



earlybird

Catch your worm

Procrastination is the gap between intention and action. A new habit or starting personal project you're passionate about should not feel like a challenge. With the help of mindfulness techniques to help you when stuck, beat procrastination in 2 minutes with earlybird.

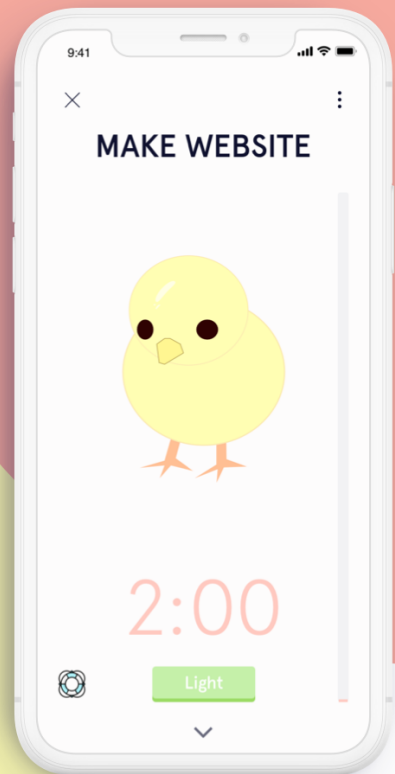
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HOW IT WORKS



Pick a project



Focus for 2 Minutes



Raise your Bird



Joseph Chou



Charlye Castro

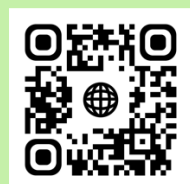


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