***Problem description***

*Hemal thinks she spends too little time with her children.*

*Hemal wants to be able to have time to explore different skills.*

*Hemal wants to be able to have more free time.*

***Problem definition***

*How do we make Hemal make more efficient use of her time?*

**POV**

Alex needs to sleep more because it’s healthier for her.

Alex needs to relax more because she feels nervous about her kid’s well-being when she’s not around.

Alex needs to share her interests with her husband because she wants to do more things together

**How might we?**

How might we convince Alex to get more quality sleep?

How might we make getting a good sleep schedule something, which Alex aspires towards?

How might we make Alex more relaxed when her kids are not around?

How might we make Alex less nervous?

How might we make Alex and her husband do more things together?

How might we find more shared Interests between Alex and her husband?

**Problem definition**

How might we find more shared Interests between Alex and her husband?