Human Flourishing Design Guide — Alpha Version

How will your technology help your users to flourish? To answer this question, use the guide below to define a value proposition with science based flourishing potential.

INSTRUCTIONS: Complete the phrase below to define your product or feature's value proposition. In the first braket, write the name of the product or feature you're working on. In the second braket (A), complete with an A.1., an A.2. or one or more A.3.X. options.

In the third braket (B), complete with one of the respective B options, that is:
• For A.1., use B.1. options;
• For A.2., use B.2. options;
• For A.3., use B.3. options.

Value Proposition:

_____ *supports users'* _____ _____ .

(Product Name or Feature)   (A)   (B)

A.1. positive emotions

B.1.1. by exercising a positive reflection about their past
B.1.2. by exercising forgiveness
B.1.3. by helping to making satisfying decisions and minimizing choices
B.1.4. through the exercise of gratitude
B.1.5. through the exercise of optimism and hope
B.1.6. by slowing down the ritm to savor experiences

A.2. positive relationships

B.2.1. by facilitating positive human interactions
B.2.2. by facilitating connections with loved ones
B.2.3. by facilitating the comprehension of loved ones' strengths
B.2.4. by facilitating the mutual care, concern and compassion among people
B.2.5. by facilitating active and constructive communication
B.2.6. by facilitating altruism

Wisdom and Knowledge

A.3.1. creativity
A.3.2. curiosity
A.3.3. open-mindedness
A.3.4. love of learning
A.3.5. perspective

Humanity

A.3.6. love
A.3.7. kindness
A.3.8. social intelligence

Transcendence

A.3.9. appreciation of beauty and excellence
A.3.10. gratitude
A.3.11. hope
A.3.12. humor
A.3.13. spirituality

Justice

A.3.14. citizenship
A.3.15. fairness
A.3.16. leadership

Courage

A.3.17. bravery
A.3.18. persistence
A.3.19. integrity
A.3.20. vitality

Temperance

A.3.21. forgiveness and mercy
A.3.22. humility and modesty
A.3.23. prudence
A.3.24. self-regulation

B.3.1. through their engagement in [objective activity/practice]
B.3.2. by enabling their work for [a cause bigger than themselves]
B.3.3. by helping them find achievement through [activity that the end goal is the activity itself]