



Experience Journey: Empty-Nester



User Background

Jennifer is a married, former stay-at-home parent whose children recently left the home. Parenthood is central to her identity and her community is strongly linked to her children & other parents.

Jennifer's Weekday

Morning

Afternoon

Evening

Thoughts

It was a lot of work, but I miss making breakfast for the kids.

"It is better for us to cry then for our kids to cry."

How should I teach my kids to budget?

I'm not used to having freetime... what have I always wanted to try?

Touchpoints

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- Schedule
- Contact
- Search

Emotions

- Excitement
- Uncertainty
- Relief

Actions

Wakes up well rested.

Takes the dogs for a walk.

Prepares breakfast for one.

Checks calendar for plans.

Meets friend at a coffee shop.

Chats about being empty nested.

One of her children calls.

Child asks for money for a textbook.

Consults friend about the situation.

Returns home for dinner.

Contacts spouse about meal ideas.

Makes plans for weekend.

Details

- Likes to not have to worry about getting the kids ready for school.
- Has more time in the morning to relax.

- Enjoys the leisurely walk around the neighborhood.
- Makes sure to stop and chat with neighbor.

- Misses preparing food for the kids.
- Notices how much slower food is consumed in a household of 2.

- Looks forward to getting coffee with her college friend.
- Appreciates having something to fill her afternoon.

- Enjoys catching up with her after not seeing each other in a while.

- Gets sad being reminded of her children.
- Feels reassured that her friend is in a similar situation.

- Is thrilled to pick up their call.
- Worries whether they are doing alright.

- Feels happy to support them.
- Wonders what role she should play in helping them learn to budget.

- Is comforted by being able to talk to a fellow empty-nester.
- Wishes she had more parents to consult about matters like this.

- Wonders what to make & searches for recipes for 2.
- Reflects on joy that came from cooking for large groups.

- Spouse suggests eating out, just the two of them.
- Searches new restaurants to try after struggling to think of one.

- Spouse has social group plans.
- Feels inspired to try a new hobby.
- Wonders what groups nearby she could join.