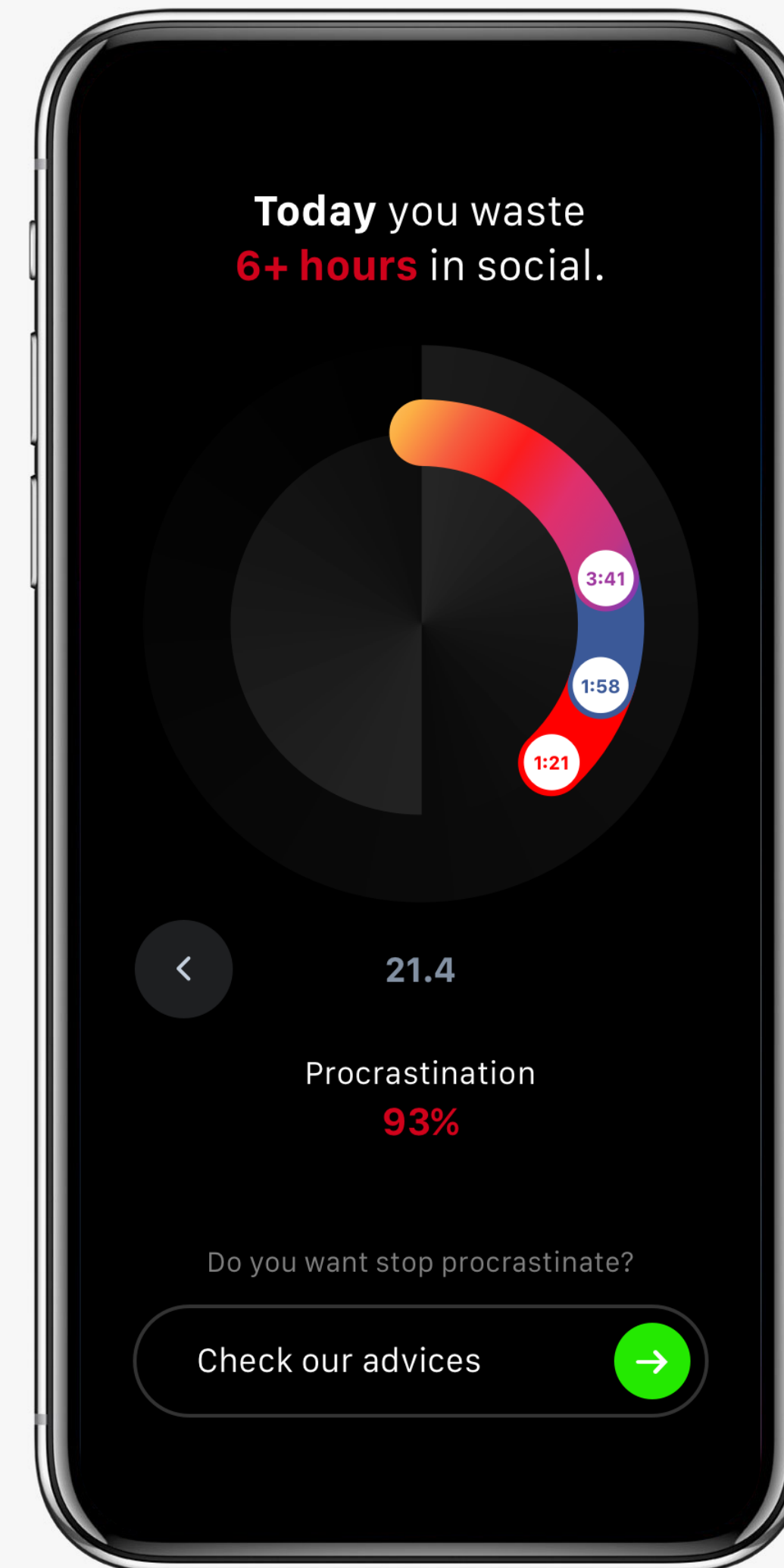
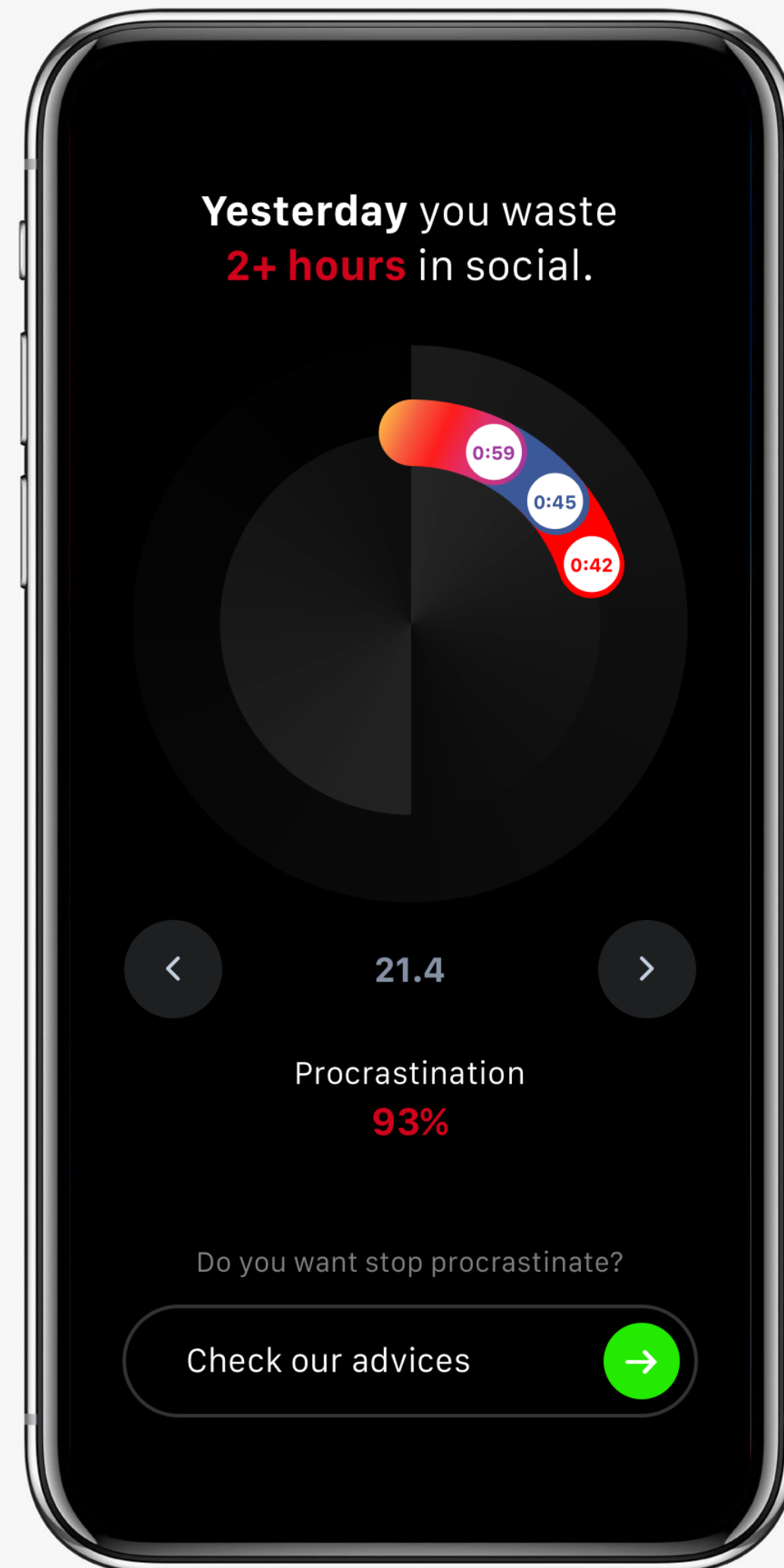


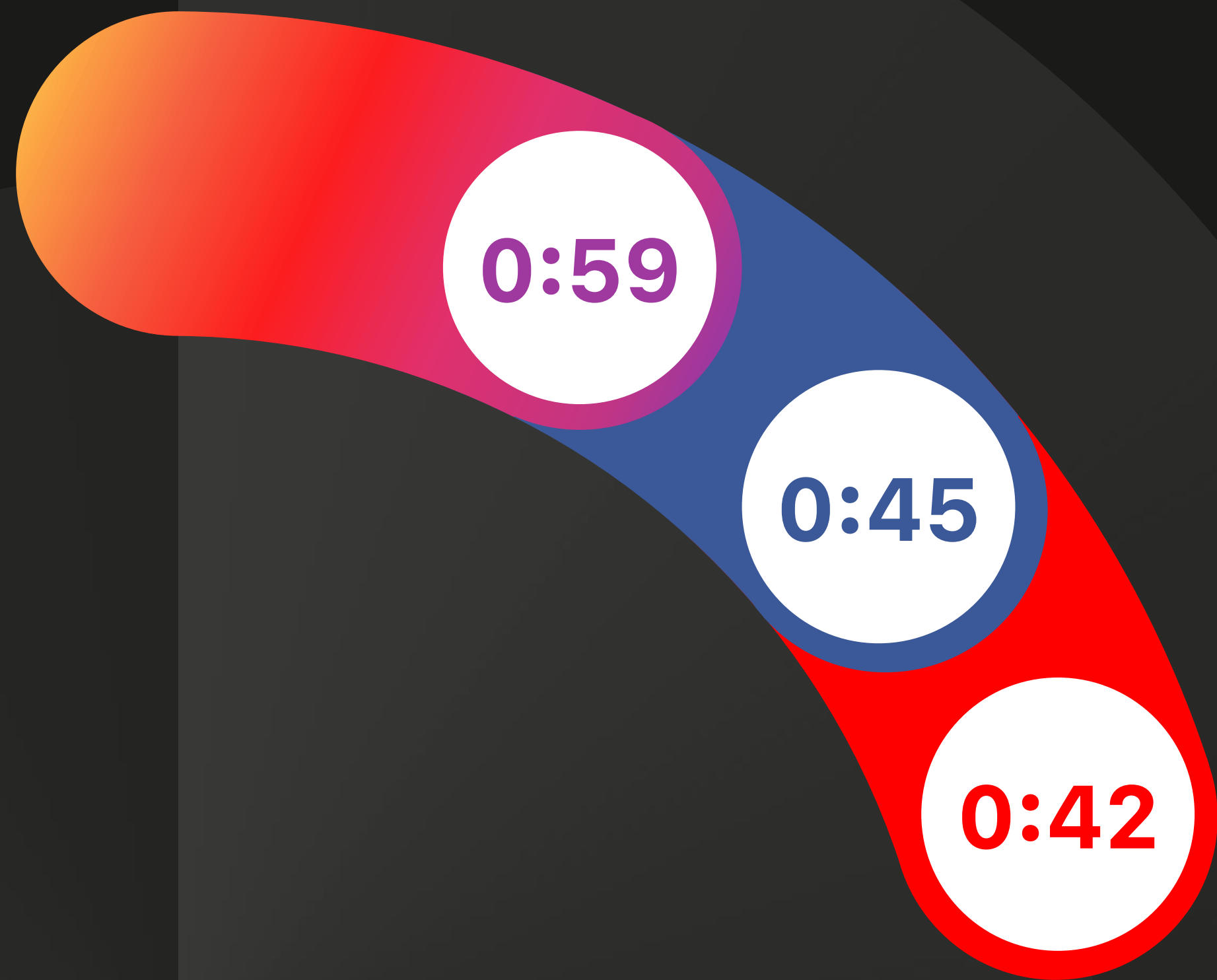


# Stop procrastinating

Jakub Had





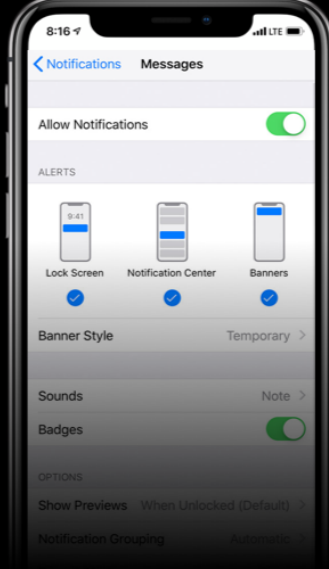


0:59

0:45


0:42

Turn off notifications on your phone.



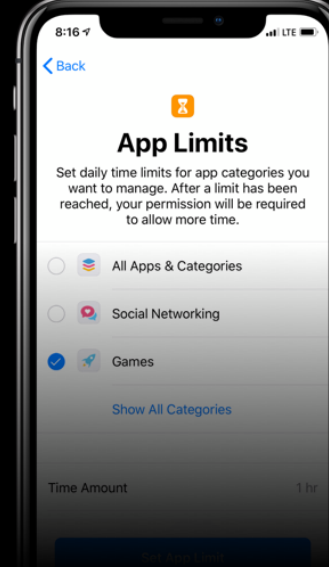
Configure it

**+60%**  
Saved focus

Next step 


This slide shows the 'Notifications' settings on an iPhone. The 'Allow Notifications' toggle is turned on. Below it, there are sections for 'Alerts' (Lock Screen, Notification Center, Badges) and 'Banner Style' (Temporary). A 'Configure it' button is positioned below the screenshot. At the bottom, a green '+60%' is displayed above the text 'Saved focus'. A 'Next step' button with a green arrow is at the very bottom.

Set daily time limit on social app



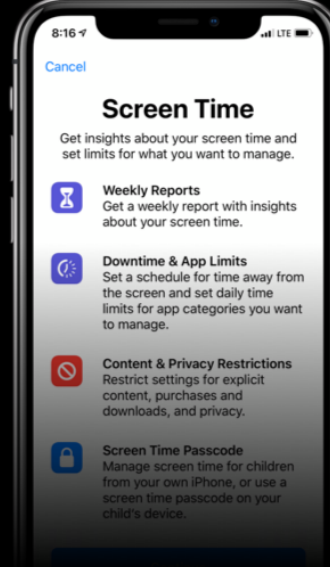
Configure it

**+40%**  
Saved time

Next step 


This slide shows the 'App Limits' settings on an iPhone. The 'App Limits' toggle is turned on. Below it, there are sections for 'All Apps & Categories', 'Social Networking', and 'Games'. A 'Configure it' button is positioned below the screenshot. At the bottom, a green '+40%' is displayed above the text 'Saved time'. A 'Next step' button with a green arrow is at the very bottom.

Check your daily stats from sreen time




Configure it

**+20%**  
Saved time

Next step 


This slide shows the 'Screen Time' settings on an iPhone. The 'Screen Time' toggle is turned on. Below it, there are sections for 'Weekly Reports', 'Downtime & App Limits', 'Content & Privacy Restrictions', and 'Screen Time Passcode'. A 'Configure it' button is positioned below the screenshot. At the bottom, a green '+20%' is displayed above the text 'Saved time'. A 'Next step' button with a green arrow is at the very bottom.

Set your Color filters to greyscale



Configure it

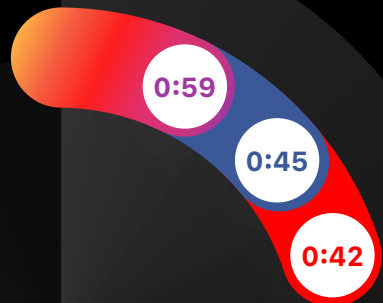
**+20%**  
Focus

Finish 

This slide shows the 'Color Filters' settings on an iPhone. The 'Color Filters' toggle is turned on. Below it, there are sections for 'Grayscale', 'Red/Green Filter', 'Green/Red Filter', 'Blue/Yellow Filter', and 'Color Tint'. A 'Configure it' button is positioned below the screenshot. At the bottom, a green '+20%' is displayed above the text 'Focus'. A 'Finish' button with a green arrow is at the very bottom.



Today you waste  
**2+ hours** in social.





**Stop**  
procrastinating

We will show you  
how many time you  
spent on social apps.

**Invision**

**Thanks for your  
attention!**