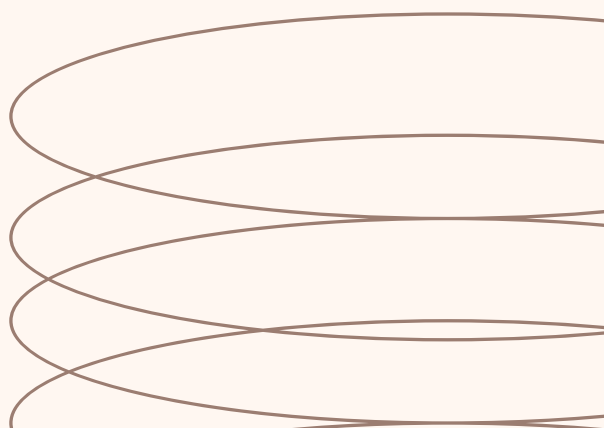




7 steps to Design Your Life Through UX Principles

A system for clarity & intentional living

NUYA by Stéphanie Krouthén





The Author

Stéphanie Krouthén is a UX Designer, experience strategist, and the founder of NUYA — a calm system designed to help ambitious women bring clarity, structure, and flow into their daily lives.

With a Master's degree in User Experience Design and a background in brand experience and partnerships, Stephanie has spent years designing experiences from digital interfaces to real-world festivals.

Her fascination lies in understanding how systems, design, and human behavior connect and how these same UX principles can be applied to everyday life.

Through NUYA, she merges UX thinking, self-awareness, and intentional design to guide people in creating lives that feel as intuitive and meaningful as great products.

“You are both the designer and the user of your life.”

Stephanie lives in Zurich, Switzerland often found journaling in cafés, curating playlists for focus, or turning UX frameworks into rituals for calm living.

Introduction — Life as Your Most Important Design

Every design starts with observation. In UX, we don't guess what people need — we listen, research, and empathize. We test, fail, learn, and improve. Not because perfection exists, but because iteration brings us closer to clarity. What if you approached your life in the same way? We often try to change ourselves through willpower — by adding routines, removing distractions, setting goals. But what if your life isn't something to fix... it's something to design?

This book invites you to look at your life like a designer looks at a product: with curiosity, compassion, and structure. Because you are both — the designer and the user of your experience.

You'll learn to apply UX principles to your everyday life:

- TO UNDERSTAND YOUR NEEDS DEEPLY,
- TO IDENTIFY FRICTION AND EMOTIONAL PAIN POINTS,
- TO PROTOTYPE SMALL BUT POWERFUL CHANGES,
- AND TO DESIGN A SYSTEM THAT FEELS ALIGNED AND CALM.

Each day builds on the last, guiding you through the same process we use in UX Design — but turned inward. You'll not only reflect, but create: new thoughts, new systems, new clarity.

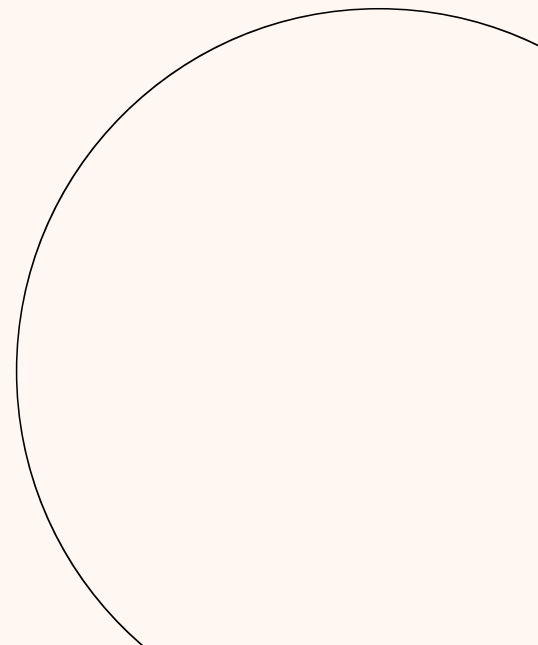


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Understanding UX & Life Design

Before you can redesign your life, you need to understand what design actually means. UX Design — User Experience Design — is the practice of shaping experiences in a way that feels natural, human, and intuitive. The goal is to understand people so deeply that every interaction, from a button to an entire service, feels almost effortless.

When designers work on a digital product, they don't begin by sketching solutions. They begin by asking questions. They observe how people behave, listen to what frustrates them, and uncover what they actually need, even when they can't articulate it themselves. They notice patterns, emotions, and context. Only then do they start to define what the problem really is. UX is, at its core, empathy in practice.

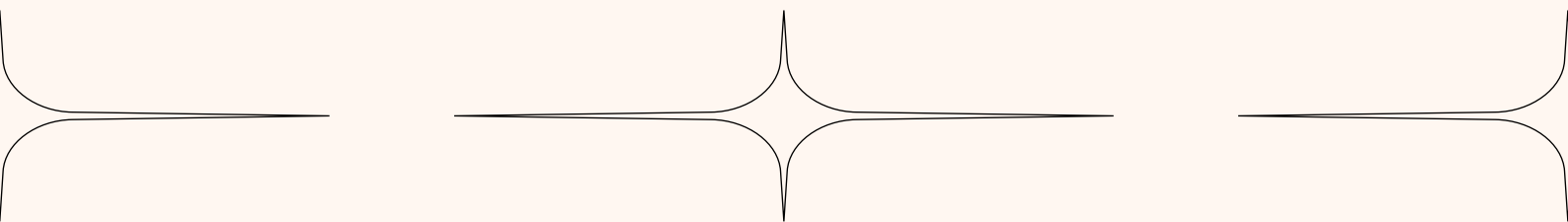
Now imagine turning that lens toward yourself. Instead of forcing routines, criticizing your lack of motivation, or endlessly optimizing your productivity, you start observing your life the way a designer would observe a user. You begin to see your own patterns with curiosity instead of judgment. You notice that you always reach for your phone when you feel uncertain, not because you're lazy, but because your mind is seeking stimulation. You realize that the reason your mornings feel rushed isn't because you "lack discipline", but because your environment is designed for urgency, not calm. You begin to understand that behavior isn't random, it's designed, whether intentionally or not.

That is the essence of Life UX.

It's about recognizing that everything around you, your habits, your routines, your home, your devices, even the way you speak to yourself are interfaces. They shape how you experience your world. Once you understand that, you gain the power to redesign them.

In UX Design, there's a framework called the Double Diamond.

It's one of the most fundamental tools we use to move from confusion to clarity. The first diamond — Discover and Define — is all about understanding: researching, observing, defining the core of a problem. The second — Develop and Deliver — is about creating, testing, and refining solutions. Designers move through these phases over and over again, constantly iterating until the result feels right. It's never perfect, but it gets closer to truth with every cycle.



Your life can work the same way. You begin by observing yourself, discovering what truly matters and what drains your energy. Then you define what stands in your way, with honesty. From there, you open up your thinking, experiment with new habits, test what feels good, and refine as you go. It's a loop of awareness and creation, not a one-time fix.

The beauty of this approach is that it removes the pressure to have everything figured out. Instead of chasing a version of yourself that feels far away, you create small, tangible experiences that align with your needs right now. You build systems that support you, instead of relying on willpower to push through misalignment.

This is what UX teaches us:

That clarity is not found through intensity, but through iteration.

That emotions are not distractions, but data.

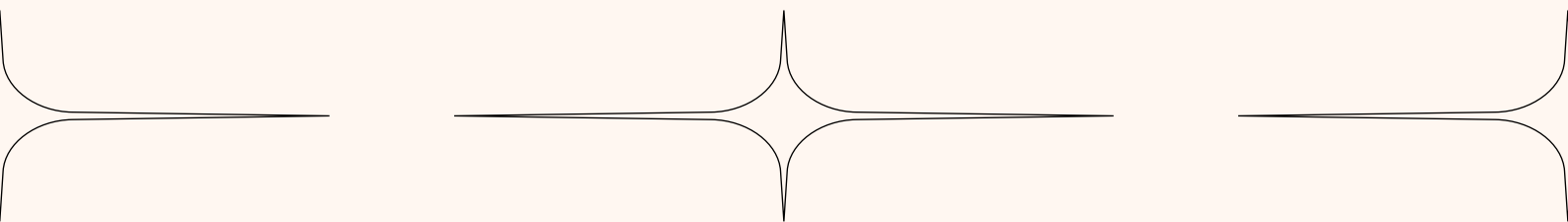
That everything — from your workspace to your morning routine — communicates with your nervous system and shapes how you feel.

When you start to view your life through this lens, you stop treating self-improvement as a battle and start treating it as a design challenge. You stop seeing mistakes as failures and start seeing them as feedback. You stop trying to control everything — and begin to design with awareness, curiosity, and intention.

UX is not just a profession; it's a philosophy of empathy, observation, and care. It reminds us that experiences can be shaped and that even the smallest adjustments can completely change how something feels. The same applies to your life. The music you play in the morning, the words you use when you talk to yourself, the way light enters your space, these are not random details. They are micro-interactions in the interface of your everyday existence.

The goal of Life UX is not to make life perfect, but to make it yours. A life that feels intuitive, balanced, and alive, because it has been designed intentionally.

Good UX feels invisible. So does a well-designed life.



How to Use This Book

TAKE YOUR TIME

This book is not meant to be rushed, completed, or achieved. It's meant to be experienced. Think of it as a calm conversation between you and yourself — guided by the same principles designers use when they create meaningful experiences. Each day invites you to slow down, observe, and design with awareness.

YOUR DAILY FLOW

Over the next seven days, you'll move through a process inspired by UX Design: understanding, defining, ideating, prototyping, testing, feeling, and flowing. Each day builds on the last, like steps in a journey, but it's okay if you pause. Some days will open new perspectives, others might feel confronting or unclear. That's part of the process.

Try to dedicate around 20–30 minutes each day. Find a quiet moment, maybe in the morning with your coffee, or in the evening before bed. The best environment is one that feels calm and safe; light a candle, play soft music, or open a window to let the air move through the room. You're not here to “do it right.” You're here to listen to yourself differently.

THE NUYA APPROACH

NUYA is built on the idea that change doesn't come from intensity, but from awareness.

So as you move through this book, remember: you're not trying to become someone new, you're learning to design your existing self with intention.

Some reflections may stir emotions or memories. That's okay. Take pauses. Return when you feel ready. Design, in its truest form, is iteration and that includes you.

If you miss a day, don't start over. Just continue. Life doesn't move in straight lines, and neither does growth.

WHAT YOU'LL FIND INSIDE

Each chapter includes four layers:

- **UX Principle:** A small window into the world of design. These sections share insights from real UX practice, helping you understand how empathy, systems, and iteration shape both products and people. You'll learn how designers think and why that mindset matters for everyday clarity.
- **Concept Reflection:** A gentle exploration of how you can translate each UX principle into your own life. This section helps you observe your thoughts, emotions, and behaviours through a designer's lens, seeing yourself not as a problem to fix, but as a system to understand.
- **Exercise:** One or more short, tangible activities that let you apply what you've discovered. Each exercise is designed as a small experiment, simple, practical, and reflective, helping you test new ways of creating alignment in your daily life.
- **Closing Thought:** A quiet reflection to end each chapter, a moment to pause, integrate, and prepare for what comes next. These pages remind you that clarity grows step by step, through awareness, definition, and gentle iteration.

WHAT YOU'LL NEED

- A notebook or journal
- A pen or pencil
- A quiet space
- Optional: your favorite playlist, candle, or tea. Anything that helps you feel grounded.

A GENTLE REMINDER

This is not only about optimizing your life.
It's about understanding it.
UX is not about control, it's about empathy, curiosity, and iteration. Apply that same kindness to yourself.

Let these seven days be your design sprint for calm and clarity. At the end, you'll have not just insights, but a system you can return to, refine, and live by.

Design your days with awareness.
Live them with ease.

AWARENESS IS THE FIRST DESIGN STEP.

CHAPTER N.1 - DISCOVER

Understand the User. Understand yourself.



Every experience begins with understanding. Before a designer sketches an interface or writes a single line of code, they immerse themselves in the world of the person they're creating for. They learn how that person thinks, what they feel, what frustrates them, and what gives them a sense of ease. You'll do the same — but your “user” is you.