Action Emotion	Receiving grocery delivery	Unpacking groceries	Noticing half empty items	Noticing essential items running out	Making impulsive purchases	Forgetting shopping list	Discovering food waste	Rushing to create last-minute list	Returning with incomplete groceries	Making incomplete list for new month	Receiving delivery with missing items
Excited	Feeling excited and looking forward to organizing the items										
Happy		Experiencing satisfaction with the									
Neutral		well-organized space	Cognitive load increases								
Stressed				Cognitive load increases	As the month progresses, cognitive load increases, leading to forgetfulness in						
Overwhelmed					maintaining the grocery list.					As the new month starts, they make an incomplete list, forgetting to include various essential items.	
Frustrated											
Disappointed											
Disappointed						Making impulsive purchases due to forgetfulness	Discovering food items have gone bad due to forgetfulness				