



aluxurious *mind*



Living Your Energy Type

Reflection Worksheet

Free Resource

Hey there!



So this worksheet is designed to reinforce your understanding of your Energy Type, Strategy and Authority and to get you thinking about how you UNIQUELY experience these key aspects of your Human Design. You will reflect on...

- How to lean into your Energy Type, Strategy and Authority
- What it feels like when you are “living your design” and experiencing your signature
- How to know when you are experiencing your not-self
- How you can pivot and take practical steps to shift and lean into your design

If you get stuck or have trouble answering any of the questions on this worksheet, you may reference the following links for information, ideas and tips!



Until next time,

Tiffany



Energy Type – Describes your relationship to energy in the world



Strategy – Your strategy for attracting the things you want into your life



Authority – Your optimal method for making important decisions in your life



Profile – Your personality archetype – how you experience yourself and how others experience you



Signature – How you know you are living your design – what it feels like



Not-Self – How you know you are not living your design – signals to course correct



It doesn't matter what you know. **It matters what you live.** Follow your Strategy and Authority.

Ra Uru Hu



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What is your Energy Type? _____

As a _____, describe how your energy or aura works in the world:

How have you experienced your Energy Type in your life? What about your Energy Type resonates with you?

What is your Strategy to attract the things you want in your life? _____

Briefly describe your Strategy:

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When you have experienced your Strategy in the past, how did it feel in your body or mind? What did it look like? (If you can't think of an example, imagine how your strategy might feel/work for you.)

What is your Authority? _____

Briefly describe your Authority and how you gain clarity to make decisions:

When you have experienced your Authority in the past, how did it feel in your body or mind?
What did it look like?

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What is your "Signature" (how you feel when you are living your design)?

What is your "Not-Self" (how you feel when you are NOT living your design)?

Which are you experiencing in your life right now, your "Signature" or your "Not-Self"?

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If you are NOT experiencing your signature, describe why you think this is. Consider life in general but also how you are (or are NOT) leaning into your design.

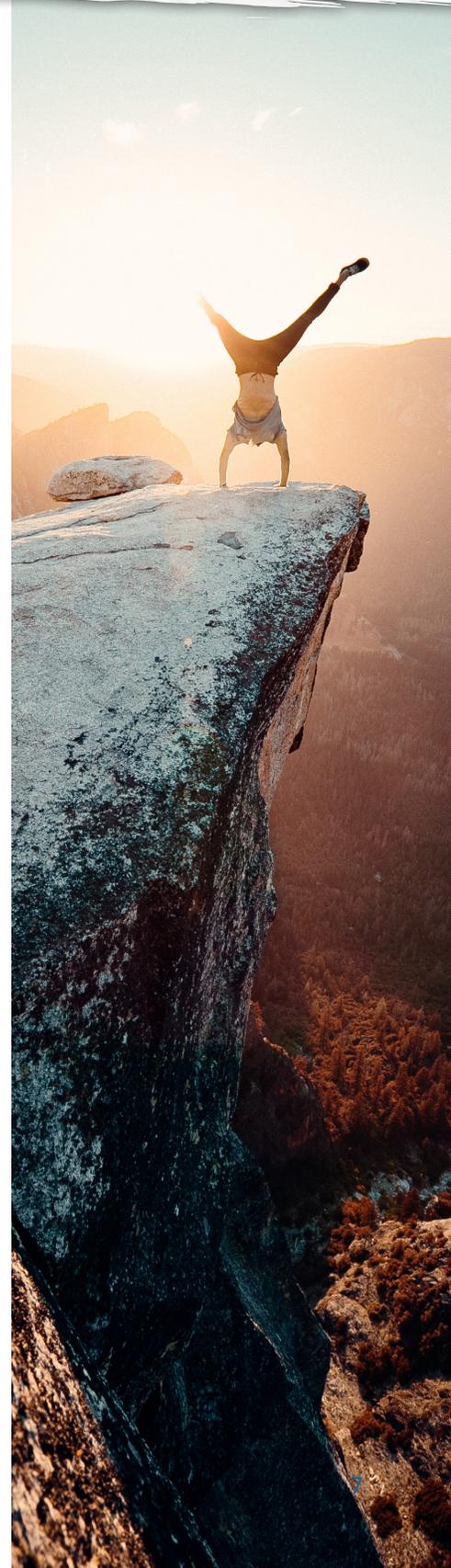
What practical actions can you take to shift your energy to start leaning into your Energy Type, Authority and Strategy?

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Tips for Living Your Energy Type

- Human Design is very much about getting us to listen to our physical body (our visceral responses) instead of listening to the chatter in our minds. If you are not already, consider finding ways to connect to your body and really pay attention to what it is telling you. (Examples, intuitive eating, physical practice like yoga, or energy or chakra work)
- Prioritize focusing on really understanding your Strategy and Authority and your unique experience of those two things and you will start to see a positive shift in your life.
- If you are unsure of how you experience your Strategy and / or Authority or you are unsure of how it **feels** in your body, try paying attention the next time you are feeling good about life and attracting what you want.
- Set a reminder on your phone to periodically ask you to reflect on this question - "Am I experiencing my signature today? Or am I experiencing my not-self?"
- When you are experiencing the energy of your "not-self," take an inventory of your life by looking at the people, projects and environments present and run each of those through your Strategy and Authority to determine if they still feel good.



Want to learn more about what makes you uniquely you?

Consider Getting a Human Design Reading!

It is often very difficult to see ourselves objectively

- Researching aspects of our chart online and trying to piece the parts together into a cohesive picture is very different than having the synthesized story of our chart described to us.
- The reader will not only be looking at specific aspects of your chart but they will also be looking at the collective story of all of the defined and undefined energy centers, arrows, lines and channels.
- During a reading, many customers express that they “feel seen”, validated, and that they can now lean into who they really are.
- When we have this information and we live in alignment with our design, we begin to experience an acceptance for who we are instead of chasing who we are not.

Opportunity to ask questions and gain practical insights

- There are so many layers inside of each human design chart and an experienced reader is going to be able to share a deep level of information with you during your session and you will have the opportunity to ask questions and collect practical takeaways.

You will learn what makes you uniquely YOU!

- In addition to the basics you will gain insights into...
 - Your purpose and why you are here
 - The gifts and talents that are consistently yours.
 - Your relationship to environment, awareness, consistency, strategy and focus.
 - The energetics of your optimal digestion including your strongest sense
 - Your ideal environment
 - Your optimal manifestation strategy

15%
off

If you would like additional insights on how to lean into your Human Design, visit

www.aluxuriousmind.com

to book a reading.

Use coupon code

LIVEYOURDESIGN

for 15% off a
Human Design Reading!

