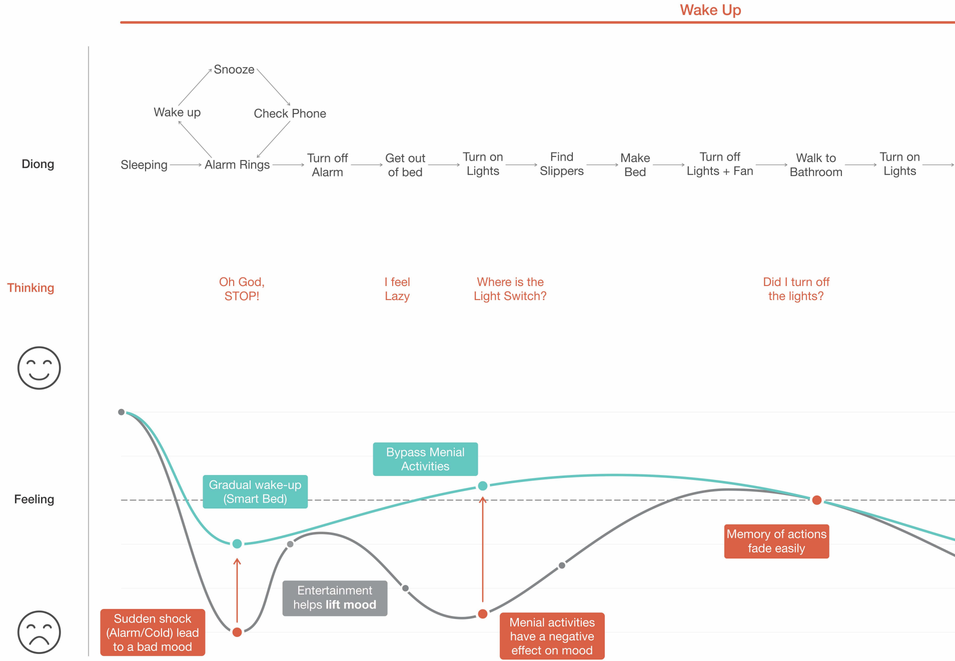
Get up and leave



Wake Up

Diong

Sleeping → Alarm Rings → Turn off Alarm → Get out of bed → Turn on Lights → Find Slippers → Make Bed → Turn off Lights + Fan → Walk to Bathroom → Turn on Lights →

Wake up → Snooze → Check Phone

Thinking

Oh God, STOP!

I feel Lazy

Where is the Light Switch?

Did I turn off the lights?

Feeling

Gradual wake-up (Smart Bed)

Bypass Menial Activities

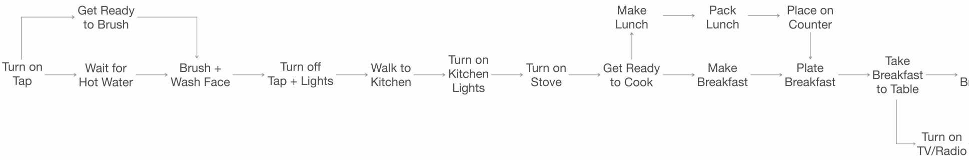
Sudden shock (Alarm/Cold) lead to a bad mood

Entertainment helps **lift mood**

Menial activities have a negative effect on mood

Memory of actions fade easily

Make Breakfast



Turn on Tap

Get Ready to Brush

Wait for Hot Water

Brush + Wash Face

Turn off Tap + Lights

Walk to Kitchen

Turn on Kitchen Lights

Turn on Stove

Get Ready to Cook

Make Lunch

Pack Lunch

Place on Counter

Make Breakfast

Plate Breakfast

Take Breakfast to Table

Turn on TV/Radio

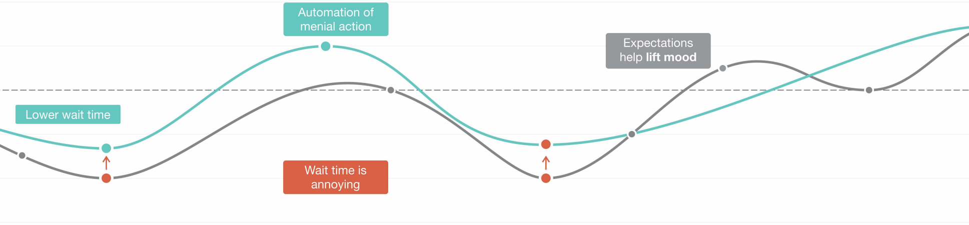
Br

Water is too cold!
Heat up already.

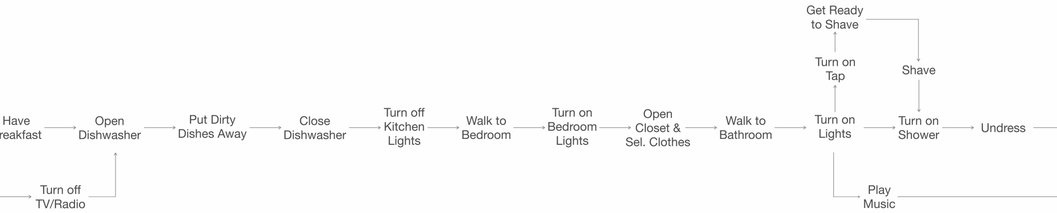
Heat up already

Smells good

Did I turn the
Stove off?



Bathe



Have reakfast → Open Dishwasher → Put Dirty Dishes Away → Close Dishwasher → Turn off Kitchen Lights → Walk to Bedroom → Turn on Bedroom Lights → Open Closet & Sel. Clothes → Walk to Bathroom → Turn on Lights → Turn on Shower → Undress

Turn off TV/Radio → Open Dishwasher

Turn on Lights → Turn on Tap → Get Ready to Shave → Shave → Turn on Shower

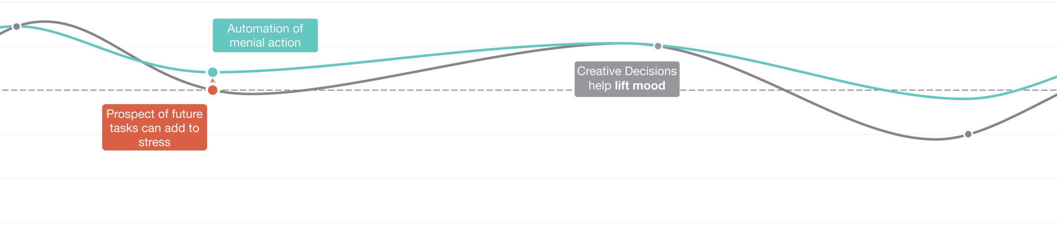
Turn on Lights → Play Music

This is Entertaining

Need to Run Dishwasher Tonight

What should I Wear?

Need to wait for water to heat up

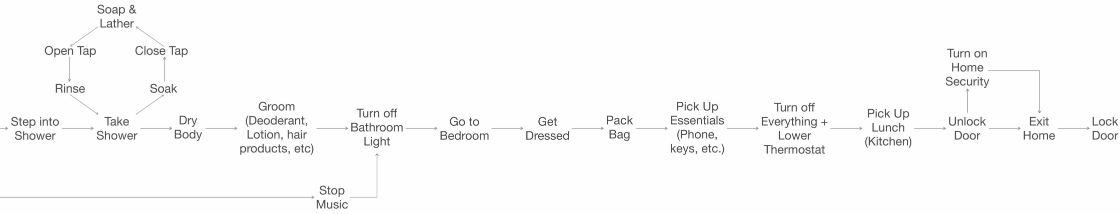


Automation of menial action

Prospect of future tasks can add to stress

Creative Decisions help **lift mood**

& Groom



Soap & Lather

Open Tap

Close Tap

Rinse

Soak

Step into Shower

Take Shower

Dry Body

Groom (Deoderant, Lotion, hair products, etc)

Turn off Bathroom Light

Stop Music

Go to Bedroom

Get Dressed

Pack Bag

Pick Up Essentials (Phone, keys, etc.)

Turn off Everything + Lower Thermostat

Pick Up Lunch (Kitchen)

Turn on Home Security

Unlock Door

Exit Home

Lock Door

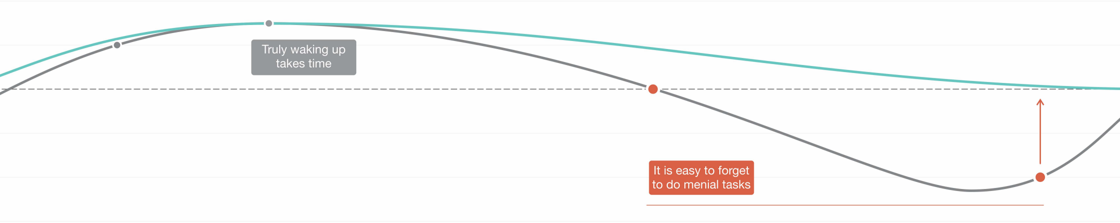
La Lala!

I am awake now

Am I forgetting anything?

Need to Save Money

Did I forget to turn something off ?



Truly waking up takes time

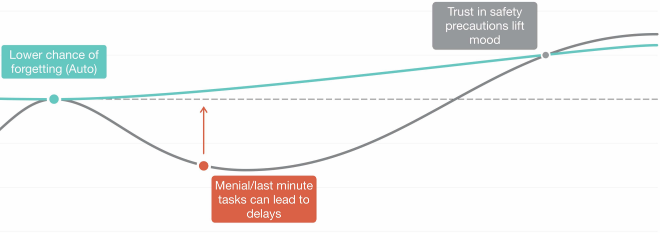
It is easy to forget to do menial tasks

Pack Up & Leave

→ Walk to Car → Unlock Car → Get in Car → Start Car → Open Garage Door → Pull Out of Garage → Close Garage Door → Leave

Hope I reach on time

Ok the door is shut, house is safe



Lower chance of forgetting (Auto)

Menial/last minute tasks can lead to delays

Trust in safety precautions lift mood

Come home and sleep

Come Home

Diong

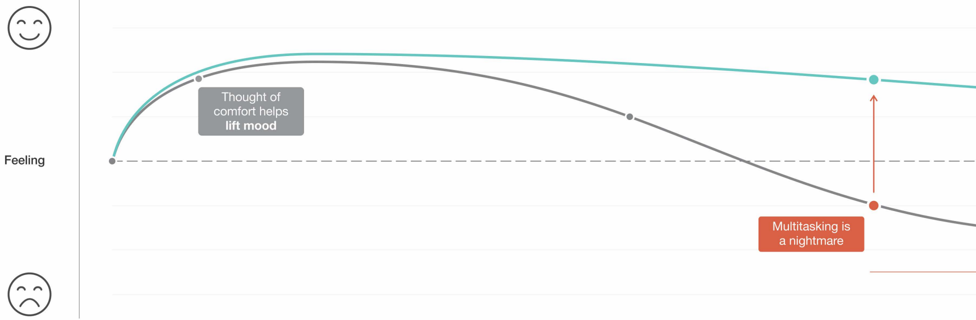
Drive Home → Reach Home → Open Garage Door → Enter Garage → Park Car → Close Garage Door → Exit Car → Lock Car → Walk to Door → Unlock Door → Enter Home →

Thinking

Home sweet home

In Exhausted

My hands are full, This is a struggle



Feeling

Thought of comfort helps **lift mood**

Multitasking is a nightmare

Freshen up

Turn off Home Security

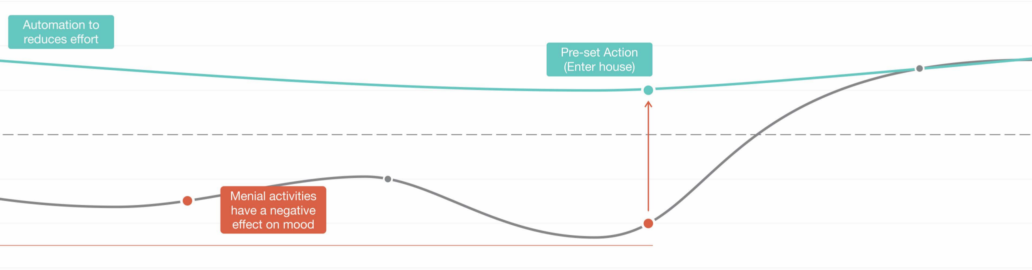
Lock Door → Walk to Kitchen → Turn on Lights → Put Lunch Box in Dishwasher → Walk to Bedroom → Turn on Lights → Drop Bag → Set Thermostat → Walk to Bathroom → Turn on Light+Tap → Freshen up → Walk to Bedroom Closet

Where is the Light Switch?

Need to unload

It is a bit cold

Feel better now



Go for Run

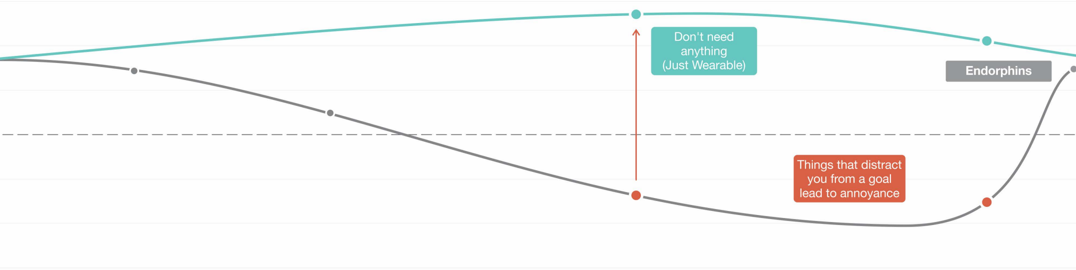
→ Change into Gym Clothes → Walk to Laundry Room → Turn on Light → Put Dirty Clothes in Laundry → Turn off Light → Walk to Bedroom → Pick Up Essentials (Phone, keys, etc.) → Turn off Everything → Unlock Door → Exit Home → Lock Door → Go for Run → Come from

Exit Home → Turn on Home Security → Lock Door

Need to get ready for a run

Did I get everything I need?

My keys keep jiggling when I run

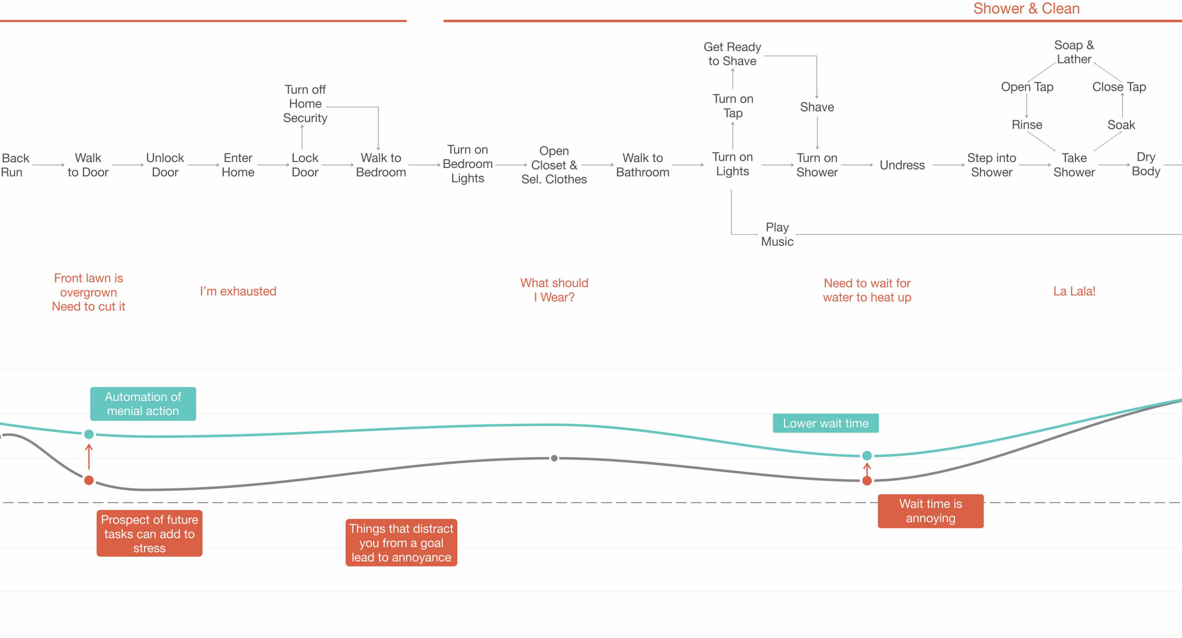


Don't need anything (Just Wearable)

Endorphins

Things that distract you from a goal lead to annoyance

Shower & Clean



Back Run

Walk to Door

Unlock Door

Enter Home

Lock Door

Turn off Home Security

Walk to Bedroom

Turn on Bedroom Lights

Open Closet & Sel. Clothes

Walk to Bathroom

Turn on Lights

Turn on Tap

Get Ready to Shave

Shave

Turn on Shower

Play Music

Undress

Step into Shower

Take Shower

Rinse

Open Tap

Soap & Lather

Close Tap

Soak

Dry Body

Front lawn is overgrown Need to cut it

I'm exhausted

What should I Wear?

Need to wait for water to heat up

La Lala!

Automation of menial action

Lower wait time

Prospect of future tasks can add to stress

Things that distract you from a goal lead to annoyance

Wait time is annoying

Make Dinner

Groom (Deodorant, Lotion, hair products, etc) → Turn off Bathroom Light → Go to Bedroom → Get Dressed → Turn off Lights → Walk to Kitchen → Turn on Kitchen Lights → Turn on Stove → Get Ready to Cook → Make Dinner → Plate Dinner → Take Dinner to Table → Have Dinner → Open Dishwasher

Stop Music → Turn off Bathroom Light

Take Dinner to Table → Turn on TV/Radio → Turn off TV/Radio → Open Dishwasher

I feel fresh now

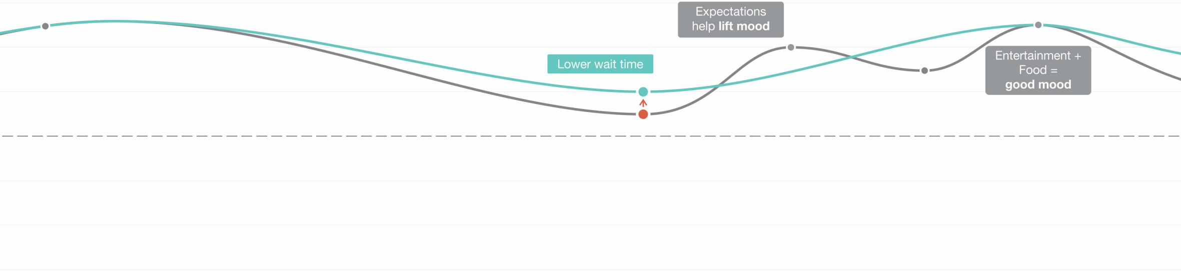
Time for food

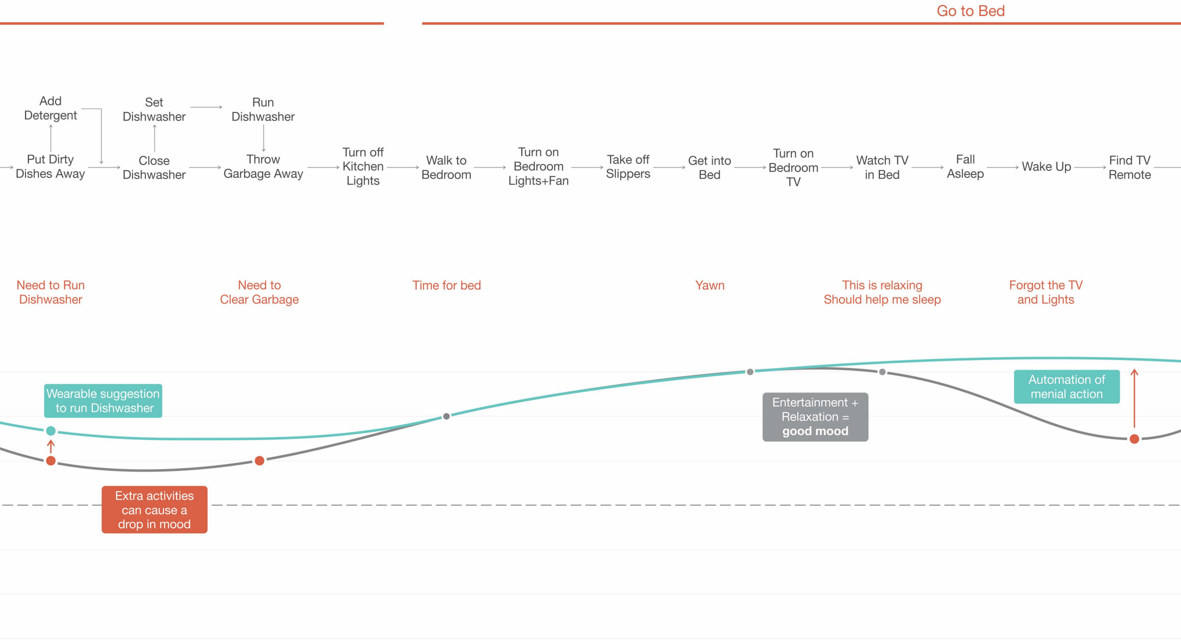
Heat up already

Smells good

Did I turn the Stove off?

This is Entertaining





Go to Bed

Add Detergent

Put Dirty Dishes Away

Set Dishwasher

Close Dishwasher

Run Dishwasher

Throw Garbage Away

Turn off Kitchen Lights

Walk to Bedroom

Turn on Bedroom Lights+Fan

Take off Slippers

Get into Bed

Turn on Bedroom TV

Watch TV in Bed

Fall Asleep

Wake Up

Find TV Remote

Need to Run Dishwasher

Need to Clear Garbage

Time for bed

Yawn

This is relaxing Should help me sleep

Forgot the TV and Lights

Wearable suggestion to run Dishwasher

Extra activities can cause a drop in mood

Entertainment + Relaxation = **good mood**

Automation of menial action

Get Up to Use Bathroom

→ Turn off Bedroom TV+Lights → Go to Sleep → Wake Up → Get out of bed → Turn on Lights → Walk to Bathroom → Turn on Lights → Use Toilet → Flush Toilet → Turn on Tap → Wait for Hot Water → Wash/Dry Hands → Turn off Tap + Lights → Walk to Bedroom → Turn off Bedroom Lights → Get into Bed → Go to Sleep

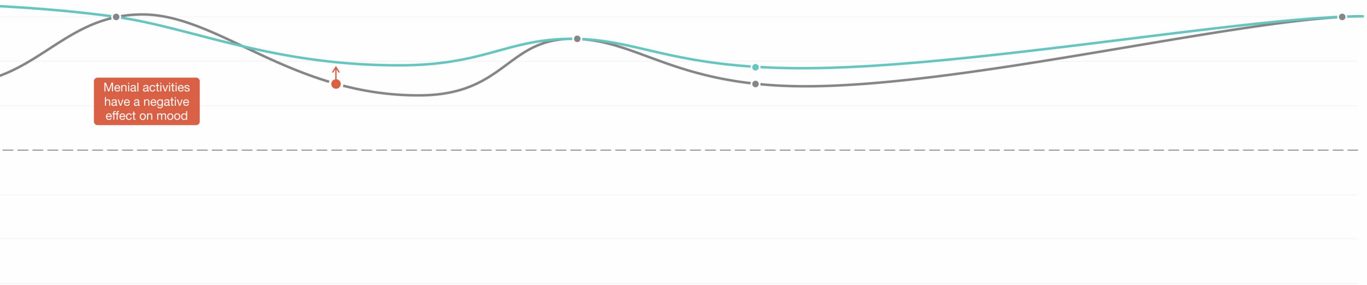
Need to use the bathroom

Where is the Light Switch?

Hope I don't trip

Water is cold!

Ahh! sleep



Menial activities have a negative effect on mood