



# FALL DESIGN LAB

## The Narrative.

I'm at a turning point in my life.

After years of living by necessity, I'm now choosing to create more intentionally both in my work and in my rhythms.

I wake up with the sun most mornings, walk my dog, drink coffee, and begin my day slowly and deliberately.

It's a pattern I love, and one I want to protect. I've learned that I thrive when I alternate between screen work and manual, tactile activities throughout the day.

I'm building better habits, strengthening my design practice, and creating space to heal emotionally from long-held tension and childhood wounds. It feels like a time of return and renewal.

My energy dips slightly mid-afternoon, so natural light throughout the day is vital, it keeps me aligned and alert.

On rainy days, I don't mind the change in tempo, but I still crave access to light and warmth. There's nothing more soothing to me than stepping away from a task for a moment and noticing the sun tracing its way across the walls.

It reminds me that time is passing in a beautiful, quiet way and always gives me a sense of perspective when things feel hard.

My stress lives in my shoulders, tension that climbs up my neck, tightens my breathing, and pulls me away from my centre. I have asthma, so when I'm not at ease, I stop breathing with my

diaphragm and rely on the top of my lungs. That's why I've learned to work at my computers standing up, and to take gentle breaks in a comfortable chair. It's a physical rhythm that supports my emotional and creative one.

Right now, my biggest pressure isn't external, it's mental. The pressure to "do it all" or to meet my own standards can be paralyzing.

That's why ease, setup, and modularity are essential for this space. I need to reduce friction in my creative process so I can stay in flow. I know myself: when the process gets too hard, when I have to keep plugging, unplugging, packing away, I lose momentum. But when stations are ready, and movement is intuitive, I come alive.

This studio—the Lab—needs to flex between many roles. I want it to be productive but playful.

I need stations for lamp-making and woodwork, flat surfaces for sketching and drawing, and space to try new creative practices. I want to be able to leave things out mid-process without it feeling like chaos. I want to make a mess and still love what I see.

I want space to move easily from one zone to the next, in a way that boosts creativity without forcing it.

Nature plays a huge role in how I work. I often feel the need to step outside when I need to reset, to have visual access to the outdoors throughout the day. I feel most myself when I'm making, especially when it's grounded in the natural world, timber, light, fabric and texture.

I want that reflected in the space. I crave visual richness, soft tactile walls, and intricate lighting like the layered feeling you get looking into a forest. That's what helps my brain connect ideas.

Lighting is one of the most important elements for me. I feel drained and unsettled under harsh or overly artificial light.

I want warm, dimmable light—good task lighting, yes, but with the possibility to soften it into a calm evening glow. The right light makes me put my phone down and pick up a book. It makes me breathe more deeply. It affects everything.

I love the feeling of a nook, a place of enclosure, but I also want openness and flow. I want to move easily between zones, to feel focused but not boxed in. I want the space to feel beautiful but unprecious,

like it's inviting me in rather than demanding perfection.

This is not my home—but it's where I come home to myself creatively. I want to feel energy and possibility in this space.

I want my brain to spark ideas not from a screen, but from the things around me, my collected rocks, beach treasures, tools, materials, the view outside. I want to feel like the space is on my side. And I want to love being there.