

## THINKS

- "I want to improve my focus, but I don't want to feel pressured."
- "There's so much advice! I don't know what actually helps."
- "I feel like I should be better at concentrating by now."

## FEELS

- Curious but easily overstimulated
- Motivated, yet mentally tired
- Frustrated when advice feels impersonal

# USER

## NEEDS

- Space to think without pressure
- Calm, reflective content
  - ADHD-friendly layout

## SAYS & DOES

- Skims content rather than reading fully
- Gets overwhelmed quickly
  - Tries new habits but struggles to stay consistent