HUMAN ACTIVITIES & ROUTINES
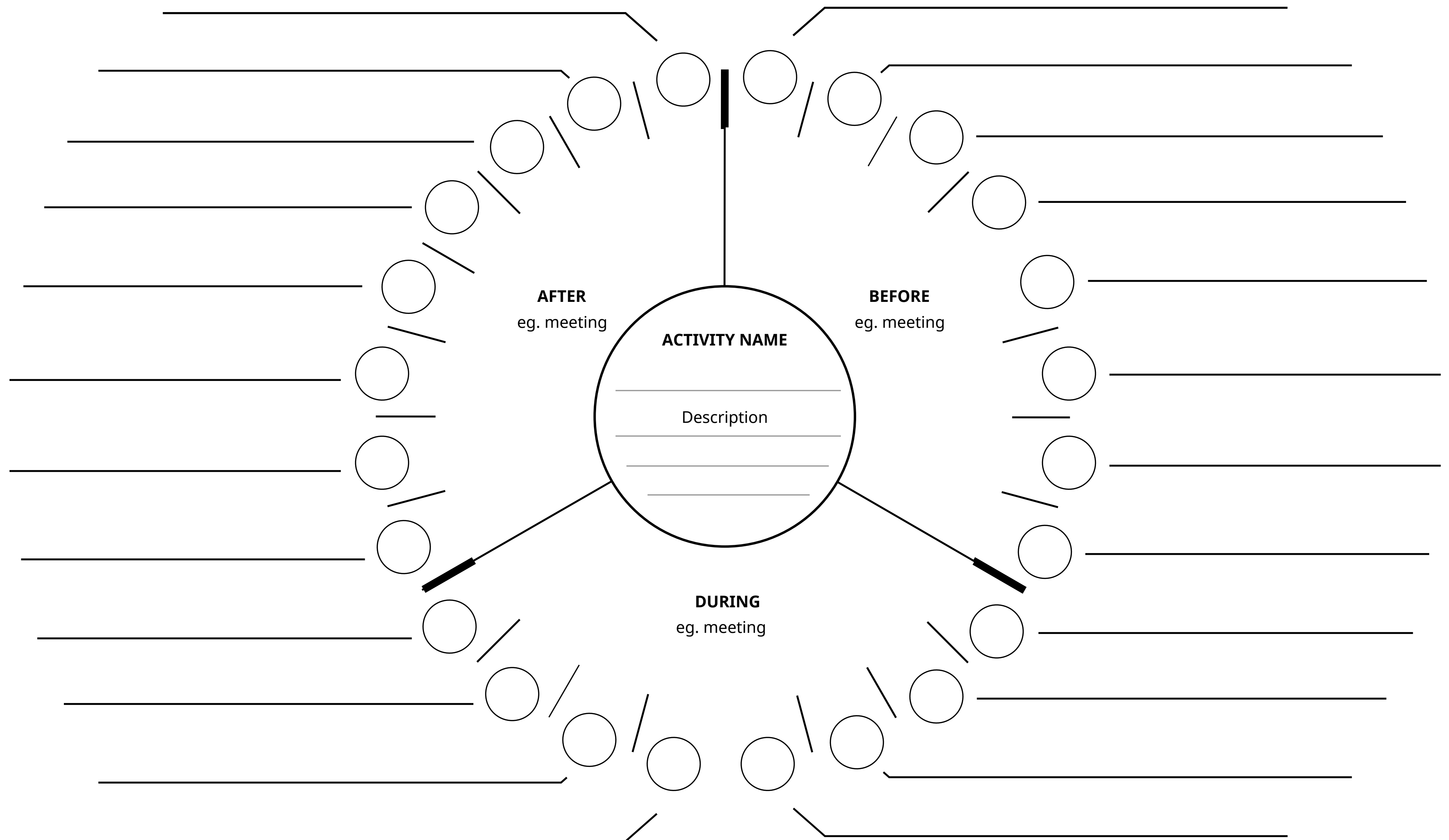
Stellar UX turns negative emotions into positive experiences.
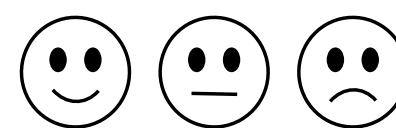
NIGHT

12pm
11pm
1am
10pm
2am
9pm
3am
8pm
4am
7pm
5am
6pm
6am
5pm
7am
4pm
8am
3pm
9am
2pm
10am
1pm
11am
12am

ROUTINES, ACTIVITIES, RITUALS

Describe your activities, rituals starting with...

I love to .., I want to ..., I have issues with ...,
I get frustrated by..., I get drained by...,
I re-energize...., I recommend ...
(Think in human activities)

DAY

Exercise:
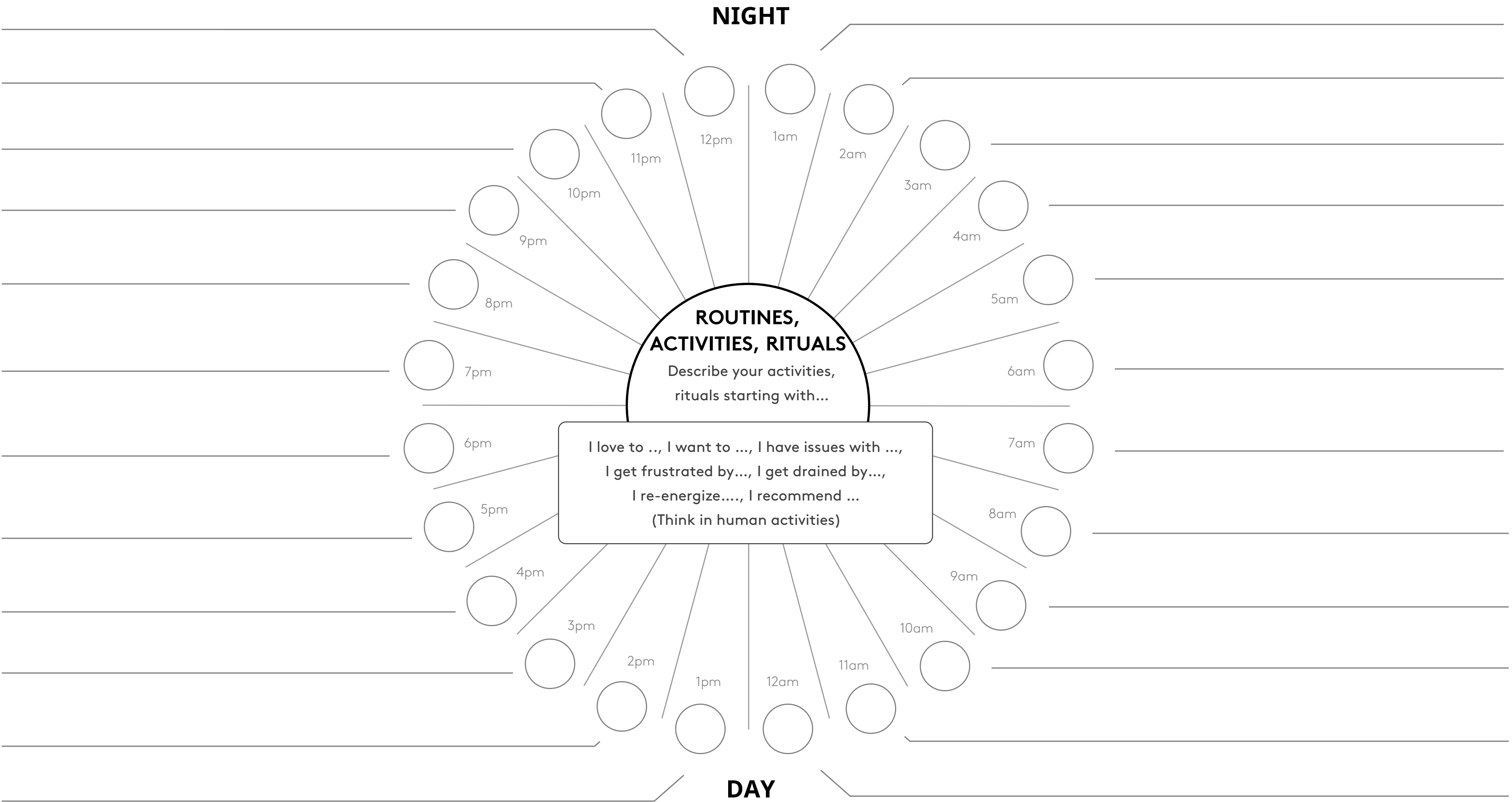
Draw a basic 🙂 😐 🙁 where applicable

BREAKING DOWN AN ACTIVITY INTO A ROUTINE USING A BEFORE, DURING & AFTER STRUCTURE

AFTER
eg. meeting

BEFORE
eg. meeting

ACTIVITY NAME

Description

DURING
eg. meeting

Assume the emotion of each step