



# The Brief Begins Here . . . . .

This guide brings together key insights from psychology, neuroscience, and environmental design to help you better understand what humans need to feel rested, creative, and truly supported in their spaces.

Each prompt is designed to reveal subtle patterns and uncover small misalignments that might be affecting your well-being without you even realizing. These are quiet cues. You might find a tension. You might find a softness.

This is simply the starting point, a way to begin listening to your space, and to yourself, with more care.

## Who are you, and what stage of life are you in?

What rhythms shape your days right now?

(Think about morning patterns, work rhythms, energy slumps, rituals, interruptions, or natural light cues.)

Are you entering a new season emotionally, professionally, or relationally?

(Think about transitions: a new job, a breakup, becoming a parent, burnout, moving house or simply feeling ready for change.)

What pressures are you trying to ease?

What joys are you trying to protect?

How does your current rhythm feel energising, draining, disconnected, aligned?

Are you living in sync with your natural rhythm or constantly adapting to something external?

Do you feel like your environment supports your routine or interrupts it?

(Does your space flow with your day or do you constantly move things just to get by?)

Where do you feel most “yourself” during the day and what supports that feeling?

(A quiet chair, walking outside, warm light, closing a door what creates that moment for you?)

What kind of pace or flow does your body crave but rarely get?

## What does your space need to support?

What roles does this space need to flex between? (e.g. retreat, collaboration, creation)

(Think about how your space needs to shift: from calm to creative, private to shared, focused to playful.)



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“Come home to what matters.”

What kinds of activities bring you energy and do you currently have space for them?

(Do you love to cook, write, dance, gather, make art, but feel like you have no room for it?)

What do you wish you had more permission to do at home?

(Could it be closing a door, napping in the sun, stretching, leaving things out mid-project, make a mess?)

Where in your life do you feel most supported and how could your space borrow from that?

(Is there a place where you breathe more deeply, or feel more fully yourself? What creates that?)

What types of connection do you want this space to encourage with self, others, nature, spirit?

(Think about mealtimes, journaling, shared silence, views, or rituals, what do you want to invite in?)

Are there rhythms or rituals you want your home to hold more gently?

If your environment could take something off your plate, what would it be?

(Is there clutter you're constantly managing? Something you're always adjusting just to function?)

## **How do you want to feel in your home and why does that matter?**

What feelings do you rarely experience at home but deeply crave?

(Is it calm, focus, delight, ease, beauty, spaciousness?)

Where in your body do you notice stress, and what might soothe it spatially?

(Are your shoulders always tight? Do you hold your breath? Would softness, openness, warmth help?)

If this space gave you a small daily gift, what would it be?

What kind of sensory experience would help you feel at peace here? (light, texture, sound, scent)

(Consider lighting, temperature, materials, sound, do you want quiet, texture, openness, or enclosure?)

What would change in your life if this space supported the way you want to feel?

(Would it ease decision fatigue? Invite better sleep? Give you space to reconnect with your creativity?)

What have other spaces (hotels, studios, landscapes) taught you about what you need?

(Did you feel more relaxed, alive, held, or inspired there – and why?)

Are you seeking calm or aliveness? Retreat or reconnection?

(You don't have to choose just one. But consider how your space might gently shift with you, offering pockets for stillness, light for energy, and room to return to yourself, however you're feeling.)



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