

See an example

Read the

healthy

sleep

What behavior have we observed?

What can we imagine them doing?

Does

point about

which kind of

template is suitable

for book cover after

all this frustration i

Feels

get one template

What are their fears, frustrations, and anxieties?

What other feelings might influence their behavior?

kind of template

sleep than I

choose one

template

suitable for healthy

searched a lot than I