Jeffrey Reid Module 5.2 February 6, 2025

Value Stream Mapping

I created my example based off of work. Note that it does include “Morning Stuff” but a bit more simplified then the original example. This is an important part of my routine so I felt it must be included. The key Stages include “Morning Prep”, “Work”, “Post Work”, and “Sleep Prep”. Note that I rounded some of the times up a little so they’re more accurately “estimates”. See Next Page for Graphic as it’s too large.

Wake Up

Wash Hands and Eat Cereal

Clean litterbox

Start Work up till Break 1

Clean litterbox again

Take Shower

Get Home, Put Stuff Away

Head to Work

Brush Teeth

Take Break 1. Eat Poptarts

Work up till Lunch

Lunch/Meal

Work up till Break 2

Wash hands, Browse Phone

Do some Homework (ia)

Relax, play some games

Get ice cream, relax more

Browse Phone or Get on CP Comp

Lay Down and Browse Phone

Sleep Time

Break 2

Brush Teeth

Get Ready for Work

Leave House

Work until I leave

Head Home

Morning Prep

Work

Post Work

Sleep Prep

Analyzing Lean Metrics:

A key thing to note is that most of the time I spend in a day is working (not including weekends). As a result of this, the “Work” Map consists of more parts.

|  |  |
| --- | --- |
| Morning Prep | 50 min |
| Work | 535 min (8 hrs 55 min) |
| Post Work | 315 min (5 hrs 15 min) |
| Sleep Prep | 60 min (1 hr) |

Estimated Cycle Time: 960 min (16hrs)

Optimizing the Process:

* Eliminate Waste: A big thing for me to reduce Time Waste is to make sure not to spend too much time browsing my Phone or messing around on my Computer, both before Sleep Prep and after the Shower in the cycle. I sometimes get carried away with that and end up delaying my sleep when I shouldn’t. Another opportunity would be to wake up a on time. I spend 15 minutes waking up because I’m usually tired from staying up the night before a little more than I should. Eliminating the first waste will help me sleep better and in turn help eliminate the second waste some. It’s not Waste per se but sometimes I leave work a little late. Avoiding that will help the rest of the schedule flow smoothly. On the other hand, I have to cut time on later days in the week so it balances out to essentially the same time.
* Workflow Orchestration: Depending upon progress, I can actually eliminate the “Do Homework” on later days in the week if it’s completed already. This will grant additional time to “Relax, play some games”. In the same breadth, I can also consider modifying “Wash Hands, browse phone” to “Wash Hands”. I would then move “Browse phone” to after “Do some Homework (ia)” as a new task or eliminate it altogether. This boosts efficiency for “Do some homework (ia)” by giving more time to this task or getting started on it sooner.
* Governance Models: When I “Leave House” it’s imperative that security “protocols” are in place to protect the house. A great implementation would be for a keypad door (which we have). One failsafe in that regard is another house member leaving within the next 40 minutes through the same door. This is great in case the door isn’t shut all the way as they can do so and check for themselves. This applies to the garage as well. An additional vulnerability is directly tied to my computer. During the time I “Brush Teeth” and “Take Shower”, the computer is completely exposed. It would do me well to implement a security measures such as shutting the computer down, initiating Sleep mode, or triggering Hibernate mode. All three methods effectively “lock” my computer from other users and help safeguard it. A failsafe option would be turning on the auto lock “idle” timer at the very least to lock the screen.

\*(ia) in this case means “If applicable” as Homework may be completed early in the week.

Citations

*Knight, L. (2020, October 29). 3 Easy Steps for Using VSM in Everyday Life - ConnectALL. ConnectALL - 3 Easy Steps for Using vsm in Everyday Life. https://www.connectall.com/3-easy-steps-for-using-vsm-in-everyday-life/*