



map

Using sticky notes or strips of paper, draw/write the daily challenges of the individual along the central dotted line. Pay particular attention to mapping the challenge to the corresponding time of day and include what the activity is, together with the physical and emotional pain points.



rate

Go back through each challenge and move the sticky note/strip of paper up or down, depending on how difficult the activity is. The most difficult tasks should be placed at the top of the diagram and the easiest tasks should be placed at the bottom.



analyse

Draw a graph line connecting all your sticky notes/strips of paper and make observation notes on your findings. What did you notice about the challenges and their difficulty in relation to the time of day? Were there duplicate or similar activities? Were there any trends in what challenges were very difficult?

difficulty



00:00

03:00

06:00

09:00

12:00

15:00

18:00

21:00

time



notes