

'S

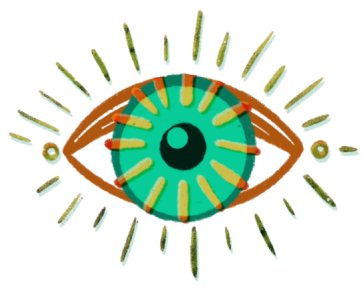
your product name

Design Principles

For Digital Wellbeing

Values

Principle	Which human sensitivity does it support?	How will it show up?
1.		
2.		
3.		
4.		
5.		



Cheat Sheet

This cheat sheet is just a jumping off point. Don't feel limited by these examples and spend time thinking about your unique product. Feel free to be more specific if you can.

Values

Connection

Productivity

Health

Creativity

Consistency

Wellbeing

Learning

Solidarity

Enjoyment

Principles

Personalized

Consistent

Cautious

Non-disruptive

Helpful

Supportive

Calm

Simple

Unifying

Human Brain Sensitivities

Emotion

Attention

Sensemaking

Decision making

Social reasoning

Group dynamics

How these could show up

Visuals

Tone/voice

Content

Features

Information

Exclusions