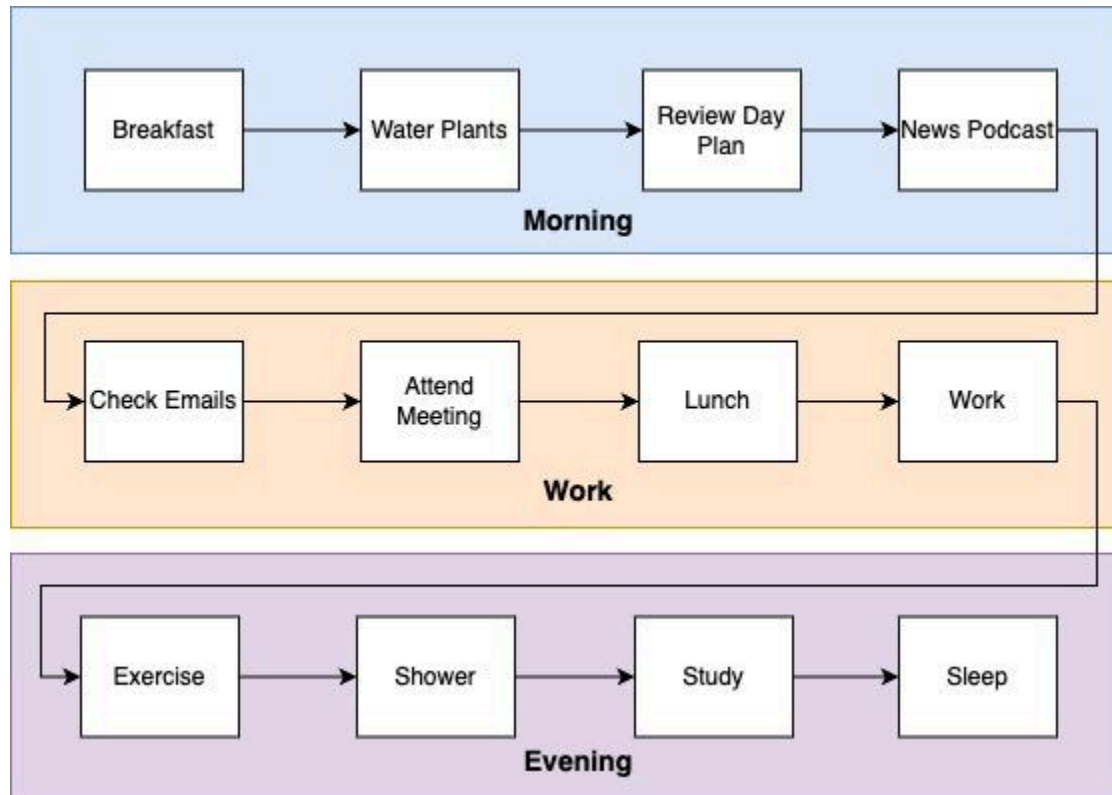Austen Rhyce Erickson
CSD380: DevOps
Assignment 5.2: Case Study: Value Stream Mapping
2/09/25

Estimated Average Flow Time:

Morning	1 hour
Work	8 hours
Evening	6 hours

Estimated Cycle Time: 15 hours

Optimization:

The optimization of my value stream ultimately comes down to in-the-moment intentionality. Simply remembering that there is a value stream process happening is a reminder to be intentional about what I'm doing every moment. With mindfulness, comes optimization. Goofing off and scrolling through my phone is not part of the stream so it should be eliminated. Similarly,

while I listen to music in the morning, dancing in front of the mirror, while pleasurable, is a step away from the task at hand.

At the end of the day, after studying, I am vulnerable to doom scrolling on my phone in bed. My sleep hygiene suffers as I don't go to sleep at the planned time and I wake up insufficiently rested. One barrier to changing this behavior is that I use my phone as an alarm clock so my phone is always with me when I go to bed. I could improve this part of the value stream by limiting my unwinding time with a timer and changing the location to the couch instead of the bed. I could then purchase an alarm clock and leave my phone in the living room and not at my bedside. With this adjustment, I will improve my sleep hygiene and therefore my productivity.

In the article example, the author mentions a fogless mirror to reduce time waiting for the mirror to clear after a shower in order to use it. I notice I already have an optimization measure in place for this. Since I live alone, I leave the bathroom door open ajar while showering so that more air is flowing through the bathroom which clears the mirror faster.

Also, during the workday, I could potentially combine lunch with attending a meeting. My coworkers and I tend to keep our Zoom cameras off and our microphones muted. I could eat while listening to the meeting and stop eating only to speak. This could leave more time to allocate to the work portion of my day – increasing productivity.

Similarly, I could eat breakfast while listening to my News Podcast in the morning.

Additionally, I can put application time limit locks on my phone so that I am locked out of social media after a time quota has been met. This will keep my scrolling times short and predictable.

Article:

Knight, Lance. "3 Easy Steps for Using vsm in Everyday Life - ConnectALL." *ConnectALL - 3 Easy Steps for Using vsm in Everyday Life*, 29 Oct. 2020, www.connectall.com/3-easy-steps-for-using-vsm-in-everyday-life/.