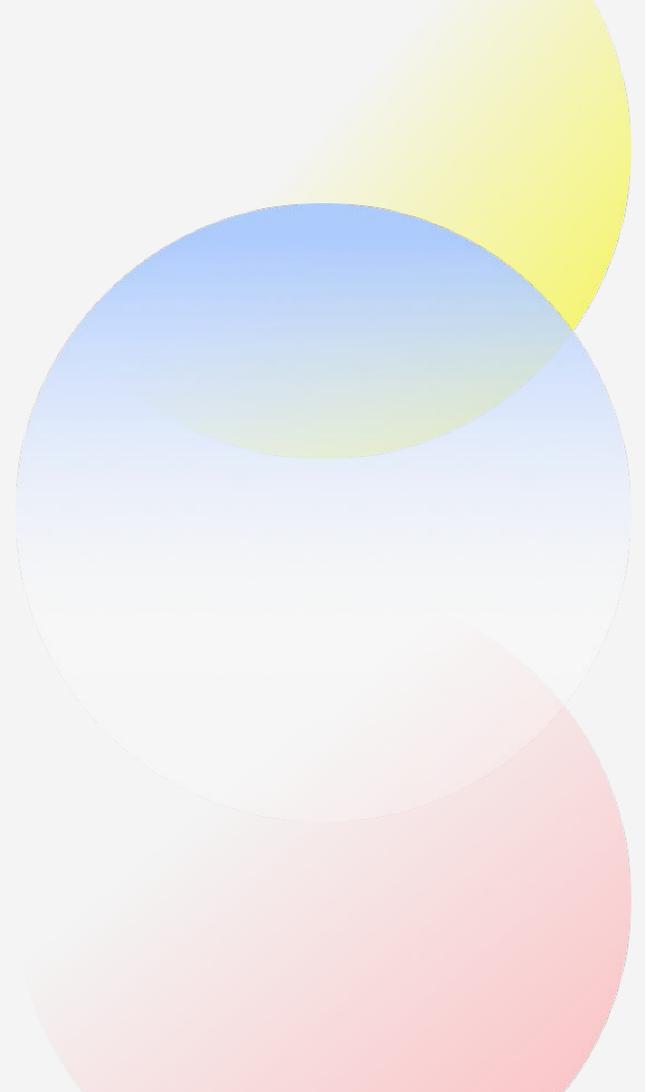


Creative Tools for Everyday Users

Nhu, Emma, Adi, Aanika



COTERMS AND PROUD



Nhu P.



Emma W.



Adi B.



Aanika A.

Original focus: New graduates, creativity, and community

Why this matters:

- *New grads are in a transitional phase — moving from school into work.*
- *It's often hard for them to find community in a new city or workplace.*
- *Without support, their creative passions can fade as career pressures increase. Community helps sustain creativity, belonging, and well-being.*

Narrowed focus: Helping new graduates find everyday micro-moments of creativity to sustain their passions and build a sense of community during life transitions

Interviewees

Finance Bro
22, living in NYC

MCAT Maverick
22, working in Bay Area

Everything Creator
*23, based in NYC, **extreme user***

01

02

03

Interviewer: Aanika
Notetaker: Nhu

Interviewer: Nhu
Notetaker: Aanika

Interviewer: Adi
Notetaker: Emma

Location: Zoom

Location: Psych Building

Location: Zoom

Apparatus: Zoom (meeting + recording)

Apparatus: Zoom (recording)

Apparatus: Zoom (meeting + recording)

Scale of Creativity

Interviewees



01

Finance Bro

22, living in NYC

*works in investment banking w/ long hours,
has limited free time*



02

MCAT Maverick

22, working in Bay Area

*Just graduated college, finished MCAT,
newfound free time, trying new things*



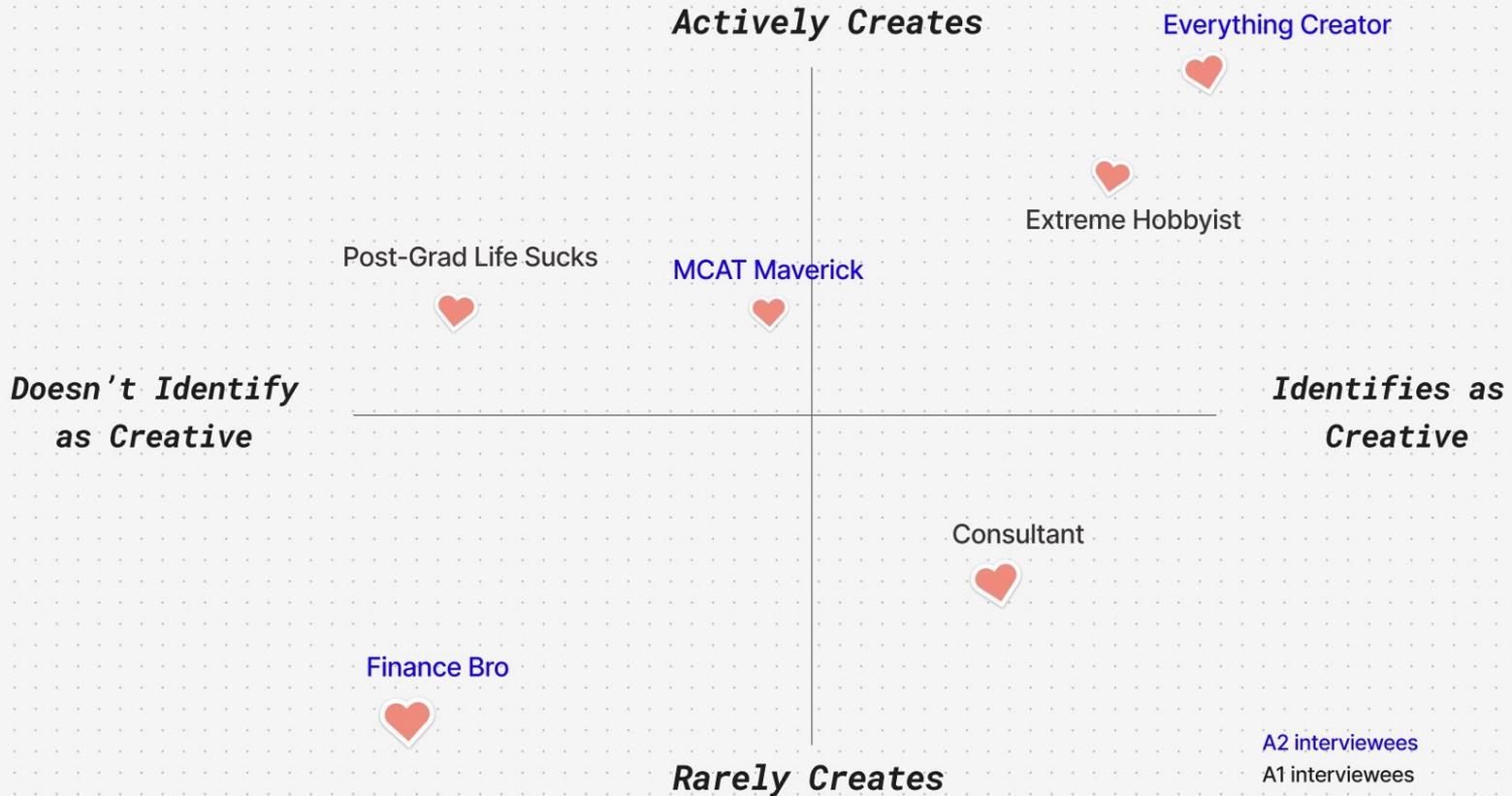
03

Everything Creator

23, based in NYC, extreme user

*freelance photographer w/ all-in approach to
passion projects*

Scale of Creativity



Actively Creates

Everything Creator



- *“I feel like I still consider **[photography, his main income]** a hobby, I have to, or I won’t keep doing it”*
- **“Just start it” mindset.** Constantly explores/picks up new creative outlets (DJing, sewing, event planning..)
- *“I don’t know what I’m doing a week from now”*
- Creative process = brain dumping in Milanote: *“this is what my brain looks like”*, from photoshoot ideas to DJ sets

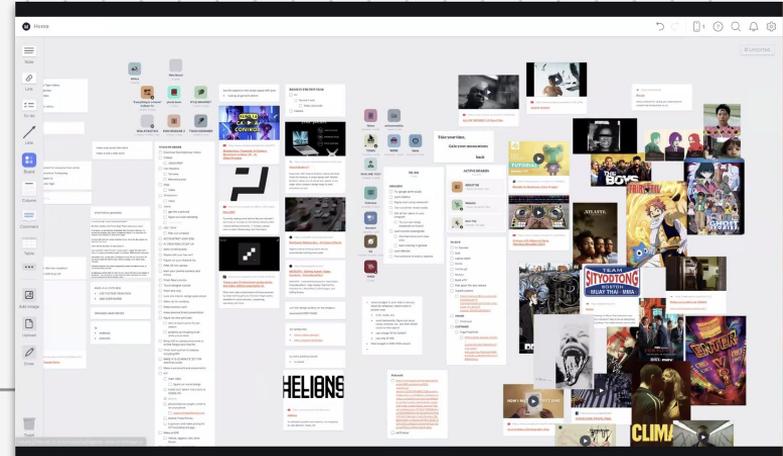
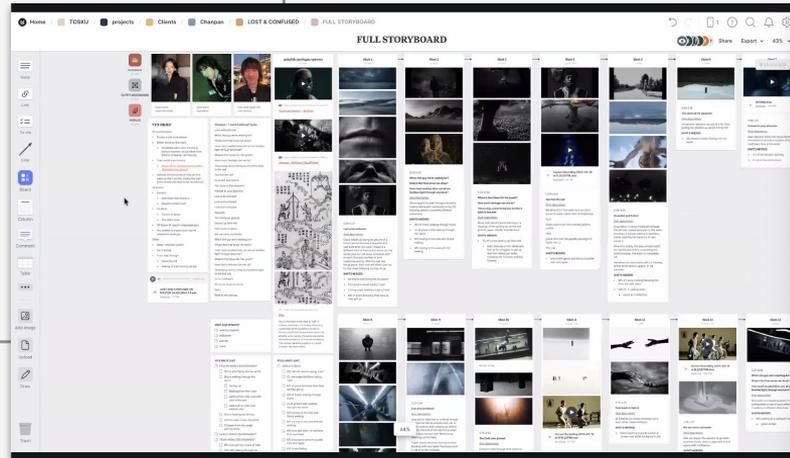
**Identifies as
Creative**

Actively Creates

Everything Creator



→ Creative process = brain dumping in Milanote: “*this is what my brain looks like*”, from photoshoot ideas to DJ sets





Actively Creates

Redefines **creativity beyond art**: sees trying new experiences as her creative medium.

→ *“The moments you’re not with friends are poignant”*

→ Romanticizes **ordinary routines** + seeks novelty and meaning in daily life.

MCAT Maverick



Doesn't Identify as Creative

Identifies as Creative



Doesn't Identify as Creative

- *“The day to day [at work] is pretty mundane”* but seeks inspiration to create impact and fun outside of work
- **“Everyone considers themselves as somewhat creative”** → *“I like doing creative things but I’m not a creative person, not core to my identity”*
- Defines creativity as going **outside of his comfort zone**

Finance Bro



Rarely Creates

Original POVs

Extreme Hobbyist

Consultant

P.L.S.

We met...

a new UCLA grad who expresses creativity through planning events and curating social experiences.

someone who loves DIY projects but loses motivation when they require structure or ongoing commitment.

a recent grad navigating an unstructured post-college life.

We were surprised that...

she values creativity most when it builds belonging and gets social validation.

free time isn't her issue; rigid systems make creativity feel like a chore.

she resists adding structure to hobbies because it feels contradictory to their purpose.

We wonder if this means...

if she struggles to create purely for herself without community feedback.

if guilt from unfinished projects prevents her from exploring new ideas.

if her life stage makes "hobby commitment" feel unrealistic.

It would be game changing if...

creativity felt fulfilling even without external validation: if connection and self-expression could coexist without performance pressure.

she could experience creativity as something fluid and forgiving: free from deadlines, streaks, or the need to "finish."

she could see hobbies not as commitments to manage, but as spontaneous expressions that fit fluidly into her shifting routine.

New POVs

MCAT Maverick

Finance Bro

P.L.S.

We met...

someone who loves hiking, fostering pets, and “romanticizing” her post-grad life.

a recent grad working long hours in investment banking.

a recent grad who paints and journals but often stops before starting if she fears the outcome won’t be perfect.

We were surprised that...

she prefers doing activities with friends but is deliberately practicing doing them alone.

although he downplays creativity, he misses cooking family recipes and the spontaneity of music.

although she believes in a growth mindset, her self-criticism still prevents her from creative experimentation.

We wonder if this means...

she is trying to build confidence in solo creativity as a way to feel less dependent on others for fulfillment.

he craves small creative outlets as a way to reconnect with himself and others beyond work.

she defines creativity too narrowly as “artistic mastery” rather than as play.

It would be game changing if...

she could access creative outlets that help her feel both independent and socially connected when she chooses.

he had low-barrier ways to fit creativity into his rigid, exhausting schedule.

she had tools or environments that made it safe, even celebrated, to create badly as part of the process.

“New grads need tools that make creativity feel low-pressure, playful, and socially connected, instead of something serious or performative.”

HMW #1

How might we
curate spontaneity
in mundane,
everyday things?



Finance Bro

“The day to day [at work] is pretty mundane.”

He craves moments of play and surprise to break the structure of his highly routine life.

HMW #2

How might we **quiet someone's inner critic when they begin creating?**



P.L.S.

“I’ve always been a perfectionist. I stop before I even start anything.”

“Some hobbies should be messy and frustrating, but it’s stressful to imagine a bad outcome before even beginning.”

HMW #3

How might we
**normalize and
showcase
unfinished/messy
work as part of the
creative journey?**



P.L.S.

Some hobbies are supposed to be messy and frustrating but lead to Aha moments and self-fulfillment through the process.”

“I didn’t leave myself room to be messy or make mistakes — I couldn’t be all those things at once.”

Solution #1: DareToCreate

Spontaneous and random creative challenges

Mobile app that has pop-up prompts that add excitement and creativity to mundane moments, happens at random times throughout the day

Solution #2: Two-Minute Burst

Two-Minute Timer To Spark Creativity

Mobile app that gives you random creative prompts and a two-minute timer, draw something beautiful, make a word cloud of feeling. Encourages play without pressure

Solution #3: AI Brain Dump

Turns everyday clutter into structured creativity

A platform where you can freely jot down messy thoughts, tasks, or notes in one place. The system then automatically reorganizes everything into clean, structured formats, tailored to your personal style or aesthetic

Critical Assumptions

Critical Assumptions

People actually want spontaneous creativity in their everyday routines

Prompts/challenges will be seen as fun, not disruptive

Critical Assumptions

People actually want spontaneous creativity in their everyday routines

Prompts/challenges will be seen as fun, not disruptive

Two minutes is enough time for users to experience a small spark of creativity or satisfaction

Critical Assumptions

People actually want spontaneous creativity in their everyday routines

Prompts/challenges will be seen as fun, not disruptive

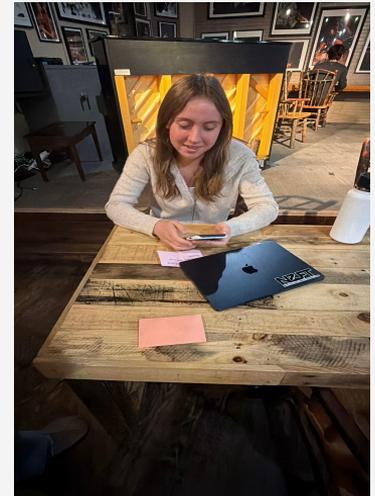
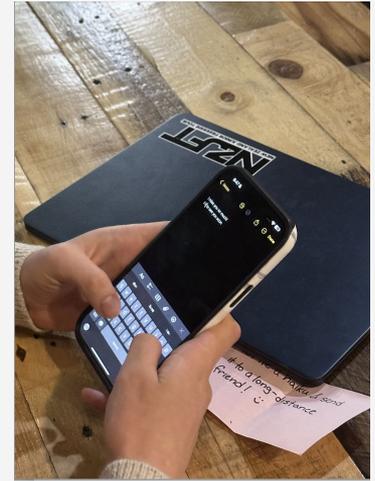
Users have aesthetic preferences that they can articulate or that the system can infer

Two minutes is enough time for users to experience a small spark of creativity or satisfaction

AI or algorithms are able to effectively reorganize their thoughts

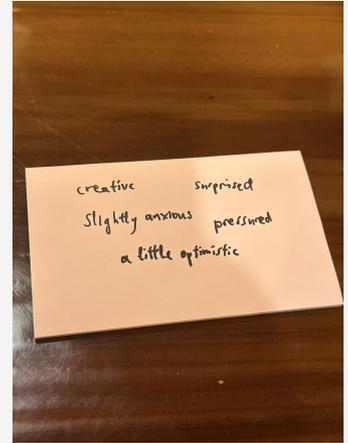
Prototype #1: DareToCreate

- Give people with slips of paper containing **creative prompts**, have them pick at random
- Examples: write a haiku and send it to a friend, give a creative compliment, take a photo of something beautiful, brainstorm a dinner idea
- Goal: Test how people react to **spontaneous creativity injected into mundane moments**



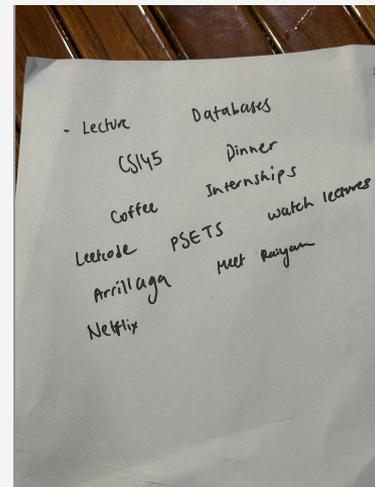
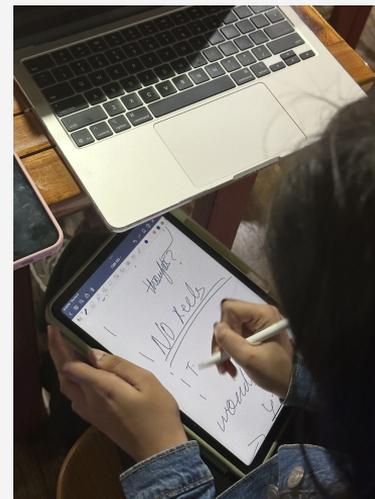
Prototype #2: 2 Minute Burst

- Give participants a strict 2-minute timer to **complete a quick creative task** that they pick at random
- Prompts include: draw something beautiful, make a word cloud of feelings, invent a stranger's backstory.
- Goal: Test whether time constraints **fuel or hinder spontaneous creativity** and whether or not people enjoy creative task at random



Prototype #3: AI Brain Dump

- Ask participants to **write messy to-do lists**/notes for 5 minutes
- Take a photo and feed it into ChatGPT with a designed system prompt
- Output: **reorganized notes** into cleaner, structured form according to style/aesthetic
- Goal: Test if **AI-supported reframing** makes messy ideas feel more useful and approachable



Participants & Recruitment

WHO: 6 Stanford students in common areas (library, quad, cafés, lounges)

RECRUITMENT: Approached casually on campus, mix of friends and strangers, asked to join on the spot

WHY: They represent busy everyday users, balancing classes, projects, and social lives, close to our new grads age + stage of lives

Results

What Worked?

- People appreciated spontaneous, short bursts of creativity that fit naturally into their day.
- Participants had fun connecting with others and their friends through prompts

Results

What Worked?

- People appreciated spontaneous, short bursts of creativity that fit naturally into their day.
- Participants had fun connecting with others and their friends through prompts

What Didn't?

- The AI reorganization tool felt too text-heavy; participants wished for more visualization and playful outputs

Results

What Worked?

- People appreciated spontaneous, short bursts of creativity that fit naturally into their day.
- Participants had fun connecting with others and their friends through prompts

What Didn't?

- The AI reorganization tool felt too text-heavy; participants wished for more visualization and playful outputs

We Learned

- Framing activities as quick, social “dares” makes them more engaging.
- Simplicity and immediacy drive excitement.

Results

What Worked?

- People appreciated spontaneous, short bursts of creativity that fit naturally into their day.
- Participants had fun connecting with others and their friends through prompts

What Didn't?

- The AI reorganization tool felt too text-heavy; participants wished for more visualization and playful outputs

We Learned

- Framing activities as quick, social “dares” makes them more engaging.
- Simplicity and immediacy drive excitement.

Assumptions

- Largely yes, short, playful interventions are welcomed, but design matters (framing, format, visuals).

Results

What Worked?

- People appreciated spontaneous, short bursts of creativity that fit naturally into their day.
- Participants had fun connecting with others and their friends through prompts

What Didn't?

- The AI reorganization tool felt too text-heavy; participants wished for more visualization and playful outputs

We Learned

- Framing activities as quick, social “dares” makes them more engaging.
- Simplicity and immediacy drive excitement.

Assumptions

- Largely yes, short, playful interventions are welcomed, but design matters (framing, format, visuals).

Forward

- Prioritize developing the first solution (creative dares) since it generated the most excitement
- Visual excitement!

What's Next?

Solution #1: DareToCreate

Most excitement + spontaneous/social fit + user needs

What's Next?

Ethical Implications

- Encourages creativity, connection, and low-barrier expression
- Could feel intrusive
- May cause discomfort in public or social settings

Who It Serves / Leaves Out

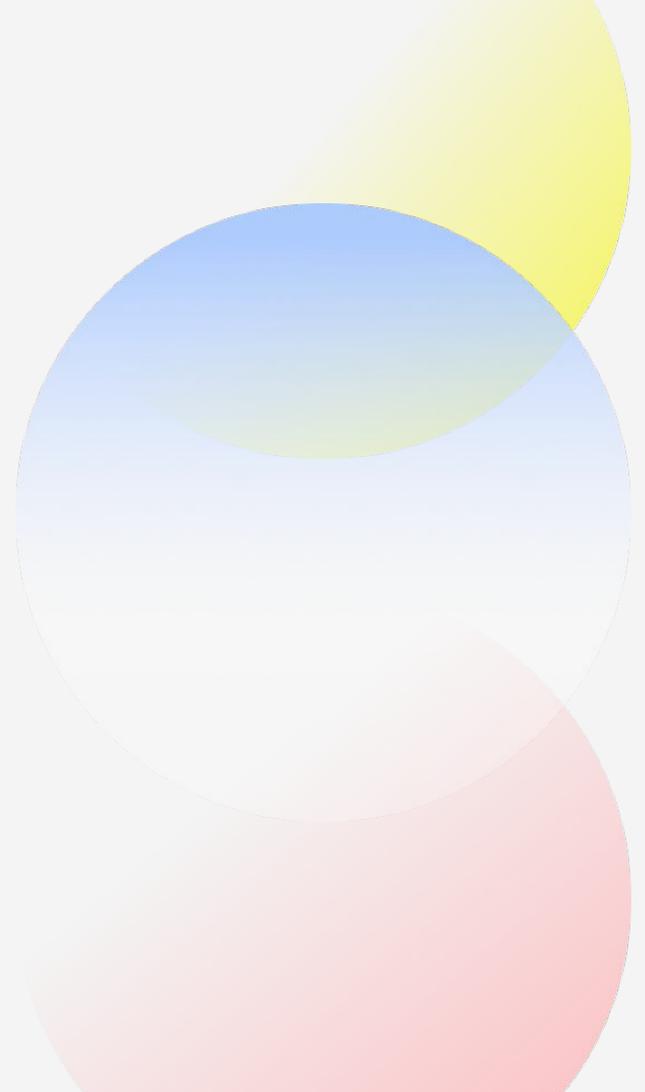
It Serves:

- Busy everyday users looking for playful, quick sparks of joy

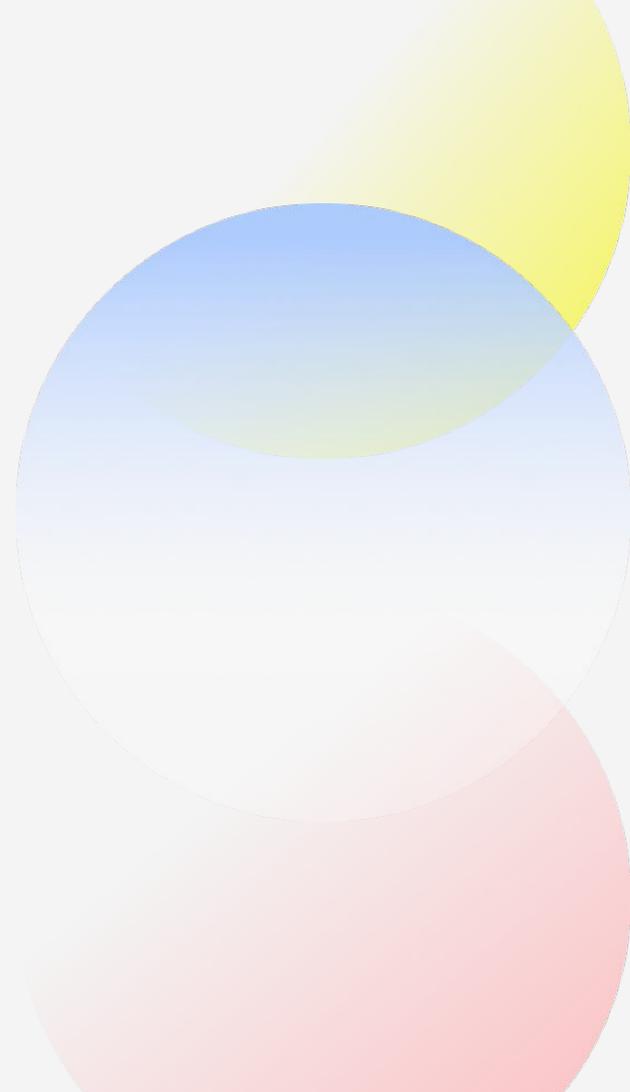
It Might Leave Out:

- People who dislike interruptions or feel self-conscious in public
- Users with accessibility needs if prompts aren't inclusive/purely visual

Thank you!



Appendix



HMW... (MCAT Maverick)

- Create casual communities of hobbyists?
- Enable her to feel accomplished from the little creative things in her life?
- Help her feel equally fulfilled creating alone as she does creating with others?
- Utilize creativity as a facilitator for social connection?
- Use creativity to deepen friendships?
- Inspire creative experiences for alone time and group hangouts?
- Make people more comfortable engaging in creative activities alone?
- Give her opportunities to be inspired by others' creativity even when she's not with them in person?
- Use creativity to romanticize the mundane realities of post-grad life?
- Design platforms that allow asynchronous creativity?
- Encourage her to take up creative outlets she's previously engaged in?
- Incorporate creativity on her everyday hikes?
- Help her feel like she's part of a creative community even when she's engaging alone?
- Provide flexibility to seamlessly switch between independent and social modes of creativity?
- Help her romanticize her solo creative moments or ordinary independent activities (journaling, cooking, etc.) into a creative moment?

HMW... (Finance Bro)

- Help him rediscover creativity in a way that feels natural, not forced, within his corporate lifestyle?
- Help him reconnect with the joy and spontaneity of music and cooking without needing the long amounts of free time?
- Curate small “micro” creative moments that fit seamlessly into Josh’s long and unpredictable work schedule?
- Lower the psych. barrier that makes creative hobbies feel “too time-consuming” or “not serious enough”?
- Help him curate spontaneity in mundane everyday things?
- Use small and digital and portable tools to let Josh express himself creatively without setup or cleanup?
- Turn everyday activities like listening to music or making coffee or something basic into smaller acts of creativity?
- Help him see creativity as a form of self-reflection and stress relief and not another task?
- Encourage creativity in a meaningful way for people who don’t prioritize it?
- Make everyday tasks creative and engaging?
- Encourage him to get back to his old creative hobbies?
- Incorporate creative activities into Josh’s hangouts with his friends and family?

HMW... (P.L.S.)

- Shift peoples' definition of creativity away from mastery and towards experimentation?
- Make “creating” things easy and effortless?
- Help people easily become “masters” of a craft?
- Create social environments that hold her accountable with her hobbies/creative goals?
- Widen the definition of creativity beyond artistic pursuits?
- Normalize and showcase unfinished or “messy” work as part of the creative journey?
- Build practices/communities where imperfect progress or failing is celebrated?
- Quiet someone's inner critic when they begin creating?
- Help her notice/reframe self-criticisms before they block her from taking creative action?
- Introduce randomness or prompts into the creative process that make imperfection feel intentional or even freeing?
- Provide positive feedback throughout the creative process?
- Reduce the friction to even start a task so Mia feels safe to make “bad creative work”?
- Leverage group settings or communities to reduce the pressure of individual perfectionism?

Cami - Community & Creativity

- We met a recent UCLA grad who moved to SF and fills her time with running clubs, hosting dinners, and event planning.
- We were surprised to notice that while she thrives on creating social experiences, her creativity is expressed mostly through curating and reproducing aesthetics she sees online.
- We wonder if this means she values creativity most when it's also a tool for connection and belonging, rather than pure self-expression.
- It would be game changing if she could access creative outlets that make her feel socially connected and validated in her ability to design beautiful, aesthetic experiences.

Aanika Alturi

Cami - Accountability

- We met someone who uses Notion timelines and accountability check-ins with friends to manage her personal goals.
- We were surprised to notice that despite being socially active, she relies heavily on structured planning tools for motivation.
- We wonder if this means she craves external accountability as much for her creative pursuits as for her fitness or work goals.
- It would be game changing if creative communities offered built-in accountability structures that helped her follow through on personal projects.

Aanika Alturi

Mia - Rot Time vs. Creativity

- We met a recent Stanford grad working 9-5 who often spends 3-4 hours after work "rotting" on Netflix and TikTok.
- We were surprised to notice that while she feels guilty about this downtime, she also acknowledges it could be repurposed into energizing creative time.
- We wonder if this means she's searching for low-effort, restorative creative outlets that feel as easy as "rotting" but more fulfilling.
- It would be game changing if she could replace passive consumption with light, accessible creative practices that re-energize rather than drain her.

Aanika Alturi

Mia - Perfectionism Barrier

- We met someone who paints and journals but often stops before starting if she fears the outcome won't be perfect.
- We were surprised to notice that although she believes in a growth mindset, her self-criticism still prevents her from creative experimentation.
- We wonder if this means she defines creativity too narrowly as "artistic mastery" rather than as play.
- It would be game changing if she had tools or environments that made it safe — even badly — to create badly as part of the process.

Aanika Alturi

Arlin - Passion-as-Work

- We met a freelance photographer/videographer who insists on still calling photography a "hobby" even though it pays his bills.
- We were surprised to notice that labeling it as a hobby helps him protect his passion from burnout.
- We wonder if this means he fears that if creativity becomes "just work," he'll lose the joy and freedom that made him pursue it.
- It would be game changing if there were systems that let him blend financial sustainability with the intrinsic playfulness of hobbyist creativity.

Aanika Alturi

Arlin - Organized Chaos

- We met a multi-hobby creative juggling DJing, photography, and event planning who admits his workflow is "very unorganized."
- We were surprised to notice that despite this chaos, he still delivers fast turnarounds and succeeds.
- We wonder if this means that traditional organizational tools constrain him, and his creativity thrives in flexible, chaotic systems.
- It would be game changing if he had tools that embraced his unstructured style without forcing rigid templates, while still helping him focus on essentials.

Aanika Alturi

Rachel - Faux Student

- We met a new grad who immediately transitioned into research work without a break.
- We were surprised to notice that she feels like a "faux student," neither fully in school nor fully an adult.
- We wonder if this means she's struggling to redefine her identity now that her time is no longer dictated by Stanford's structured busyness.
- It would be game changing if she had scaffolding to help her design a meaningful rhythm of life and creative pursuits outside of school structures.

Aanika Alturi

Rachel - Social vs. Solo Creativity

- We met someone who loves hiking, fostering pets, and "romanticizing" her post-grad life.
- We were surprised to notice that she prefers doing activities with friends but is deliberately practicing doing them alone.
- We wonder if this means she is trying to build confidence in solo creativity as a way to feel less dependent on others for fulfillment.
- It would be game changing if she could access creative outlets that help her feel both independent and socially connected when she chooses.

Aanika Alturi

Amber - Remix Creativity

- We met a young consultant who crafts at home (naïls, needlepoint, painting) as a way to relax.
- We were surprised to notice that she sees creativity as remixing inspiration rather than producing original ideas.
- We wonder if this means she values the joy of making without the pressure of originality or mastery.
- It would be game changing if creative platforms validated remixing as a legitimate form of creativity, making it easier to jump in casually without pressure.

Aanika Alturi

Amber - Casual vs. Structured Creativity

- We met someone who enjoys low-barrier DIY projects but disengages when hobbies require structured commitments like classes.
- We were surprised to notice that even though she has free time, rigid structures make creativity feel like a chore.
- We wonder if this means she needs creative outlets that are flexible and non-committal, matching the rhythm of her lifestyle.
- It would be game changing if she could dip into creative communities or projects casually, without financial or time pressure.

Aanika Alturi

Josh - Creativity in a Demanding Lifestyle

- We met a recent grad working long hours in investment banking.
- We were surprised to notice that although he misses cooking family recipes and the spontaneity of music.
- We wonder if this means he craves small creative outlets as a way to connect with him and others beyond work.
- It would be game changing if he had low-barrier ways to fit creative time into his rigid, exhausting schedule.

Aanika Alturi

Mia - Perfectionism Barrier

- We met someone who paints and journals but often stops before starting if she fears the outcome won't be perfect.
- We were surprised to notice that although she believes in a growth mindset, her self-criticism skill prevents her from creative experimentation.
- We wonder if this means she defines creativity too narrowly as "artistic mastery" rather than as play.
- It would be game changing if she had tools or environments that made it safe — even celebrated — to create badly as part of the process.

Arianna Aldrin

HMW will "punch" definition of creativity away from mastery and towards experimentation?

Arianna Aldrin

HMW make "fouling" things easy and effortless?

Arianna Aldrin

HMW help people easily become "masters" of a craft?

Arianna Aldrin

HMW create social environments that help Mia accumulate with her hobby/creative goals?

Arianna Aldrin

HMW assess the definition of creativity beyond art/journaling?

Arianna Aldrin

HMW normalize and showcase unskilled or "messy" work as part of the creative journey?

Arianna Aldrin

HMW build practices/communities where imperfect progress or failing is celebrated?

All Buckles

HMW quit Mia's inner critic when she begins creating?

All Buckles

HMW help Mia notice/reflective self-critical thoughts before they block her from taking creative action?

All Buckles

HMW introduce interventions or prompts into the creative process that make imperfection feel intentional and even "funning"?

All Buckles

HMW provide positive feedback throughout the creative process?

Arianna Aldrin

HMW reduce the friction to even start a task so Mia feels safe to make "bad creative work"?

All Buckles

HMW leverage group settings or communities to reduce the pressure of individual performance?

Arianna Aldrin

Rachel - Social vs. Solo Creativity

- We met someone who loves hiking, fostering pets, and "romanticizing" her post-grad life.
- We were surprised to notice that she prefers doing activities with friends but is deliberately practicing doing them alone.
- We wonder if this means she is trying to build confidence in solo creativity as a way to feel less dependent on others for fulfillment.
- It would be game changing if she could access creative outlets that help her feel both independent and socially connected when she chooses.

Arianna Aldrin

HMW create casual communities of hobbyists?

Arianna Aldrin

How might we enable Rachel to feel accomplished from the little creative things in her life?

Arianna Aldrin

HMW help Rachel feel socially fulfilled creating alone as the time cooking with others?

All Buckles

HMW allow creating in a fantasy or social community?

Arianna Aldrin

HMW use creativity to document hobbies?

All Buckles

HMW inspire creative experiments for solo time and group/hobbyist?

Arianna Aldrin

HMW register creativity in journals, notebooks, etc.?

All Buckles

HMW make groups more comfortable engaging in creative activities alone?

All Buckles

HMW use creativity to connect to the creative realities of post-grad life?

Arianna Aldrin

HMW design platforms that allow for "creative community"?

Arianna Aldrin

HMW encourage Rachel to take up creative outlets she's previously engaged in?

All Buckles

HMW incorporate creativity on Rachel's creative theme?

All Buckles

HMW help Rachel feel like she's part of a creative community even when she's engaging alone?

All Buckles

HMW provide flexibility to someone's carbon between independent and social modes of creativity?

Arianna Aldrin

HMW help Rachel romanticize her solo creative moments or ordinary independent activities (journaling, cooking, etc.) into a creative moment?

All Buckles

Josh - Creativity in a Demanding Lifestyle

- We met a recent grad working long hours in investment banking.
- We were surprised to notice that although he downsays creativity, he misses cooking family recipes and the spontaneity of music.
- We wonder if this means he craves small creative outlets as a way to reconnect with himself and others beyond work.
- It would be game changing if he had low-barrier ways to fit creativity into his rigid, exhausting schedule.

Arianna Aldrin

HMW help Josh rediscover creativity in a way that fits nature, not kitchen, within his corporate lifestyle?

All Buckles

HMW help Josh reconnect in the joy and spontaneity of music and cooking without needing the big amounts of free time?

All Buckles

How might we design small "micro" creative moments that fit seamlessly into Josh's long and unexcusable work schedule?

All Buckles

HMW lower the psych. barrier that makes creative hobbies feel "too time-consuming" or "not realistic enough"?

All Buckles

HMW help Josh make spontaneity in creative everyday things?

Arianna Aldrin

HMW use small and digital and portable tools to let Josh experiment creatively without setup or cleanup?

All Buckles

HMW turn everyday activities like listening to music or making coffee or something basic into smaller acts of creativity?

All Buckles

HMW help Josh use creativity as a form of self-reflection and stress relief and not another task?

All Buckles

HMW encourage creativity in a meaningful way for people who don't prioritize it?

Arianna Aldrin

HMW make everyday tasks creative and engaging?

Arianna Aldrin

HMW encourage Josh to get back to his old creative hobbies?

All Buckles

HMW incorporate creative activities into Josh's hang out with his family and friends?

All Buckles

Script:

1. Random Creative Dare Prototype

Artifacts

- Small pieces of paper (cards or slips), each with one dare written on it.
 - A pen (optional, for the haiku one).
 - Your phone (if they want to text).

Roles

- Facilitator (you): person who interrupts and gives the paper.
- Participant: unsuspecting user who receives the dare and acts on it.

Environment

- A public space with people doing everyday tasks (café, library, quad, etc.).

Script

- Walk up to participant:
 - "Hi, sorry to interrupt you, I'm running a quick experiment. Could you take this slip of paper and do what it says? It'll just take a minute or two."
 - If they look confused, add:
 - "It's a random creativity dare, just something small to shake up your day."
 - Once they read the dare:
 - "Awesome, go ahead and try it now. I'll just watch quietly."
 - After they complete it:
 - "How did that feel? Was it fun, awkward, surprising? Would you want more things like this in your daily life?"

2. Two-Minute Creative Timer Prototype

Artifacts

- Timer (phone stopwatch).
- Paper and pens/markers for drawing/writing.
- Prompts written on cards or read aloud.

Roles

- Facilitator (you): gives prompts, runs timer.
- Participant: creates under time pressure.

Environment

- A quiet table/desk area where participants can write/draw.

Script

- Hand them paper and pen:
 - "We're going to do a quick creative challenge. You'll have 2 minutes to make something based on a prompt. Don't overthink—just create."
 - Round 1 prompt:
 - "Your first task: make a drawing of something you find beautiful. Ready? Go!"
 - After timer ends:
 - "Stop! How was that? Did the time limit change how you approached it?"
 - Round 2 prompt:
 - "Now try a different challenge: make a quick word cloud of how you're feeling right now. Again, 2 minutes."
 - Optional third:
 - "Make up a backstory for a stranger nearby. You can jot notes or sketch—2 minutes, starting now."
 - Wrap-up question:
 - "Which challenge felt easiest or most fun? Which felt hardest? Why?"

3. ChatGPT Notes Re-Organizer Prototype

Artifacts

- Paper + pens (for writing down a raw, messy to-do list or notes).
 - A phone/camera to take a picture of the notes.
- ChatGPT (your device logged in with system prompt ready).

Roles

- Facilitator (you): guide the user, feed notes into ChatGPT.
- Participant: writes the notes, gives ChatGPT a custom prompt.
 - AI assistant (ChatGPT): re-organizes.

Environment

- Table with paper + pens, your laptop/phone open to ChatGPT.

Script

- Hand them paper:
 - "For the next 5 minutes, jot down a messy, unstructured to-do list or notes, just like you normally would in your day-to-day."
 - After they finish:
 - "Now imagine you had an AI assistant. Write a prompt telling it how you'd want your notes reorganized. It can be anything, 'sort by urgency,' 'turn this into a schedule,' etc."
 - Take photo of their notes:
 - "Let's upload this into ChatGPT with your prompt."
 - Show them result:
 - "Here's how it came out, does this feel helpful, surprising, or not quite what you expected?"
 - Wrap-up question:
 - "If this was a real product you could use every day, how would you want it to work differently?"