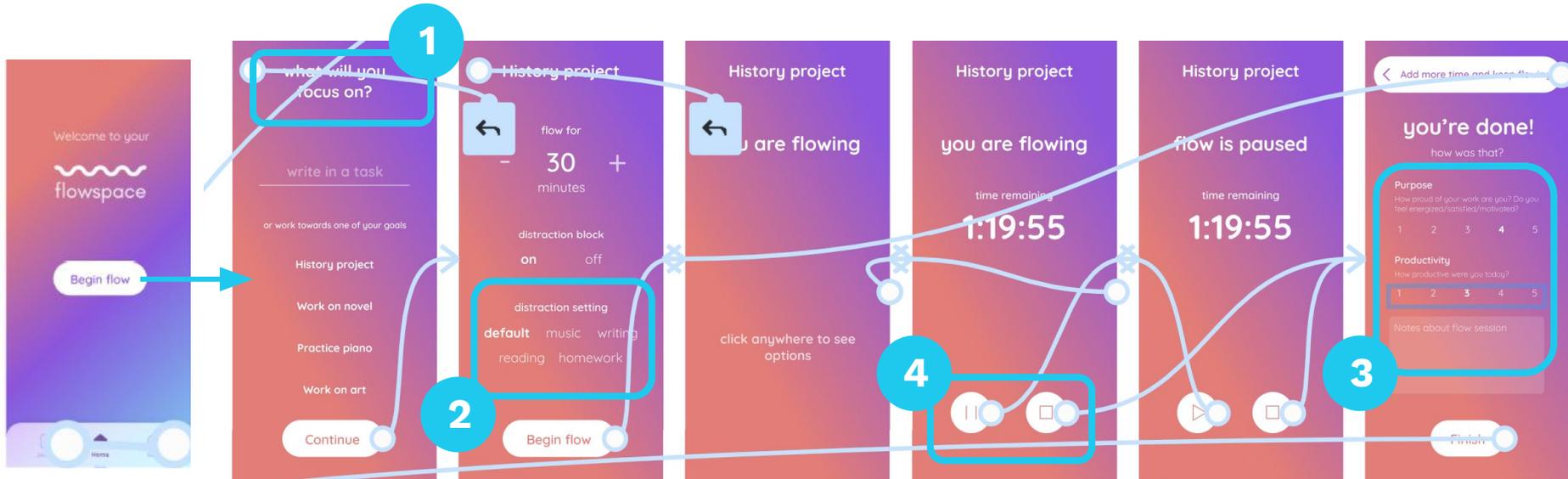
Revision sketches; see updated prototype on next slide

med-fi version

Summarized changes from previous page:

1. Select long-term goal
2. Specify blocked apps
3. Reflection questions: purpose, productivity, overall notes
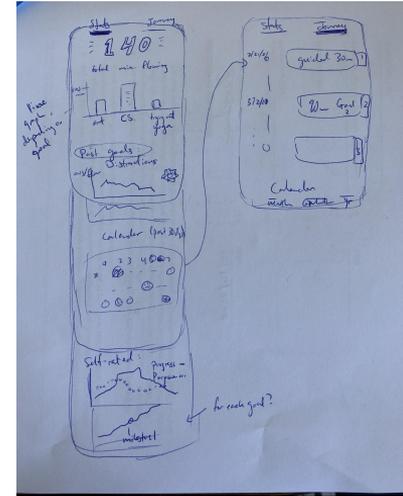4. Pause or stop session

revisions: medium

review past flows

Changes include

1. New data visualizations:
   a. Distractions over past week
   b. Purpose & productivity metrics over past week
2. Added purpose and productivity metrics instead of the happy face/sad face scale
3. Added stats and timeline tabs on the top
4. Timeline tab is organized by date and by goal

Revision sketches; see updated prototype on next slide

med-fi version

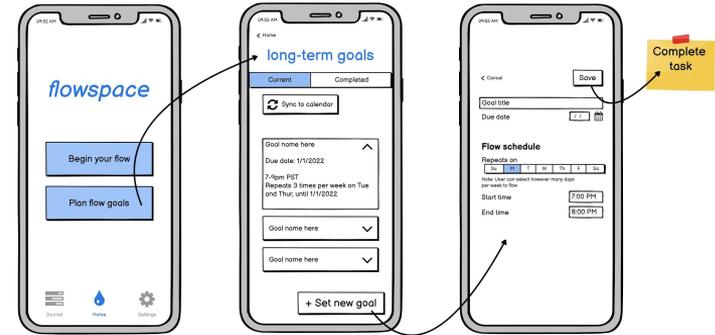**Summarized changes from previous page:**
1. Stats and timeline tabs
2. Large display of the total time flowing
3. Past flows arranged by date and clickable
4. Simplified reflection summary page

revisions: complex

set schedule for goal

Changes include

1. Removing scheduling from planning flow goals: they're now weekly, users specify either minutes or sessions per week to flow
2. Goals now have the following attributes:
   a. Progress (weekly measure of progress towards goal that's auto-updated)
   b. Goal (min or sessions / week)
   c. Flow session reminders
   d. Distraction setting (list of which apps to block for different flows)
   e. Default session length
   f. Users can now flow directly from a goal to work towards
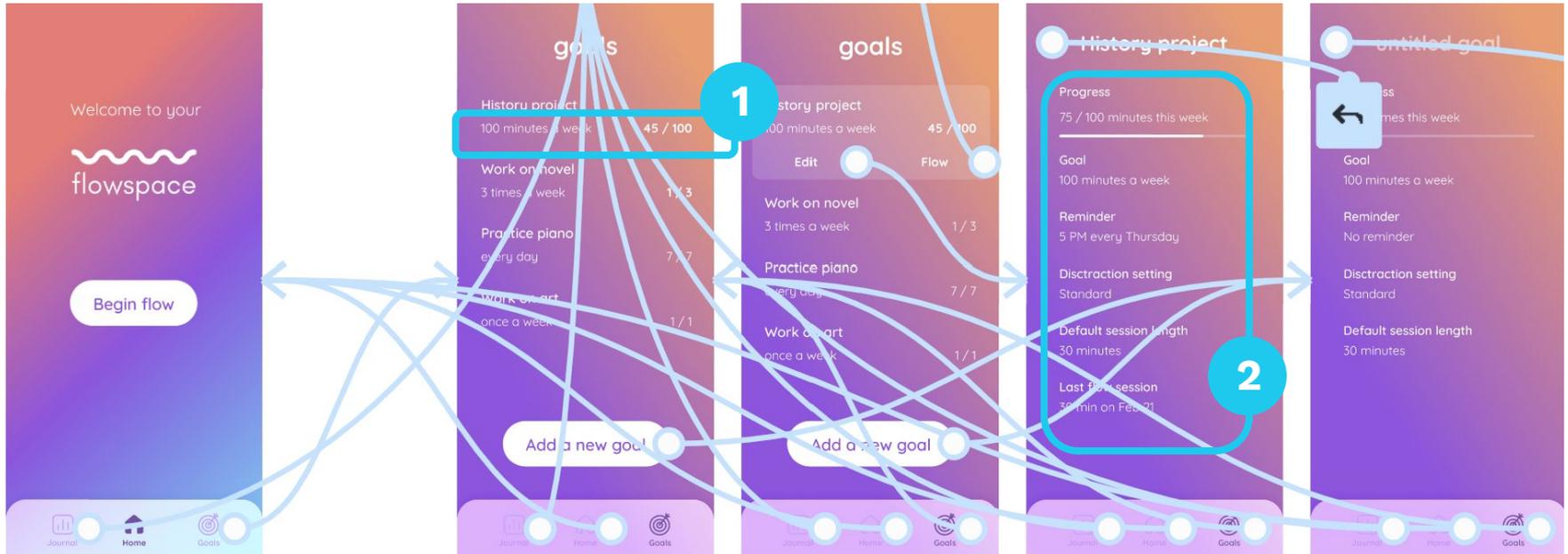   g. Stats about goals are shown in the "Journal" page

Revision sketches; see updated prototype on next slide

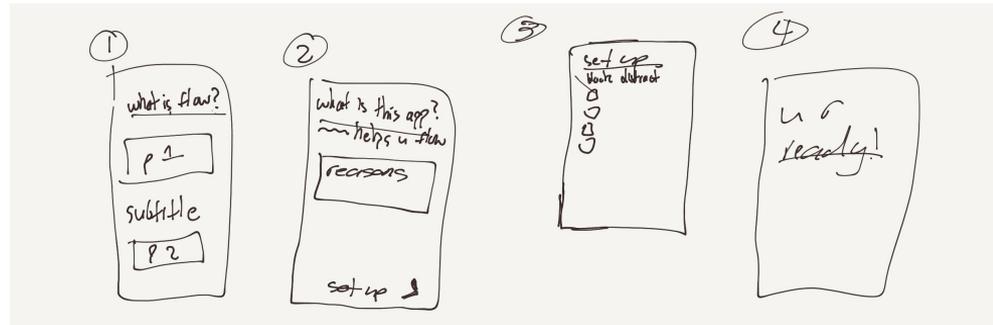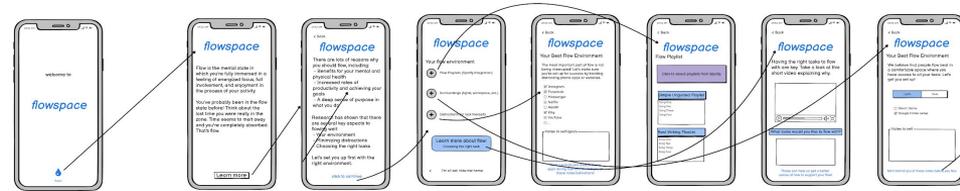# med-fi version

Summarized changes from previous page:

1. New method for planning long-term goals
2. More goal attributes

extra revisions:

first-time onboarding

Changes include

1. Minimizing "Flow environment" to be **just blocking certain distracting app notifications:** from feedback, creating flow environment is mostly about removing distractions

2. Consolidate informational text, **decrease # onboarding steps from 8 to 4** for easier and faster introduction to app
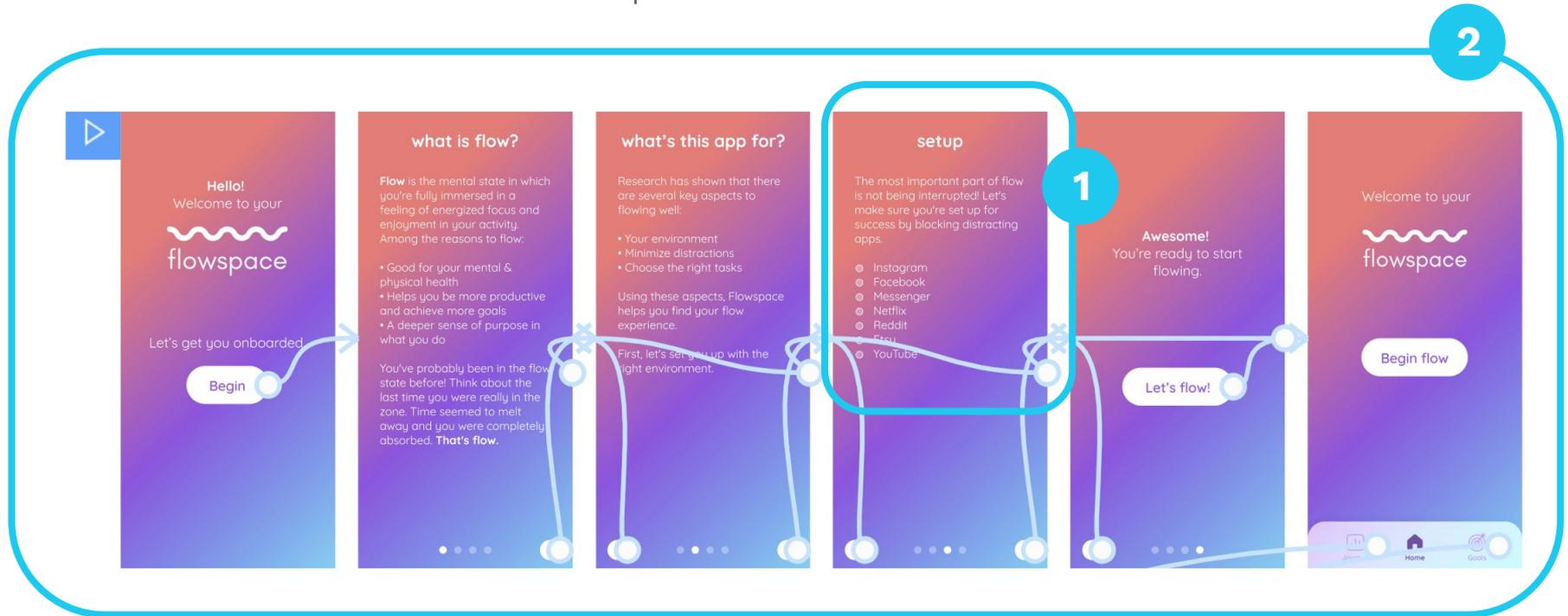

Revision sketches; see updated prototype on next slide

med-fi version

**Summarized changes from previous page:**

1. Flow environment setup only block notifications
2. Consolidate content for less # steps

Design & Prototyping Tools

Tools: Figma

+ Enabled seamless, collaborative platform
+ Ability to develop shared, standardized design protocols for app
+ Consistency across screens
- Difficult to use the version control function on Figma to change a few elements
- Limited ability to prototype complex app features
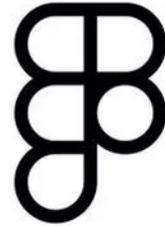
Limitations & Tradeoffs

1) Unable to customize flow sessions based off unique goals that the user inputs. In future iterations, we will add this customization option.
2) Could not store flow session in memory. In future iterations, we will allow for accumulated data for all flow sessions.
3) Guided flow sessions were not available since we did not have access to audio features for this demo.
4) The app automatically finishes a flow session after 10 seconds.

No Wizard of Oz techniques were used.

Hard-Coded Features

- Goals for flow sessions
  - In the demo, we manually included different long-term goals for flow sessions and included specified flow sessions settings (included goals include history project, practice piano, etc.)
- Onboarding process
  - In future versions, the onboarding process will be more customized and include the user making an account.
- Flow session times
  - The length of each flow session will be able to be adjusted by the user in future versions.
- Purpose & productivity ratings
  - In the demo, we specified the ratings for purpose and productivity, which the user will be able to select in future iterations