



Says

What have we heard them say?
What can we imagine them saying?



Thinks

What are their wants, needs, hopes, and dreams?
What other thoughts might influence their behavior?

we specialize in accomodating any/all food allergies and dietary restrictions

we guarantee steller service for all our clients and pride ourselves on the compliments

we support small business and local spending so the service we provide for you also benefit the community

our thoughts create our feelings and our feelings drive our beheviour

the amount and range of the thoughts and feelings we experience can make it difficult to understand how they may be impacting our daily lives

thoughts and feelings are very connected to one another but they are two distinct things



Persona’s name

Short summary of the persona

you can try a simple process take a story of fiction as a start then read a paragraph or page and try to imagine how it would look in visual

its possible that you have lost practice with that inherent faculty which a person is born with

inspire yourself read are look at other peoples work and create some twists and turns in it

anxiety is defined as feelings of worry or unease regarding a possible event or any circumstance that has an unkown outcome

whether there is a disire to do somethings are not someone who is anxious feels nervous and unsure that they 'ii be able to accomplish it

these feelings of fear or uneasiness are natural reponses and often come as a result of stress



Does

What behavior have we observed?
What can we imagine them doing?



Feels

What are their fears, frustrations, and anxieties?
What other feelings might influence their behavior?