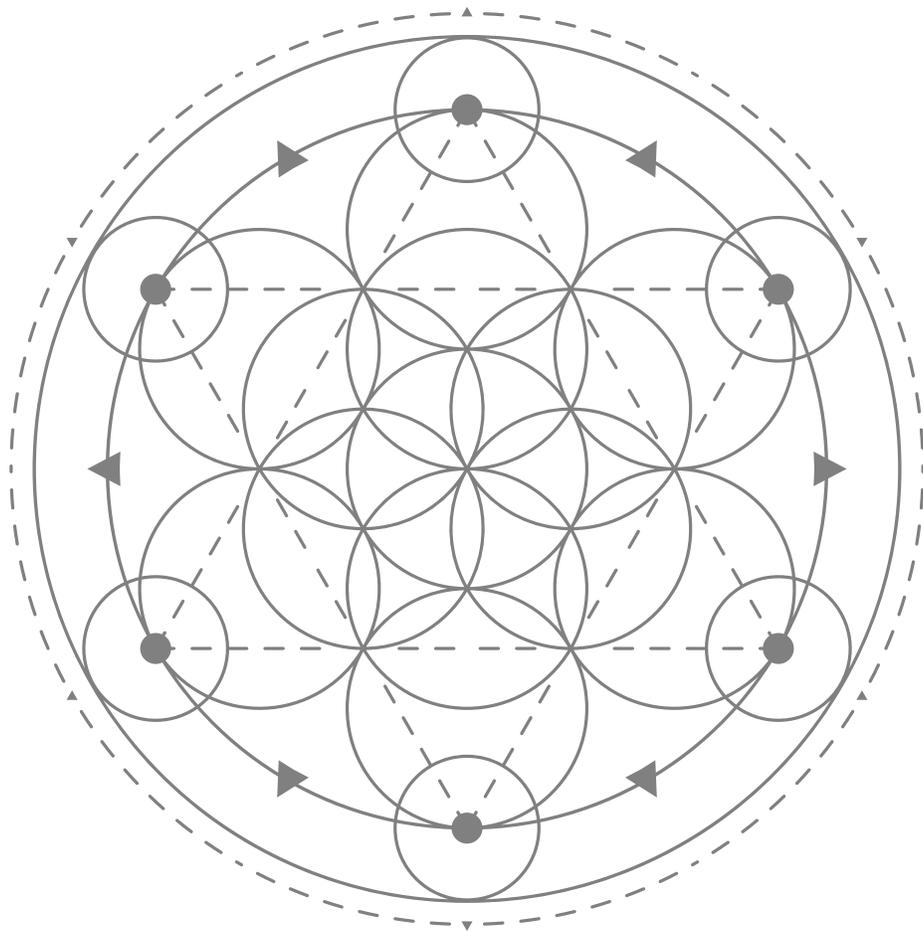
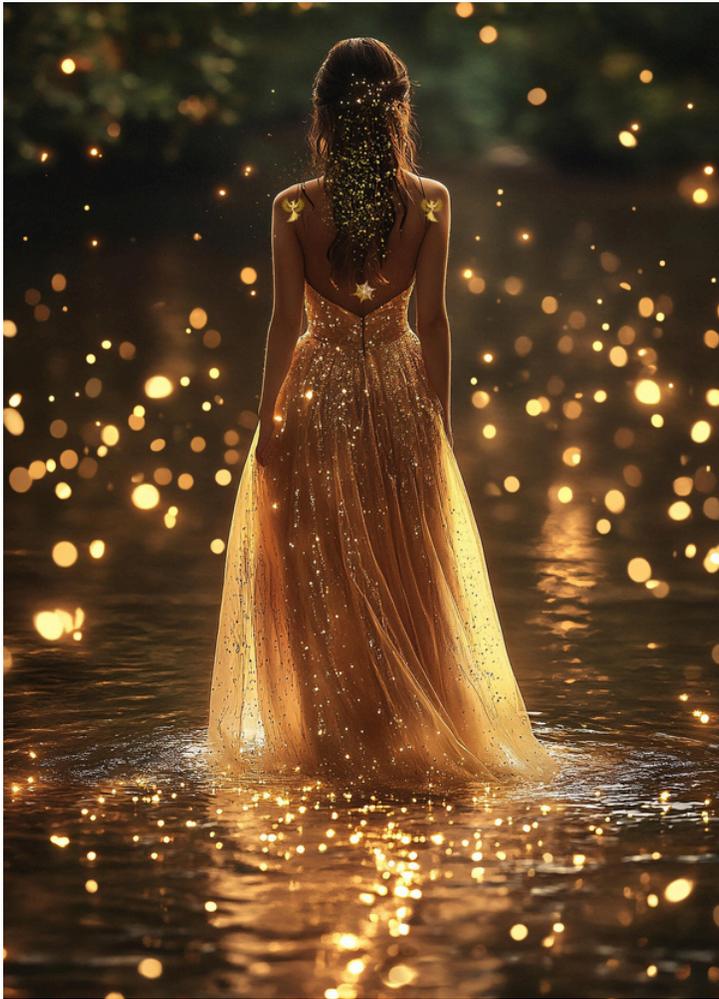


Reflector

Reflection Journal



UNLEASH YOUR INNER WARRIOR: DISCOVER YOUR UNIQUE BLUEPRINT



**It's time to step into
authenticity.**



Dive deep into your unique
Human Design and unlock
the powerful insights
that make
you unstoppable.



**You're bold, courageous,
and destined for
greatness.**

**My Human Design reading gives you the clarity and validation you need to
channel your innate power into meaningful success.**

Feel seen, be empowered, and transform your energy into strategic action.

**Schedule your
session here...**



Reflector Strategy

Your "strategy" is how you attract the things you want into your life.

Reflector strategy is "To Wait a Lunar Cycle"

- The strategy for a Reflector is to wait a lunar cycle. This is because Reflectors are lunar beings and they are more connected to the moon than the sun. When following your strategy, the moon's 28 days cycle becomes very important.
- Your strategy applies to the BIG decisions in your life - ask yourself how important is this to me? The more important the decision is to you, the more you should lean into your strategy.
- When faced with a big decision, you will want to give yourself time to be in flow so you can be clear on whether or not something is right for you or not. As the moon cycles, it will be lighting up different gates in your bodygraph chart which will give you information during the cycle.
- Your goal is to become familiar with what it feels like to trust yourself and your process for gaining clarity over time. You will benefit from keeping a journal and recording your thoughts, insights and bodily experiences from new moon to new moon. This is because Reflectors often discover that they live their life in little cycles in alignment with the moon.
- You do not need to wait a lunar cycle to create things, start a project or business.

How to Know When You Are NOT Living Your Design?

- You will experience disappointment which is the opposite of living in surprise and delight. Everything feels boring, unsurprising, like a deflated balloon. This is what you need to watch out for.

How to Know When You ARE Living Your Design?

- You will experience surprise. You are supposed to be delighted and surprised by life and all of the variety that the world has to offer. When you feel tickled by life, you know you are living your design.

Reflector Tips for Realignment

Consider these tips as you work through this journal...

- **No labels.** It is hard because the world says we need to "know ourselves", label ourselves or categorize ourselves. The power of being a Reflector is that you are like clear water. You are here to be a chameleon. The only thing you can honestly identify with is being a human who is experiencing life. You can try on many flavors but none of them are truly YOU. You should feel free to be different in different situations. This keeps life exciting.
- **Remain open and free flowing.** Where are you rushing to make decisions? Where are you being judgmental vs accepting and discerning? Where are you having expectations and trying to identify with things instead of being open, free flowing and allowing things to come?
- **Buy yourself time.** You should respond with decisions that buy you time wherever possible. (For example, "thanks for the offer, can I get back to you in x amount of time?")
- **Tune into your body.** When making a decision, tune in and ask yourself, "Does this thing make me feel expansive?" "Does this thing make me feel contracted?", "Do I feel clear in my body?"
- **Recognize the importance of environment.** Reflectors should not stay in situations or environments that make them feel bad or ill for too long. If you are in an environment where you feel good you should note that. If you are in an environment that is not in alignment, note that too.
- **Fulfilling your life purpose is a passive journey.** Life is going to carry you more than it will carry the other energy types. For a Reflector, the question isn't "what is my purpose?" The question is, "am I in the right places?" Reflectors have varied careers and life paths, especially if they are listening to where their environment is leading them to next. When you spend time in the right places, then life will lead you to your purpose. Pay attention to the environments you are in and remove yourself from environment that are not in alignment.

*If You Prefer a Bound Version
of this Journal....*

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