PAR Framework

(Problem → Action → Result)

Core Structure

Problem – Surface-level issue

Action – Key design moves

Result – Visual proof & metric

Fill-in-the-Blank Prompts

P: "_____ looked/behaved poorly because ____."

A: "I introduced _____ and _____."

R: "Time-on-task fell by _____."

Best used for:
Quick read-outs for visual-heavy projects (UI refresh, design systems)

Quick Example
"Search bar blended into the nav. I added contrast and auto-suggest; query success time dropped 4 → 2 s."