CHYNNA LEE

MODULE 5 ASSIGNMENT

DEVOPS

JUNE 27, 2024

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| Morning Routine | Work Routine | Evening Routine |
| WAKE UP, PRAY, READ BIBLE  (20 MINS) | LOGIN TO REMOTE JOB  ( 3.5 HOURS) | WALK DOGS  (15 MINS) |
| MORNING HYGIENE  (10 MINUTES) | WALK DOGS  (15 MINS) | GYM  (45 MINS) |
| GYM  (45 MINS) | LOG BACK INTO WORK  (1 HOUR 45 MINS) | AFTER GYM HYGIENE  (45 MINS) |
| WALK DOGS  (15 MINS) | LUNCH BREAK  (30 MINS) | EAT DINNER & WATCH TV  (90 MINS) |
| WORSHIP AND PRAISE SESSION WHILE MAKING BREAKFAST  (30 MINS) | LOG BACK INTO WORK  (1.5 HOURS) | WALK DOGS  (20 MINS) |
| EAT BREAKFAST, RELAX ON COUCH & WATCH TV  (30 MINS) | WALK DOGS  (15 MINS) | BUBBLE BATH AND DECOMPRESS  (40 MINS) |
|  | FINISH SHIFT  (45 MINS) | SKINCARE ROUTINE  (30 MINS) |
|  |  | PRAY AND PHONE TIME  (1 HOUR) |

Morning Routine: 2 hours, 30 mins

Work Routine: 8 hours, 30 mins

Evening Routine: 4 hours

Estimated Cycle Time: 15 hours total

Optimize morning routine: Upon reviewing my morning routine I have a few suggestions where I can try to save time. For example, I can stop reading my physical bible and instead switch to the audiobook version while I do my morning hygiene routine in an effort to stay awake. I can also use my morning walks with my dogs as an opportunity to pray and connect with God or save that for the time I would usually spend watching tv to just having breakfast with God. This could potentially save me anywhere from 15-30 minutes in my morning routine.

Optimize work routine: I can stop feeding my dogs during my work shift and only feed them in the mornings and after work so I don’t have to walk them as much and spend those (2) 15-minute breaks doing my skincare routine which would also save me 30 minutes from my evening routine and help me to sleep faster.

Optimize evening routine: I can skip the shower session after the gym and save it for my bubble bath time after eating dinner and walking my dogs and also eliminate the time I spend endlessly scrolling on social media on my phone until I go to sleep which could potentially save me at least 1 hour and 30 minutes of my night!

New Estimated Cycle Time: 2 hours 30 mins

Conclusion: I have a lot of mini but not necessary tasks that take up my day and by eliminating some of these tasks and prioritizing more important needs I can save a lot of time and get more rest which can boost my productivity and brain performance which would lead to an increase in performance at work, the gym, and my school work.

Knight, L. (2020, October 29). 3 easy steps for using VSM in everyday life. ConnectALL. Retrieved from <https://www.connectall.com/3-easy-steps-for-using-vsm-in-everyday-life/>