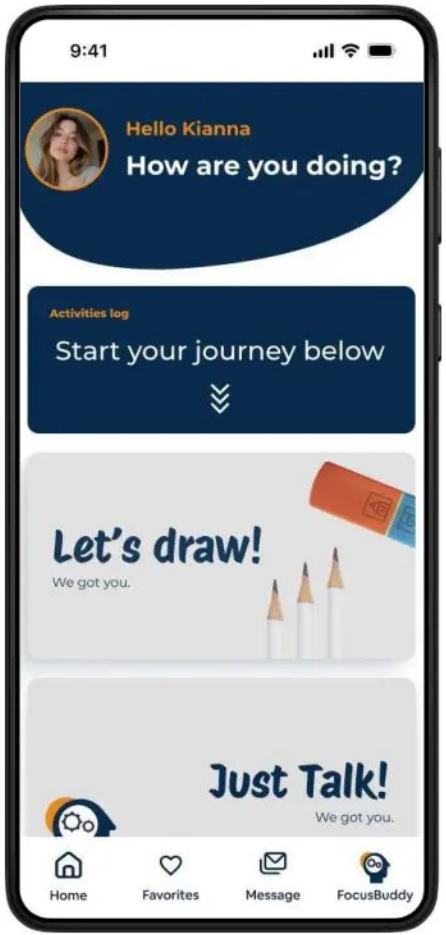


FocusBuddy

A GenAI focus app helping ADHD people release cognitive load and achieve study goals.

Project 2

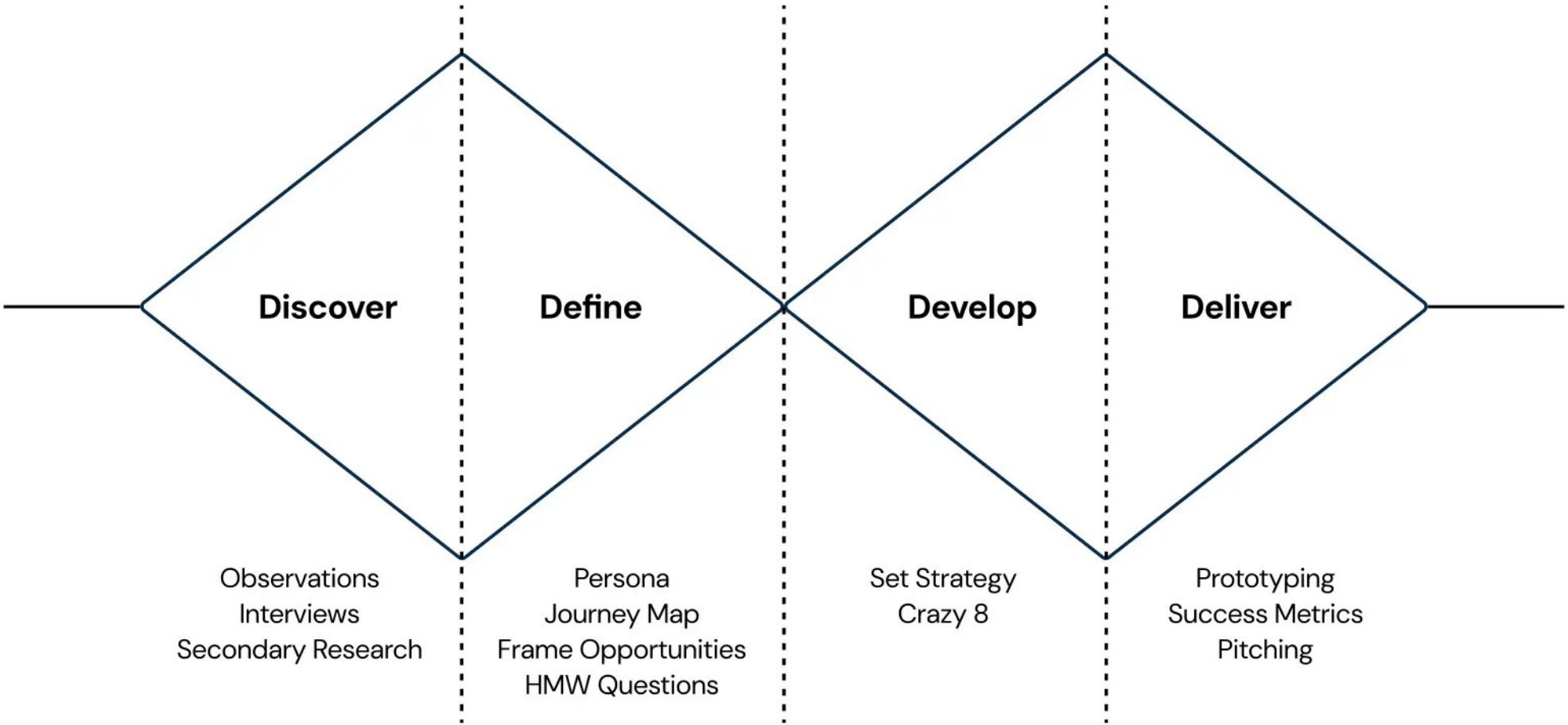
Jan 2025

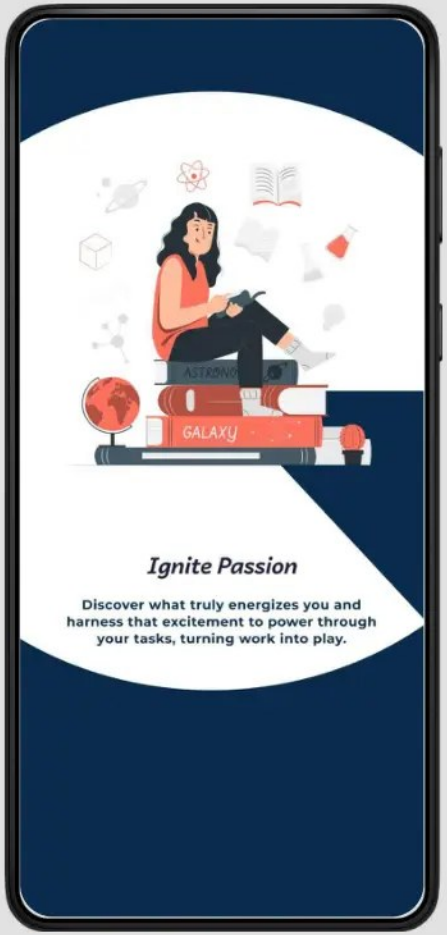
“I don't want to do anything now.”

My friend Alice, a brilliant college student with ADHD.
For Alice, studying is like climbing a mountain
She really want to engaged in her study goals, but
Procrastinate, Anxiety, Distraction knock her down



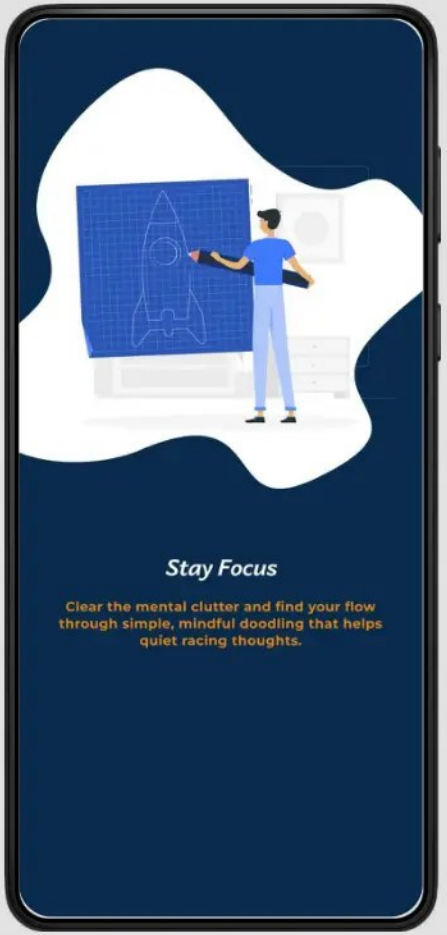
Research & Design Process





Ignite Passion

Discover what truly energizes you and harness that excitement to power through your tasks, turning work into play.



Stay Focus

Clear the mental clutter and find your flow through simple, mindful doodling that helps quiet racing thoughts.

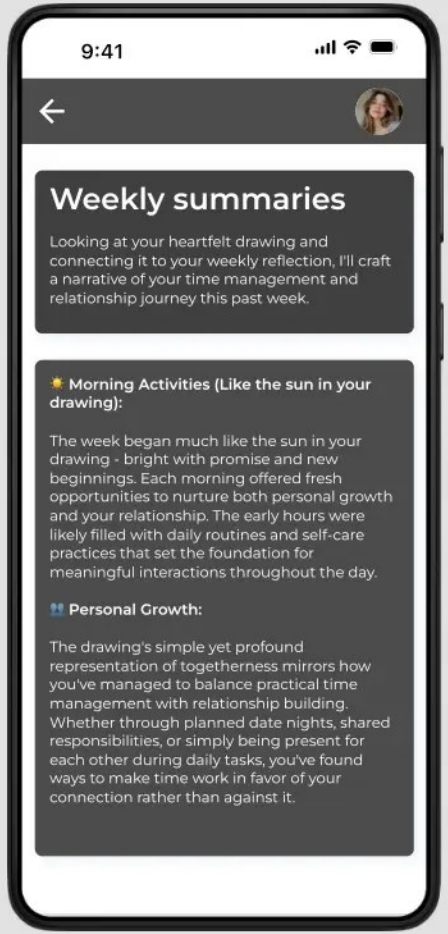


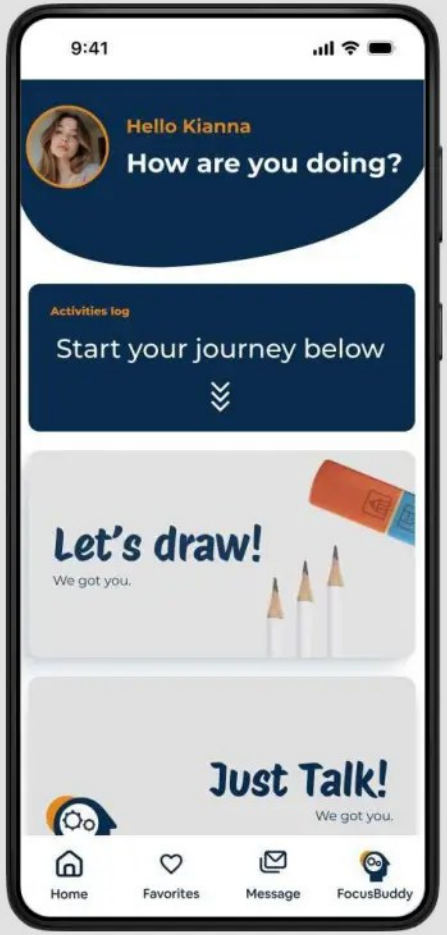
Symptoms Awareness

Understand your unique ADHD patterns better, turning what feels like obstacles into opportunities for growth and adaptation."


9:41
Home
Favorites
Message
FocusBud


9:41
FocusBuddy
task, staying focused, or just taking a mindful moment?"
I need help to I'm struggling to stay focused on my tasks today.
I hear you. Staying focused can be tough! Would you like me to suggest a quick technique to get back on track or help you organize your tasks?
Organize tasks. I need to finish a report and study for an exam.
Got it! Here's a quick plan:
1-Spend 25 minutes on your report.
2-Take a 5-minute break.
3-Start studying for 30 minutes.
Message


9:41
Weekly summaries
Looking at your heartfelt drawing and connecting it to your weekly reflection, I'll craft a narrative of your time management and relationship journey this past week.
☀️ Morning Activities (Like the sun in your drawing):
The week began much like the sun in your drawing - bright with promise and new beginnings. Each morning offered fresh opportunities to nurture both personal growth and your relationship. The early hours were likely filled with daily routines and self-care practices that set the foundation for meaningful interactions throughout the day.
👥 Personal Growth:
The drawing's simple yet profound representation of togetherness mirrors how you've managed to balance practical time management with relationship building. Whether through planned date nights, shared responsibilities, or simply being present for each other during daily tasks, you've found ways to make time work in favor of your connection rather than against it.



1. Let's Draw!
2. Just Talk!
3. Gamified Tracker