## Journey Map

**Feeling** 

(2) Indecisive

Persona 6:00pm 8:30pm Name: Jim **After Work Cooking Dinner During Dinner After Dinner Key Points** "I don't want to just rip open a bag "I do not like of something frozen and put it on a "I would rather spend making dinner plate, but it's both easier to serve time playing with kids" midweek "Dinner goes by in a and easier to clean up." **Thinking** flash. It takes no more What am I thinking? than 10 minutes..." "I"m always wishing we could "What can I make in "When I get upstairs after doing introduce more variety in what 10 minutes that's dishes, [kids] typically haven't we eat. somewhat healthy?" started doing what I've asked them to." Cook dinner Clean up dinner Express thanks Pick up kids from school Clear off table Send kids upstairs to Doina Eat dinner get ready for dinner What am i doing? Set table Look in fridge to find food to make Head up stairs to Clean up spills Get kids to wash put kids to bed hands Kitchen appliances to cook Setting table Cleaning up dishes Car to pick up kids **Touchpoint** Eating at table Phone to check time Who and what am I Kids Kids interacting with? Hard to stay focused Making dinner from scratch requires more cleanup There is always a spill Takes 40 minutes to cook Figuring out what to cook to clean up Kids aren't getting ready for dinner bed, when they are supposed to Kids are cranky when hungry

Hectic, unfocused, rushed

**4** Hectic

© Exasperated