



Module 1.  
Human Needs & Who You Are





It's so easy to get carried away by what everyone else is doing – the trends, the sale, the thing you saw online.

And before you know it, your space feels more furnished than designed: full of things, but not full of purpose.

Here's the shift this whole course is built on. A beautiful room doesn't start with a sofa or a colour. It starts with you – how you live, what you need, what makes you feel calm, and what quietly drains you. Get that right, and every later decision becomes easier, because you finally have something to measure them against.

So before we touch a single piece of furniture, let's start where every good design starts: with who you are.



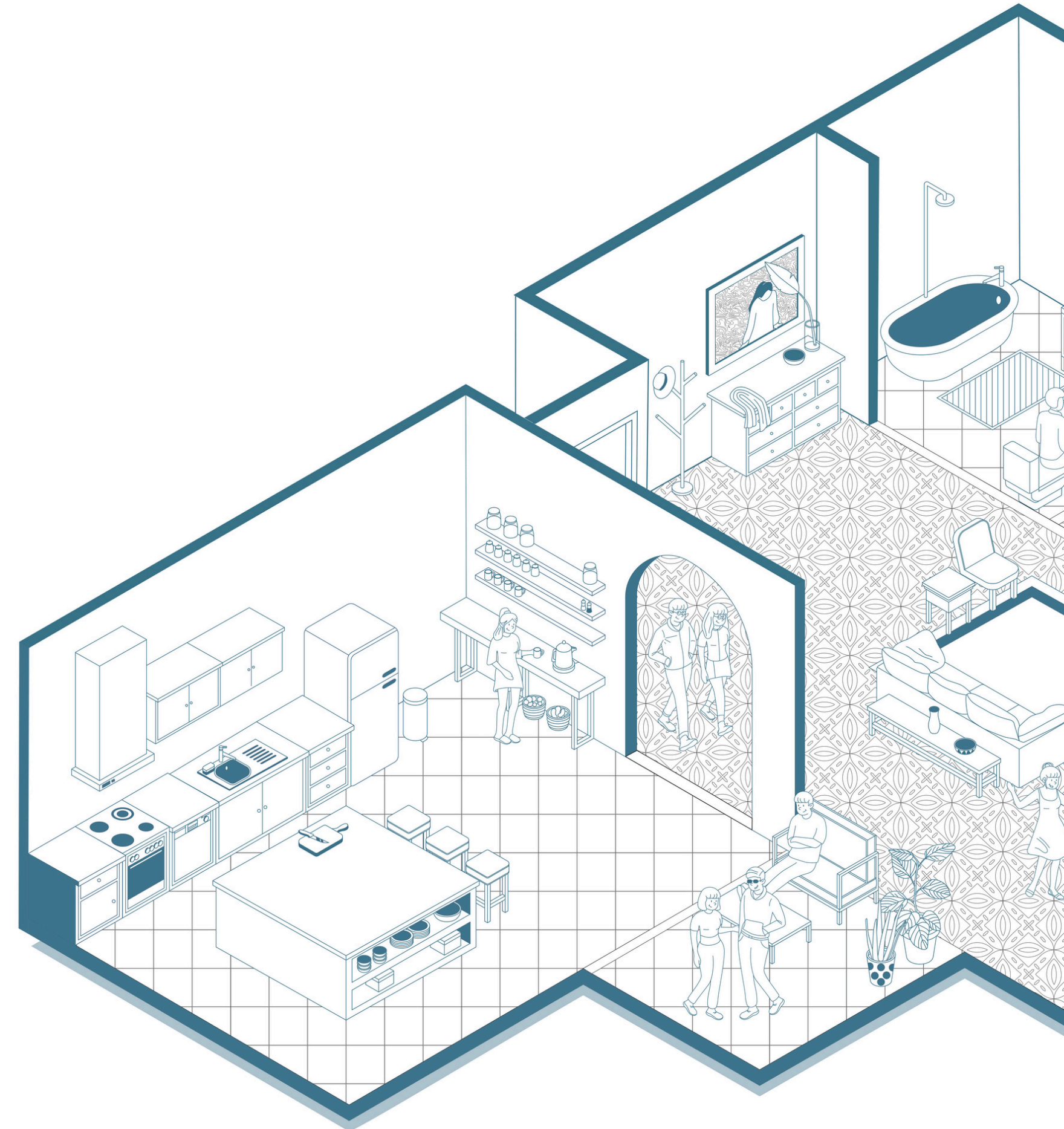


# HUMAN NEEDS

Good design supports three kinds of human need at once. When a room gets all three right, you feel comfortable in it without being able to say exactly why.

**Physical needs** – how your body feels in the space.

This is comfort and health: ergonomics (furniture that fits your body and supports good posture), fresh air and ventilation, and acoustics – how sound behaves in the room, which quietly affects whether you can concentrate or relax. These are the needs you feel before you notice them.



**Emotional wellbeing – how the space makes you feel.**

**Less tangible, just as important.**

**A space should give you a sense of privacy (feeling secure and able to relax), safety (free from danger, and from the feeling of danger), and personal expression – room for your own tastes and identity to show. A simple, powerful example: bringing in greenery, which lowers stress, lifts mood, and connects you to nature.**

**Functional needs – how the space works for your life.**

**Whether the room actually does the jobs you need it to do, for the way you live – not the way a catalogue imagines you live.**



# WHO YOU ARE

Style aside for a moment. Before the look of a room, it helps to get honest about a few things: who you are, how you spend your time, how you want to live in your home, what makes you happy – and, just as importantly, what you don't like. Those answers are the quiet brief behind every good decision you'll make in this course.

Ask yourself honestly...

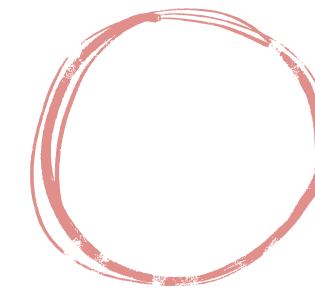
See it & apply it (with your design assistant — about 10 minutes)

**This is where it gets personal – and where your whole course project begins.**

**→ Open your design assistant and tell it you're ready to start Module 1.**

**Together you'll talk through how you actually want to feel and live in your room, and turn that into your first saved decision: a short, personal brief in your own words. Everything you design later will point back to it.**

Let's find the axes in your room!



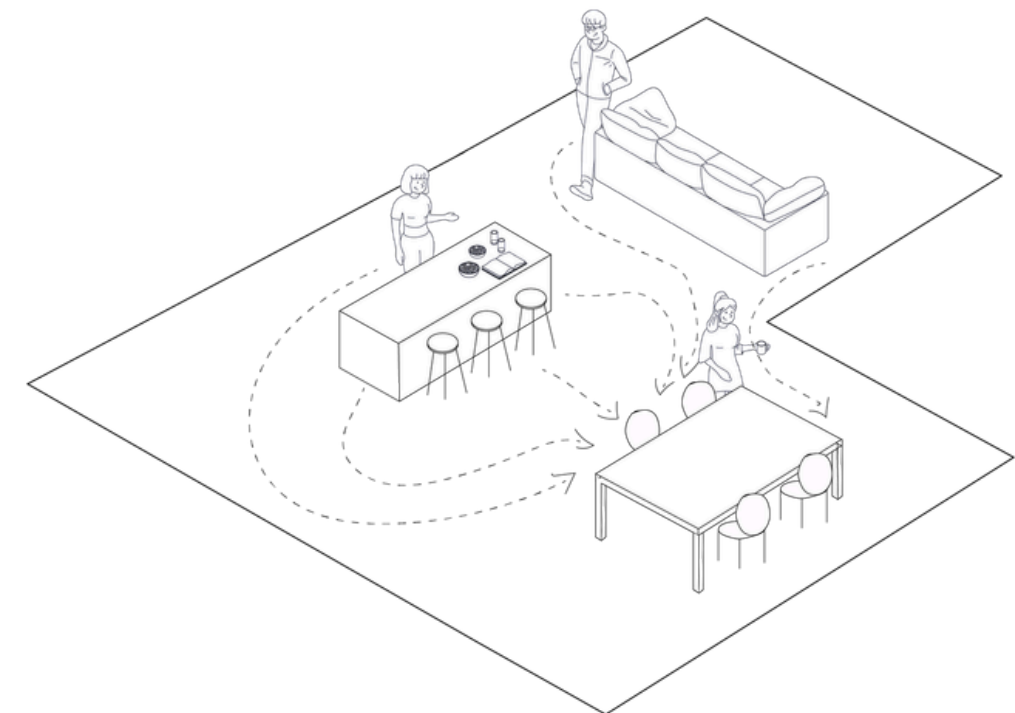
**Click here to open your design assistant.**



## Human needs – the do's and don'ts

- Do start from how you want to feel and live, before any style or colour.
- Do consider all three needs: physical comfort, emotional wellbeing, and function.
- Do write down what you don't like – it's as useful as what you do.
- Don't let trends or sales decide your space for you.
- Don't confuse "furnished" with "designed" – things aren't the same as purpose.
- Don't skip this step; every later module leans on the brief you make here.

*Your personal brief is now saved to your plan. In the next module, we'll start shaping the space itself – beginning with the invisible lines that organise every room: axes and proportions.*



**Ready? Set...**



★★★★★ Done!

Up next? Module 2: **Axes & Proportions**

