

My Human Design Guided Journey

by



Session 1 Date:

- **My Energy Type:** My energetic functioning and how I am meant to engage with the world

- **My Strategy:** How I best make decisions and take actions that are right for me and aligned with my energy

- **My Authority:** The energetic way I make decisions and direct my energy- How I best use my Strategy

- **Emotional Indicators:** am I are living in alignment or not?

- **Potential Challenges**

Session 2 Date:

- **My Personality Profile:** my major life themes and how my personality interacts with the world

- **My Energy Centers:** Defined or not. Which energies I consistently express

- **My Definition:** how energy centers connect in my chart, and how I'll attract partners that bridge my potential splits

- **My Channels of Expression:** the circuitry of my Design expressed through archetypes-Conscious and unconscious

- **My 4 Main Gifts** - Based on my Incarnation Cross

- Gate

- Gate

- Gate

- Gate

Session 3 Date:

- **My Incarnation Cross:** My destiny in this lifetime. Represents about 70% of my personality expression

- **My Other Gifts**

Session 4 Date:

My Variables:

- **Digestion-** the best conditions and food for me to eat, and take in information
- **Environment-** where I feel most at ease and in flow
- **Strongest Sense-** the sense I am meant to share with the world
- **Manifestation-** my process for manifesting