Ryan Norrbom

CSD380

Assignment 5.2

September 14th, 2024

My Value Stream Mapped Life

I elected to build me Value Stream map around my afternoon and evening routine. I tend to work the afternoons from home. The commute on my way home is less than 5 minutes with maybe 5 minutes of setup time once I arrive home to dock my computer and dive back into the work I have left for the day.

A diagram of a work flow

Description automatically generated

**Estimates for Value Stream Activities**

|  |  |  |
| --- | --- | --- |
| Section | Activity | Timing |
| Late Afternoon | Commute + Work from Home | 2 Hours |
| Late Afternoon | Dinner Prep + Household | 1 Hour |
| Evening | Dinner | 45 Minutes |
| Evening | Exercise | 30 Min (*when available)* |
| Evening | Bed-Time Prep | 1 Hour |
| Evening | Family Time | 1 Hours |
| Evening | Kid Bedtime | 30 Minutes |
| Late Evening | School Work | 2 Hours |
| Late Evening | Tomorrow Plan + Mail | 20 Minutes |
| Late Evening | Movies | 2 Hours |
| Late Evening | Fall Asleep | 45 Miuntes |

**Estimated Cycle Time**

|  |  |
| --- | --- |
| **Section** | **Time** |
| **Late Afternoon** | 3 Hours |
| **Evening** | 3 Hours 45 Minutes |
| **Late Evening** | 5 Hours 5 Minutes |
| **Total** | 11 Hours 50 Minutes |

Reviewing my value stream map, I realize that I have a lot of waking hours that are underutilized. I do spend a decent amount of time on school work, but I could get more time to clean, read books, or do more gratifying activities if I spent more time planning ahead. These optimizations are as follows:

* **Pre-Prep Dinner on Sundays**: By prepping dinner on Sunday, I can save about a half hour to an hour, a total of 8 hours during the work week. The time saved would enable me to exercise earlier in the afternoon, which would, in turn, open more time for family activities and help me get more exercise.
* **Prep Time Changes**: I could enhance how I review mail, bills, and prep for the next day by combining several tasks. I could move backpack prep, mail review, preparing and planning for tomorrow into the Late Afternoon category. At this time, I have it happen in several sections. If I move it earlier in the day, it could get a key task done at a more mentally available time of day, but also streamline efficiencies across tasks.
* **Movie Reduction**: I could replace Movie time with either more sleep or expand time in another core category, such as family time or school. Reducing movie time would likely decrease stress in my day, especially since about 30 minutes of that time is simply picking a movie or TV Show rather than the physical act of watching it.

**References**:

Kim, G., Debois, P., Willis, J., Humble, J., Forsgren, N., & Allspaw, J. (2021). *The devops handbook: How to create world-class agility, reliability, & Security in Technology Organizations*. IT Revolution Press, LLC.

Lance KnightLance Knight is the President and Chief Operating Officer of ConnectALL. His responsibilities include sales. (2020, October 29). *3 easy steps for using VSM in everyday life*. ConnectALL. https://www.connectall.com/3-easy-steps-for-using-vsm-in-everyday-life/