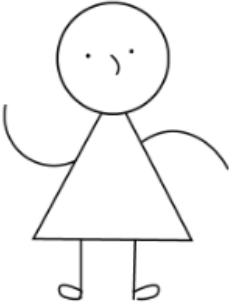


Drawing	Name	SP (spontaneous Planner)
	Activated Role	Student at Stanford
	Goal	I want to do outdoor activities with friends
	Motivation	I want to do more outdoor activities with friends because these have positive health benefits and are fun
	Conflict	I like the spontaneous feeling of hang outs, but I dont know when people are free, and I want to do an activity but dont want to plan it and be responsible
	Attempts to Solve	Calling a friend when I want to do something, going to social places outside (coupa)
	Setting/ Environment	They try to solve this problem in their free time during the day
	Tools	Phone to call friends, preplanned events (coffee walk)
	Routines	They often walk to class, get coffee outside, walk to get food from somewhere, go for runs, go a variety of outdoor activities
	More	

Desire: The initial urge to go outside and be social

Anthony

Deferral: Avoids taking ownership of planning

Anthony

Resolution: Last-minute join or missed opportunity

Anthony

think

Anthony

- I want to do something outside
- I hope something naturally happens.

Anthony

- I don't want to be the planner
- Planning adds pressure and responsibility

Anthony

- This worked because I didn't have to plan
- I wish something had happened

Anthony

Say

Anthony

- "It's such a nice day out."
- "I'm down to do something."

Anthony

- "Let me know if anything's happening."
- "I might be free later."

Anthony

- If it happens: "I can be there in 10."
- If it doesn't: "Today kind of slipped by."

Anthony

do

Anthony

- Notices good weather or free time
- Scrolls social apps / group chats

Anthony

- Waits in group chats
- Sends vague availability signals

Anthony

- Joins late with minimal prep or
- Defaults to a solo evening

Anthony

Feel

Anthony

- positive: energized, optimistic
- negative: passive anticipation

Anthony

- positive: low pressure
- negative: uncertainty, mild anxiety

Anthony

- if successful: happy, socially fulfilled
- if not: FOMO, mild regret

Anthony