

Lean in Daily Life

Module 1: Introduction to Lean Thinking

- What is Lean and its core idea
- Focus on value and waste reduction
- Lean beyond manufacturing (daily life relevance)
- Simple everyday examples

Module 2: Understanding Value in Daily Life

- What is value from a personal perspective
- Identifying what truly matters (time, effort, convenience)
- Examples: morning routine, travel, shopping

Module 3: Identifying Waste (Muda)

- Introduction to waste in daily activities
- Overview of common wastes (waiting, motion, overprocessing, etc.)
- Spotting waste in routine tasks

Module 4: Applying Lean Principles

- Simplifying tasks and reducing unnecessary steps
- Organizing daily activities (basic 5S thinking)
- Improving flow in routines
- Small changes for better efficiency

Module 5: Activity & Application

- Analyze a daily routine (e.g., getting ready, studying, commuting)
- Identify value-added and wasteful steps
- Suggest improvements
- Key takeaways: do more with less effort and time