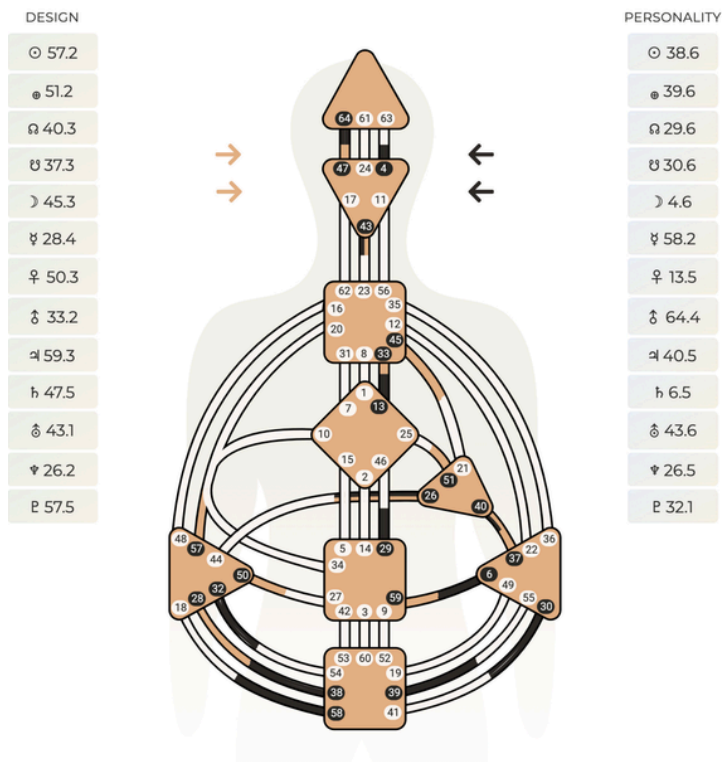




HUMAN DESIGN WORKBOOK

Explore your unique blueprint!



WELCOME!

This workbook is a space for you to explore and reflect on your unique Human Design. You can paste a copy of your chart or color in the blank chart provided, then use the sections to record your type, centers, channels, and gates.

This workbook offers prompts and reflection space so you can connect with the high expressions of your design and bring awareness to the low expressions or conditioning patterns.



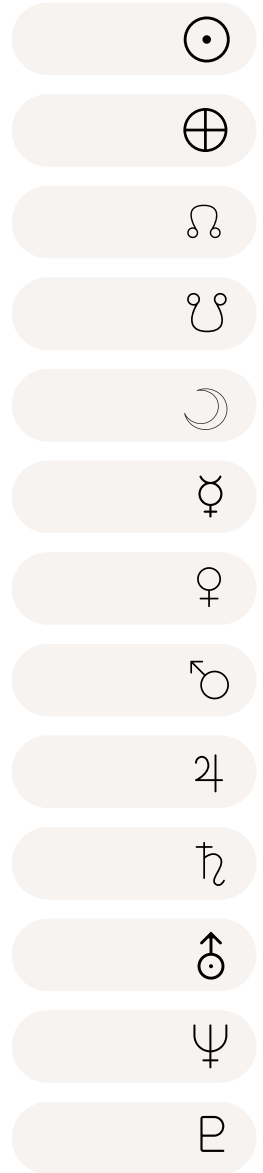
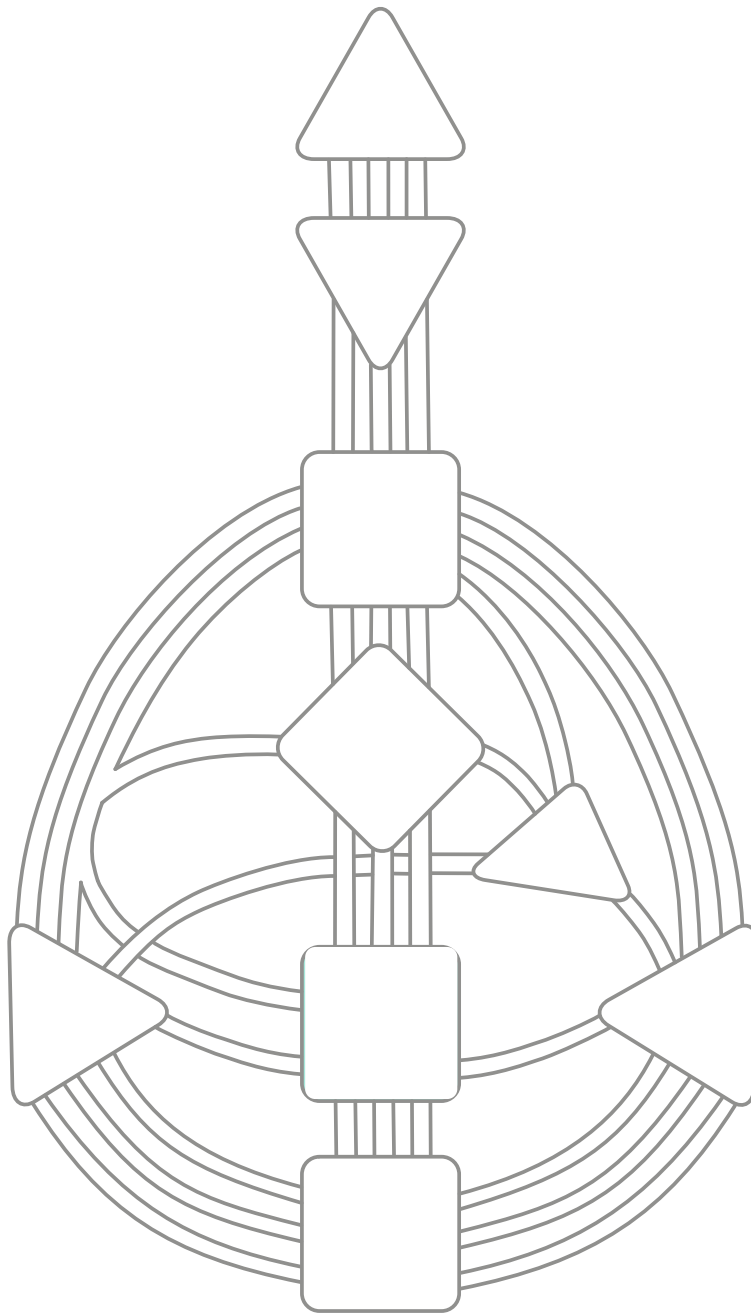
TIP!

Take your time. This is not about filling in every page at once – it's about building awareness, being validated, and practicing self-acceptance.

YOUR BODYGRAPH CHART

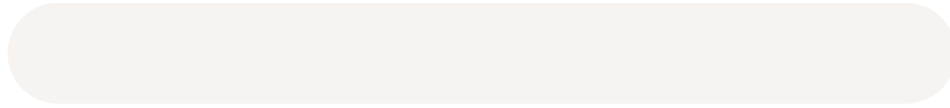
Instructions

1. Color your chart below. Be sure to add the numbers in the columns as well.

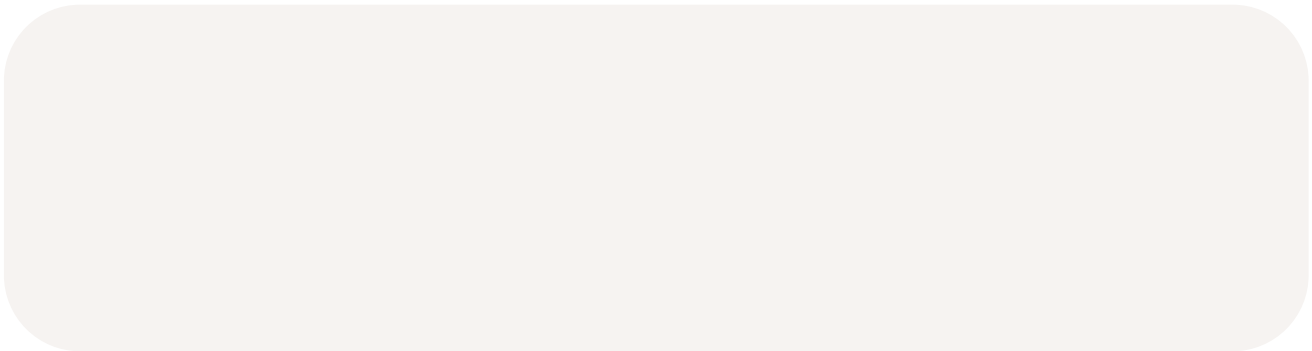


ENERGY TYPE, STRATEGY & AUTHORITY

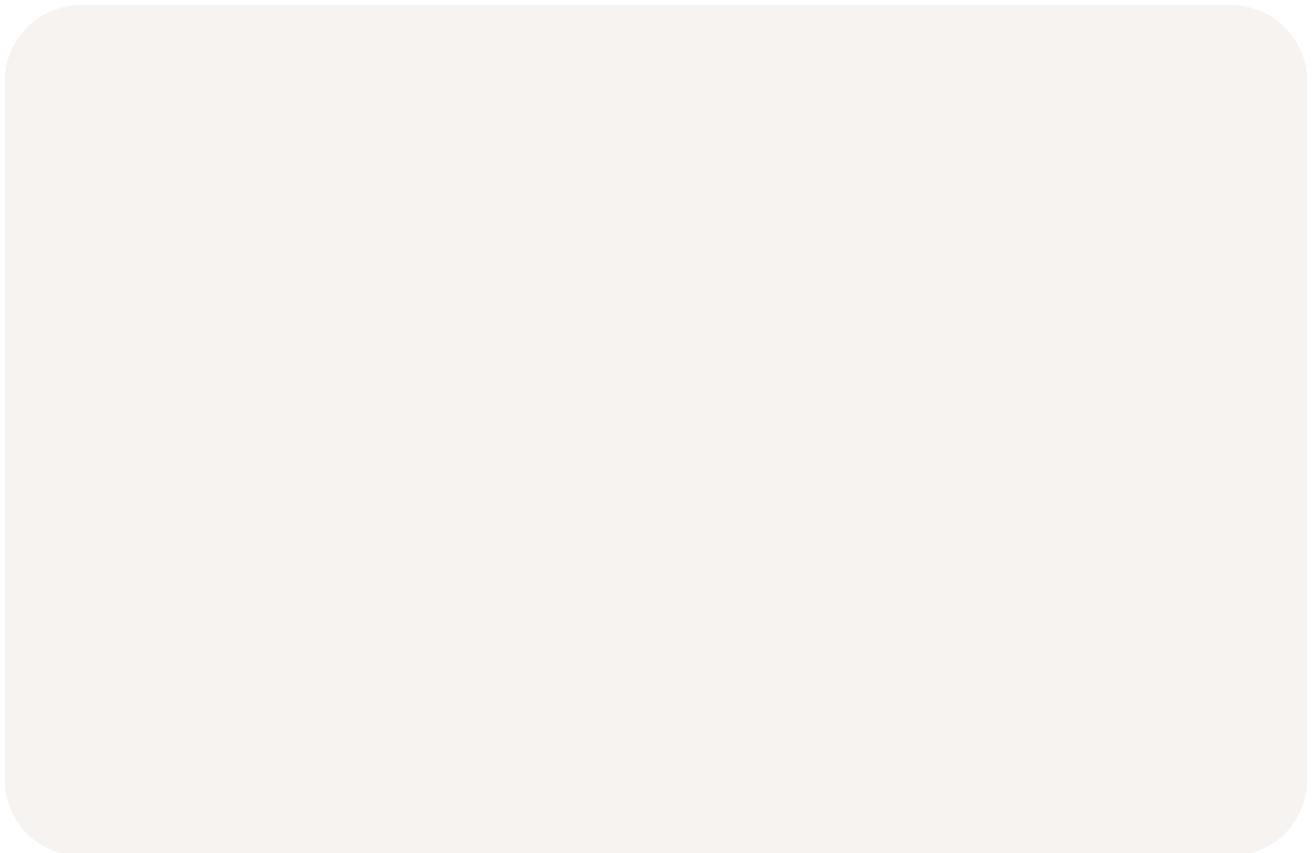
Energy Type



Energy Type Description

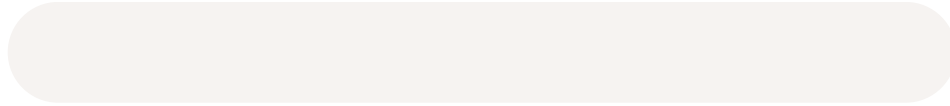


How do I experience my energy type my daily life?
What resonates and feels true? What feels unaligned?

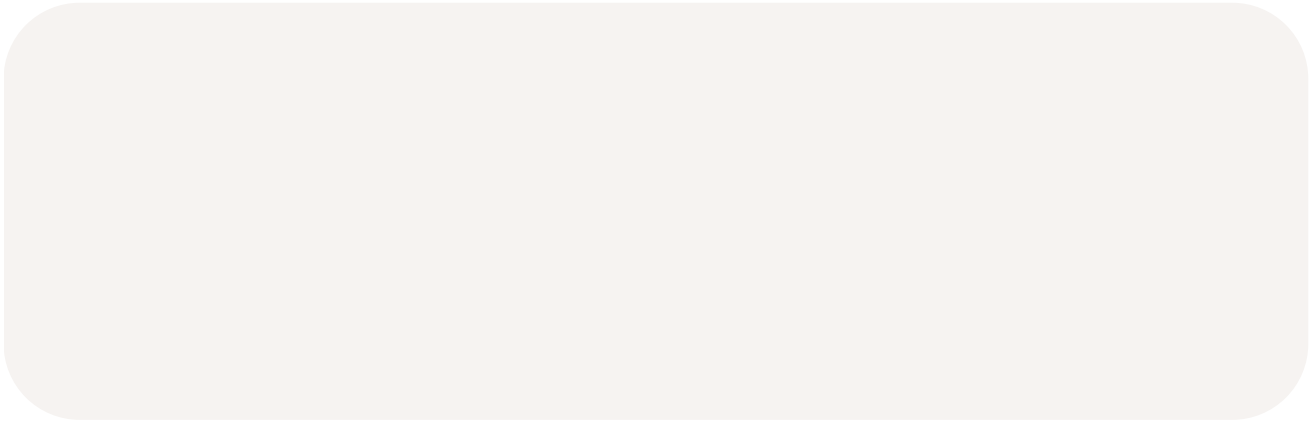


ENERGY TYPE, STRATEGY & AUTHORITY

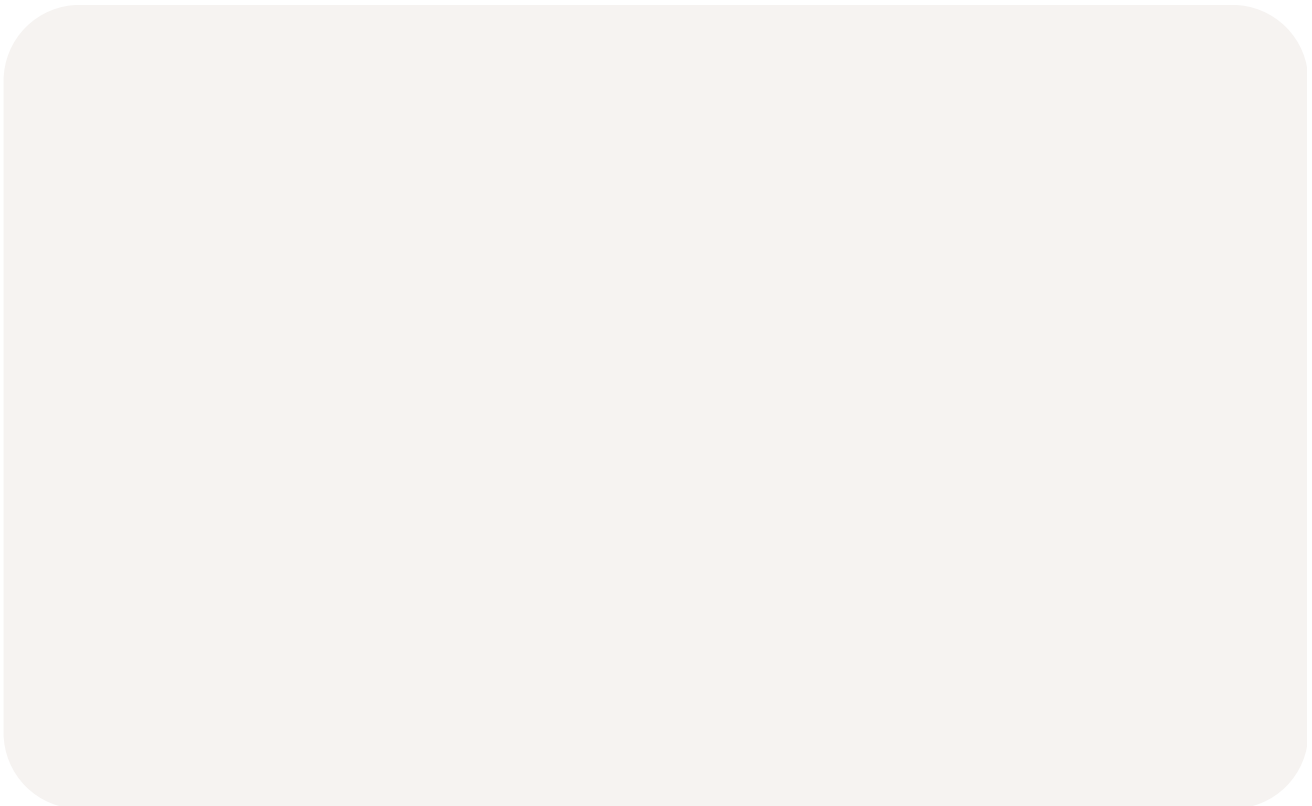
Strategy



Strategy Description



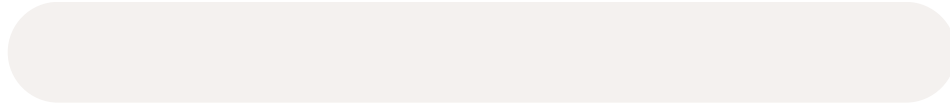
In what ways have I noticed my strategy show up in my life?
What can I pay closer attention to moving forward?



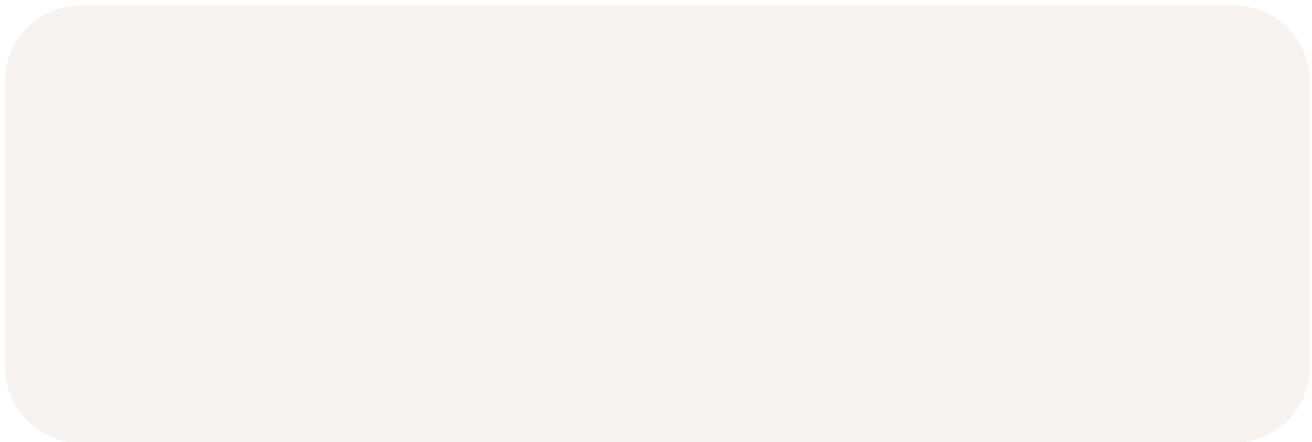
ENERGY TYPE, STRATEGY & AUTHORITY

Authority

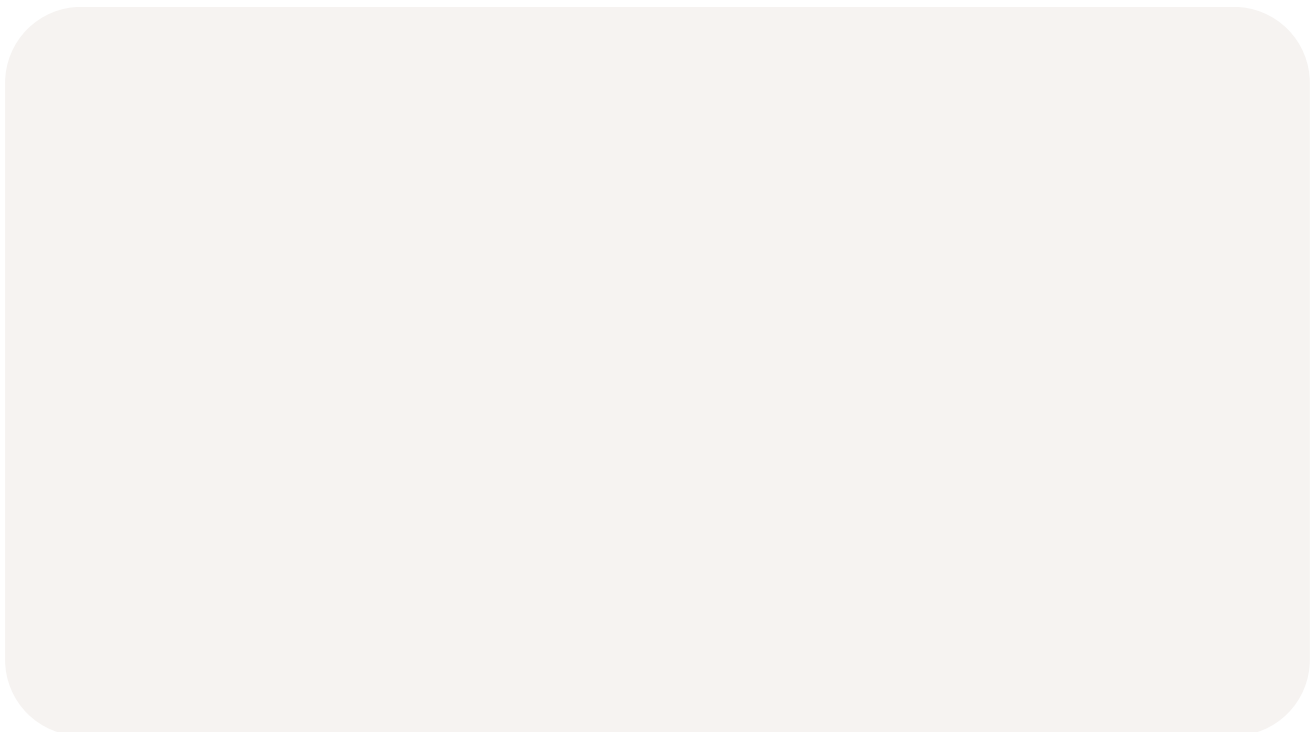
(how I make decisions)



Authority Type Description



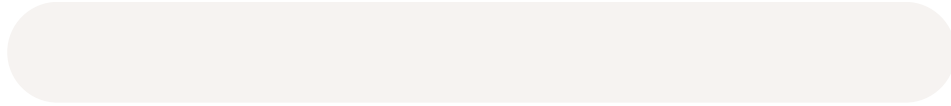
How does the voice of my intuition speak to me? What happens when I listen to it (or don't)? How can I tune into this wisdom to make aligned decisions?



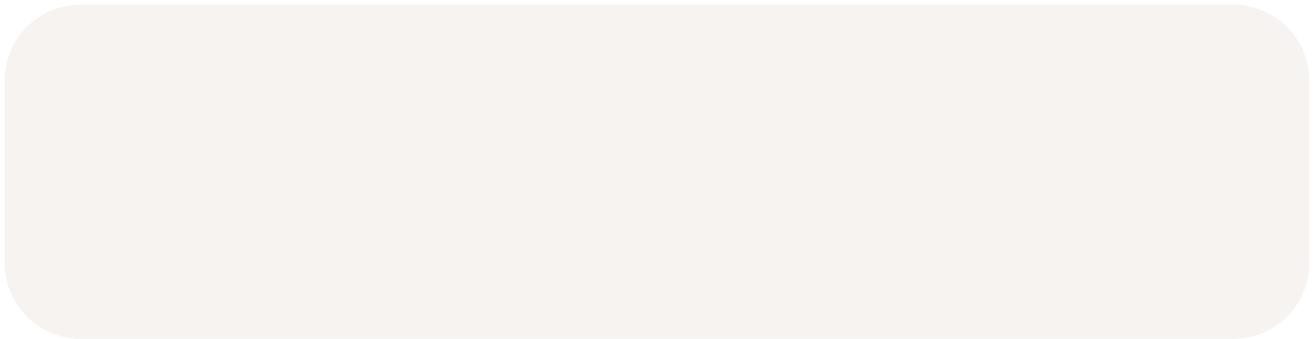
ENERGY TYPE, STRATEGY & AUTHORITY

Signature

(how I know I am living my design)

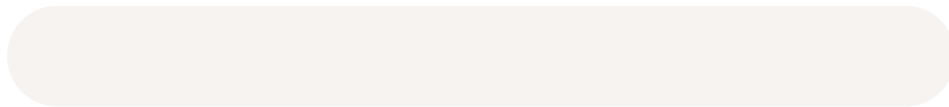


Signature Description

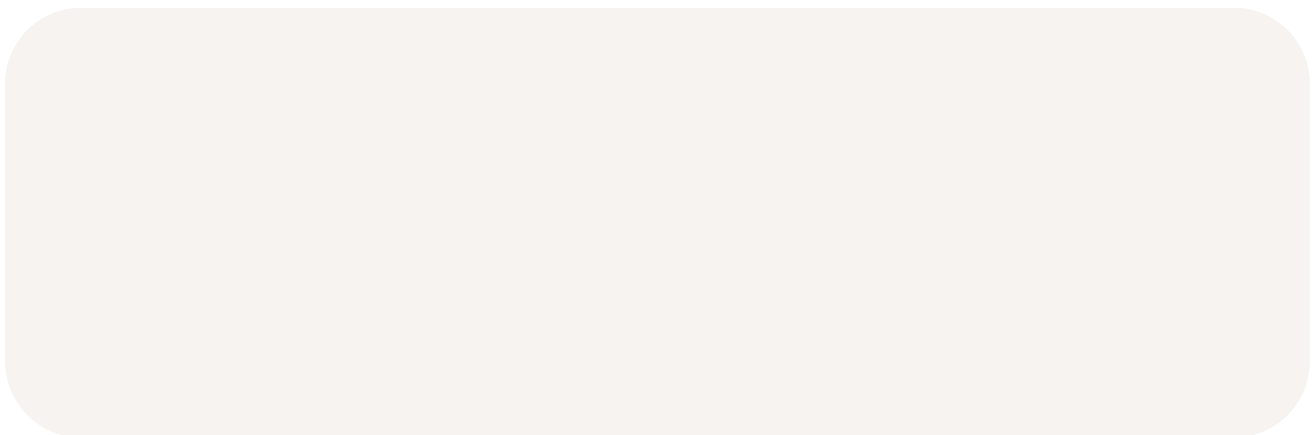


Not-self

(how I know I am NOT living my design)

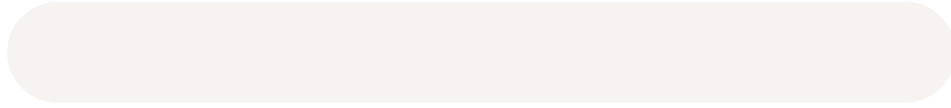


Not-Self Description

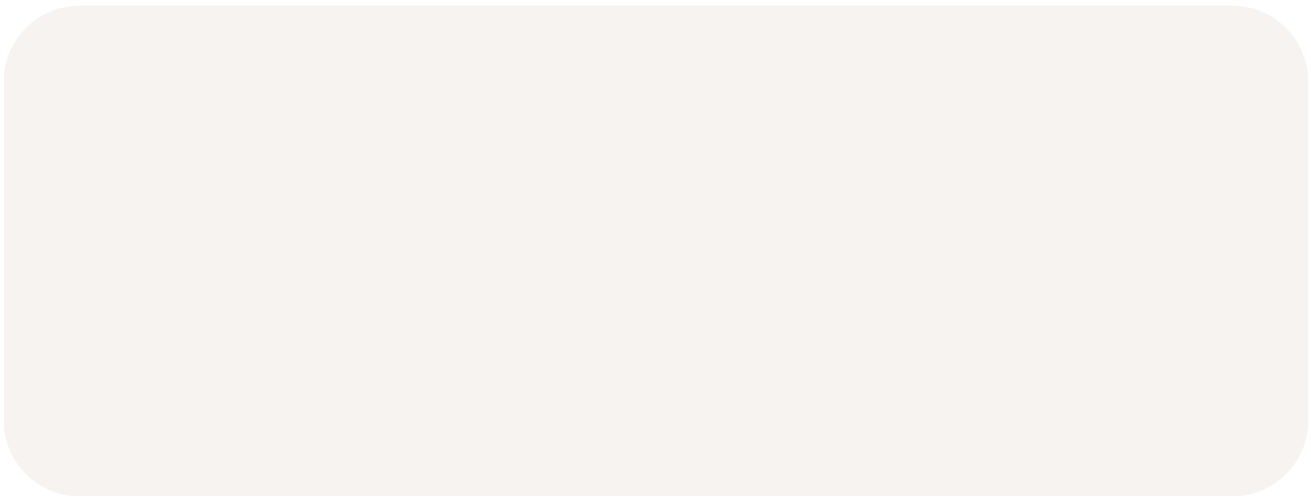


PROFILE

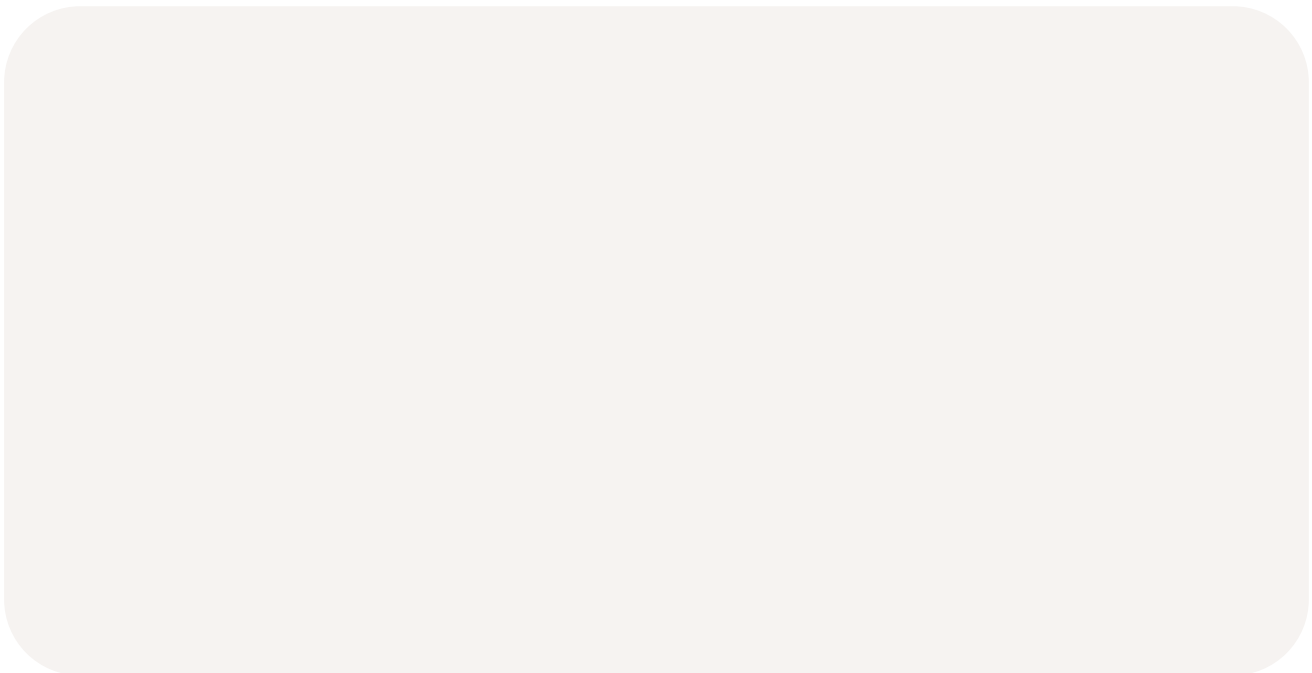
Profile Numbers and Name

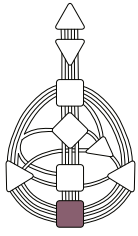


Profile Description



How does my profile resonate with me? Describe the strengths and challenges you embody or experience in your life as it relates to your profile?





ENERGY CENTERS

Root Energy Center

My Root is...(circle one)

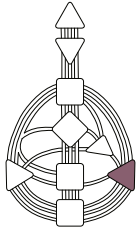
Defined (colored) or undefined (white)

High expression of this dynamic

A large, empty, rounded rectangular box intended for a high expression of the dynamic.

Low expression of this dynamic

A large, empty, rounded rectangular box intended for a low expression of the dynamic.



ENERGY CENTERS

Solar Plexus Energy Center

My Solar Plexus is...(circle one)

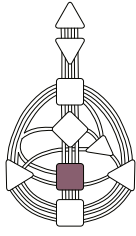
Defined (colored) or undefined (white)

High expression of this dynamic

A large, empty, rounded rectangular box intended for a user to write their response to the question about high expression of the Solar Plexus dynamic.

Low expression of this dynamic

A large, empty, rounded rectangular box intended for a user to write their response to the question about low expression of the Solar Plexus dynamic.



ENERGY CENTERS

Sacral Energy Center

My Sacral is...(circle one)

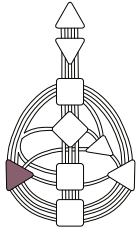
Defined (colored) or undefined (white)

High expression of this dynamic

A large, empty, rounded rectangular box intended for a user to write their response to the question "High expression of this dynamic".

Low expression of this dynamic

A large, empty, rounded rectangular box intended for a user to write their response to the question "Low expression of this dynamic".



ENERGY CENTERS

Spleen Energy Center

My Spleen is...(circle one)

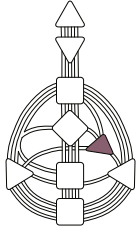
Defined (colored) or undefined (white)

High expression of this dynamic

A large, rounded rectangular box intended for a user to draw or write, corresponding to the 'High expression of this dynamic' label.

Low expression of this dynamic

A large, rounded rectangular box intended for a user to draw or write, corresponding to the 'Low expression of this dynamic' label.



ENERGY CENTERS

Ego (or Heart) Energy Center

My Ego is...(circle one)

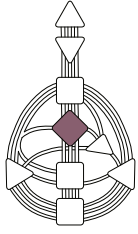
Defined (colored) or undefined (white)

High expression of this dynamic

A large, light gray rounded rectangular box intended for a high expression of the dynamic.

Low expression of this dynamic

A large, light gray rounded rectangular box intended for a low expression of the dynamic.



ENERGY CENTERS

G-Center

My G-Center is...(circle one)

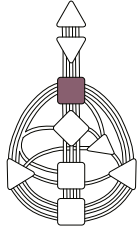
Defined (colored) or undefined (white)

High expression of this dynamic

A large, empty, rounded rectangular box for writing the response to the high expression question.

Low expression of this dynamic

A large, empty, rounded rectangular box for writing the response to the low expression question.



ENERGY CENTERS

Throat Energy Center

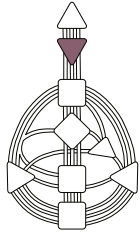
My Throat Energy Center is...(circle one)
Defined (colored) or undefined (white)

High expression of this dynamic

A large, light gray rounded rectangular box intended for a user to draw or write, representing the high expression of the Throat Energy Center dynamic.

Low expression of this dynamic

A large, light gray rounded rectangular box intended for a user to draw or write, representing the low expression of the Throat Energy Center dynamic.



ENERGY CENTERS

Ajna Energy Center

My Ajna Energy Center is...(circle one)

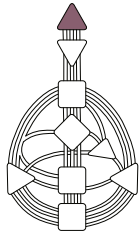
Defined (colored) or undefined (white)

High expression of this dynamic

A large, light gray rounded rectangular box intended for a user to draw or describe a high expression of the Ajna energy center dynamic.

Low expression of this dynamic

A large, light gray rounded rectangular box intended for a user to draw or describe a low expression of the Ajna energy center dynamic.



ENERGY CENTERS

Crown Energy Center

My Crown Energy Center is...(circle one)
Defined (colored) or undefined (white)

High expression of this dynamic

A large, empty, rounded rectangular box intended for a user to draw or write their response to the 'High expression of this dynamic' prompt.

Low expression of this dynamic

A large, empty, rounded rectangular box intended for a user to draw or write their response to the 'Low expression of this dynamic' prompt.

MY CHANNELS (GIFTS)

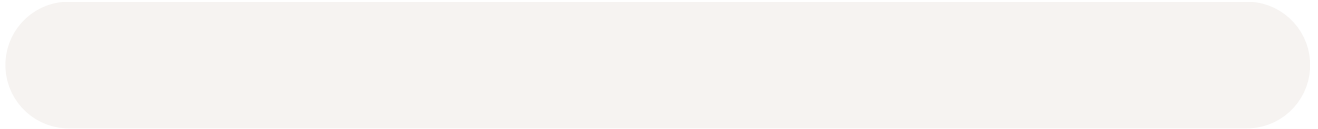
Instructions

Channels are the lines that COMPLETE a connection between two energy centers.

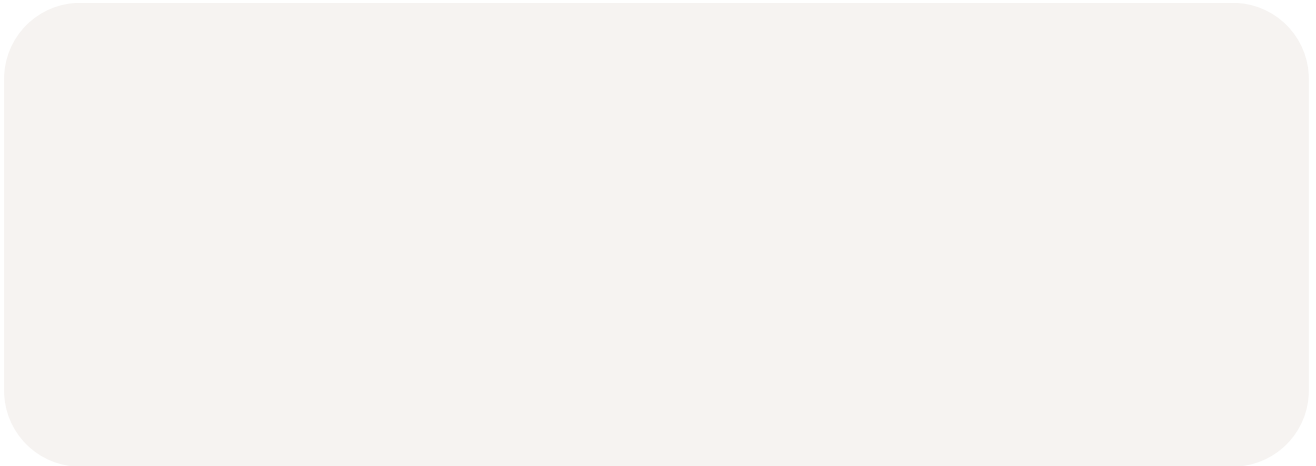
You may have multiple channels (or no channels) in your chart.

Print this page as many times as needed to record all your channels.

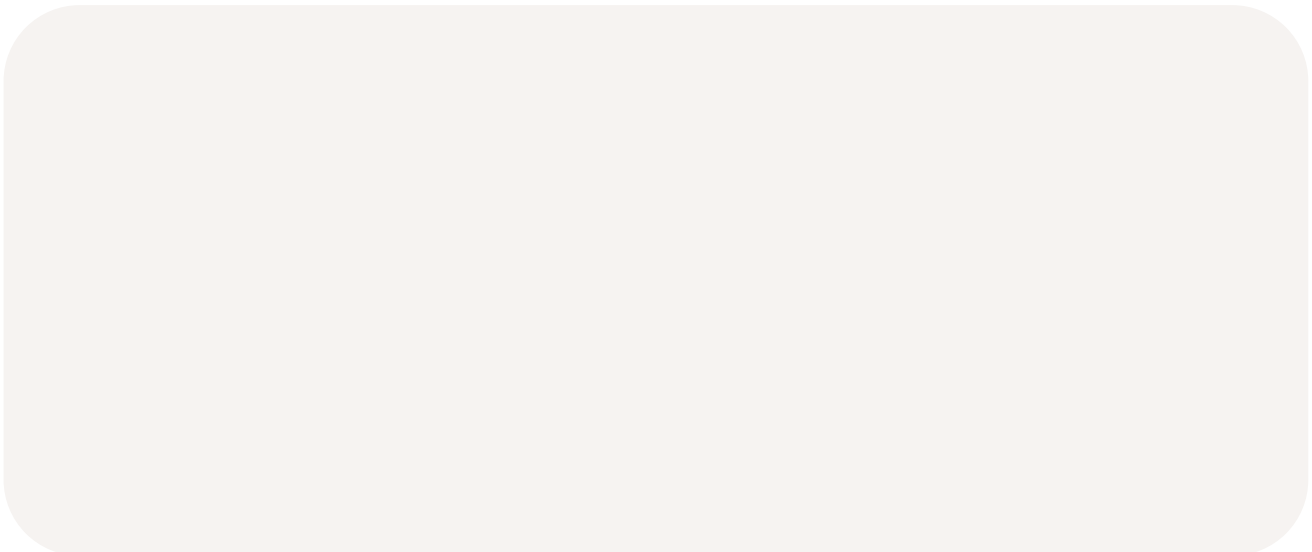
Channel Numbers / Name



High expression of this gift



Low expression of this gift



MY GATES (GIFTS)


Instructions

Gates are the numbers that are activated in your chart. You will find your gates in the two columns along the left and right sides of your bodygraph chart.

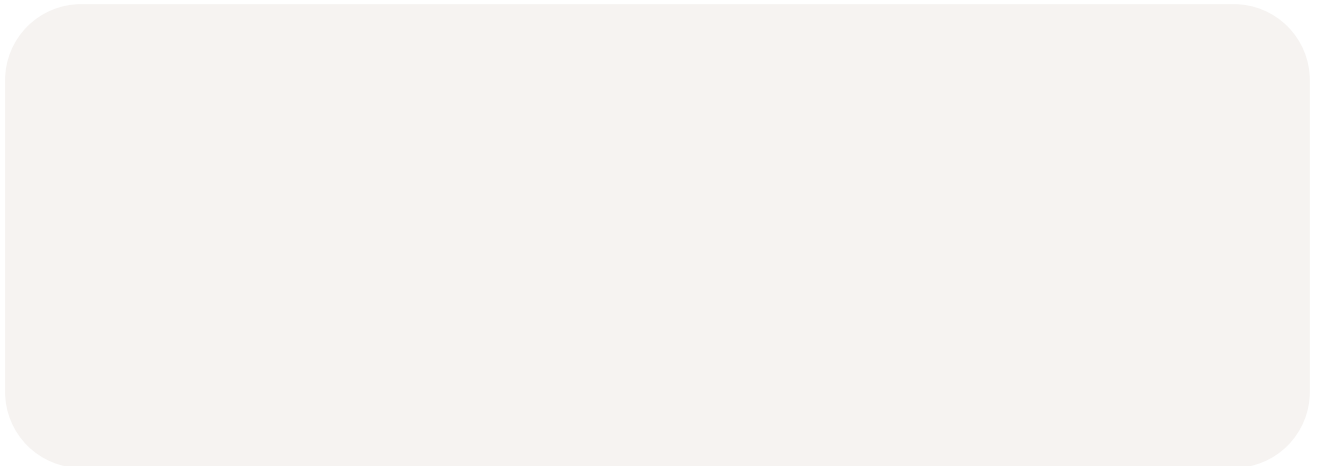
For example, if you see "23.1" in the column, that is Gate 23.

Print this page as many times as needed to record all your gates.

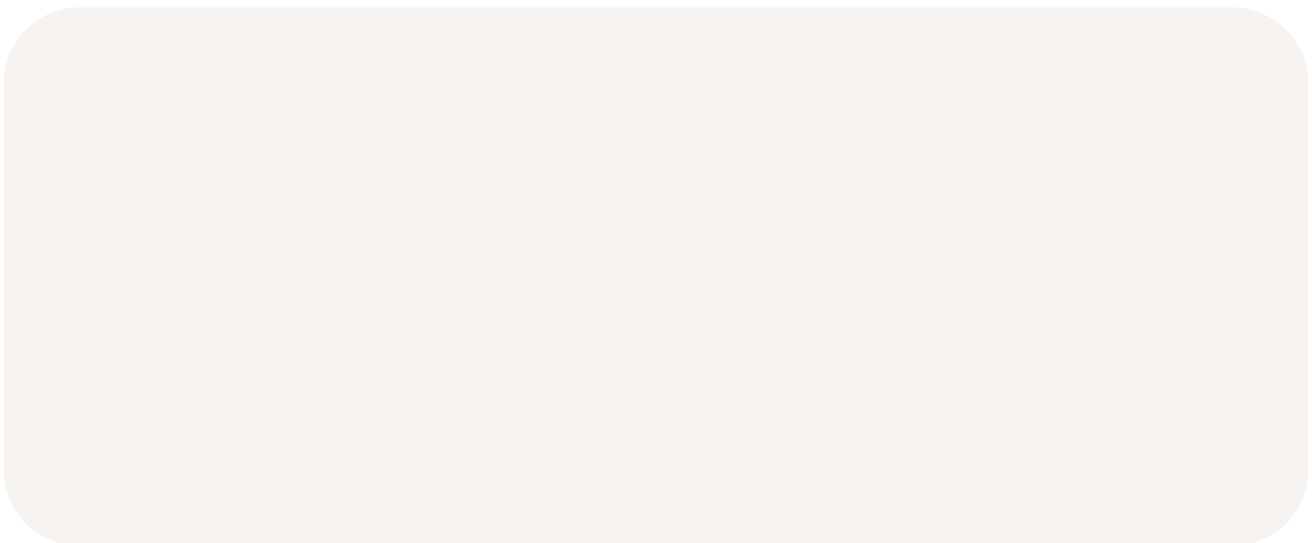
Gate Numbers / Name



High expression of this gift

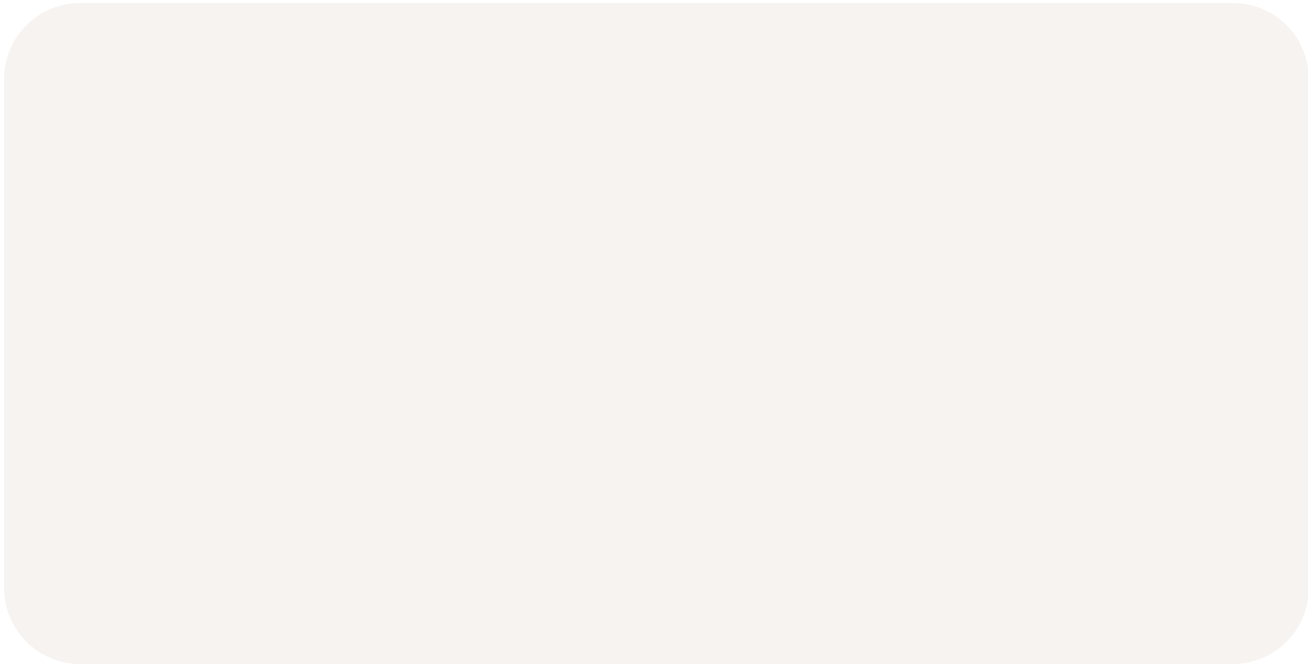


Low expression of this gift

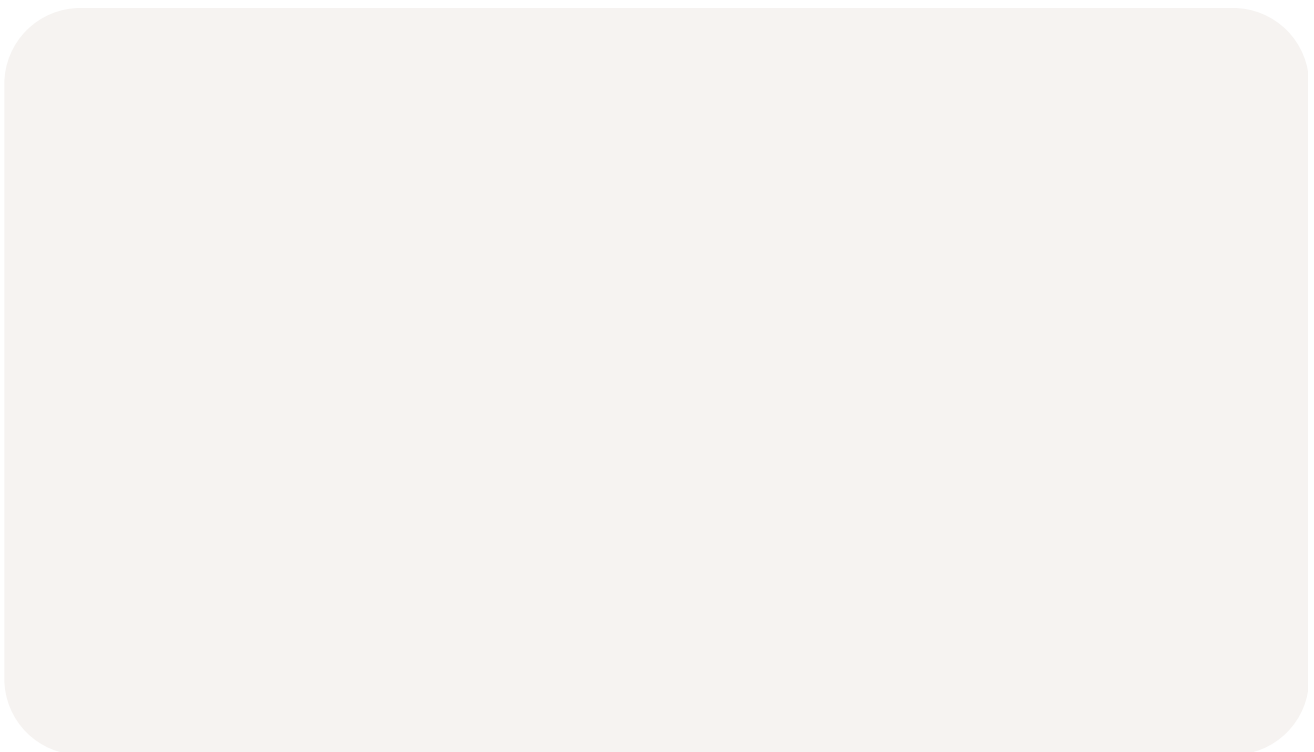


REFLECTION

Which aspects of my design feel most validating to me?



Where do I notice external conditioning in my life? Or where do I tell myself that I need to be something I am not? (e.g, disciplined,organized etc)



REFLECTION

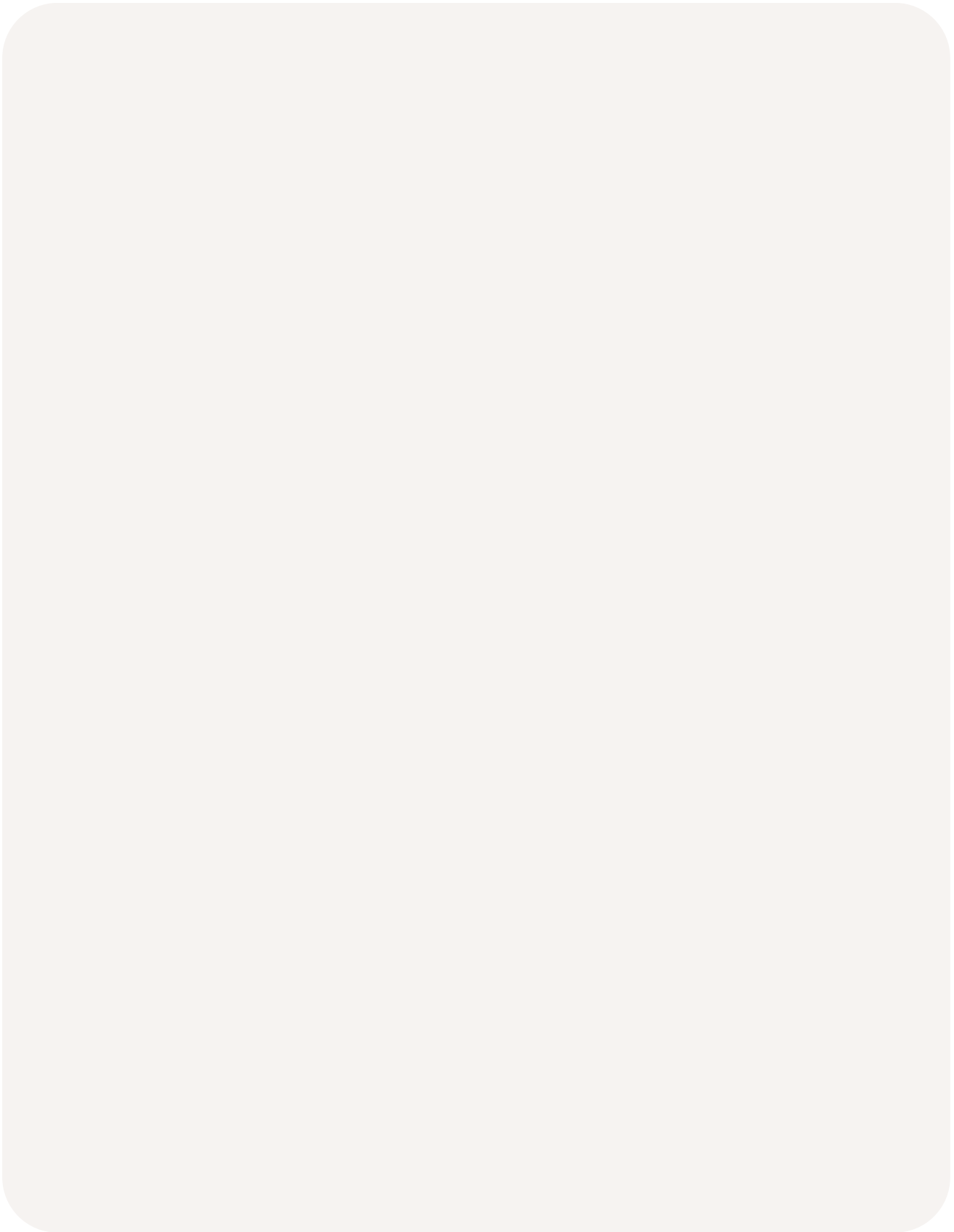
What areas of my chart do I want to explore more deeply?

A large, empty, rounded rectangular box with a light beige background, intended for the user to write their reflection on areas of the chart they want to explore more deeply.

How can I lean more into the high expressions of my design?

A large, empty, rounded rectangular box with a light beige background, intended for the user to write their reflection on how to lean more into the high expressions of their design.

NOTES



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.**

Your energy type is the doorway. Your full chart is the map.

If you are ready to understand how your Human Design actually works in real life, **Aligned by Design** walks you through your chart step by step – from type and strategy to authority, profile, centers, gates, and channels.

Go Deeper with
Aligned by Design



Want a simple next step? The **Free Human Design Decision Guide** will help you understand how your decision-making process works through the lens of Human Design.