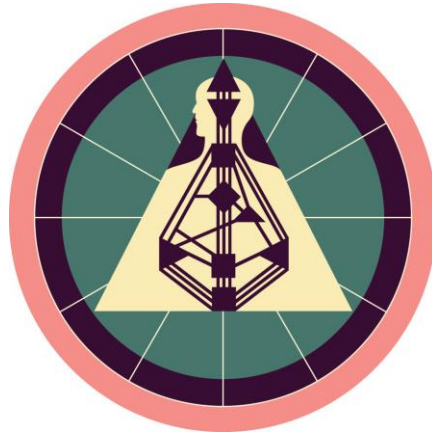


# HUMAN DESIGN GUIDE



Discover how you are designed to have less stress in your life and more fulfillment in your work.



## Dear Creative Seeker of the Elusive Work/Life Balance,

As a life coach and Human Design consultant, I have worked with so many people who are concerned with all things work and life related... mostly the relationship between the two. Many are busy women, entrepreneurs (or budding / struggling / frustrated entrepreneurs), artists, moms, or burned out employees who want to make the leap into a career they love and a life of freedom. Most of our conversations come back to one central topic... How do I fulfill my purpose on the planet while keeping a roof over my head in a way that is energizing rather than draining?

I work with a wonderfully detailed system which can help you understand how you were created to thrive to the point where fulfillment of your life purpose is inevitable. It's called Human Design. Your life purpose is actually encoded right at the top of your Human Design chart. It's known as your "Incarnation Cross". However when you begin your study of your design, the exploration doesn't start with what to do to make money from your life purpose. Instead you learn about your unique strategy for entering into opportunities that are correct for you. You learn about how to make decisions which honor your genetically encoded sense of timing. And most importantly, you get a framework for how to begin to observe yourself so you can identify when you are acting in ways that are not authentic to you.

The more authentic you become, the more easily your unique life balance in all its abundance emerges. And in your state of moment-to-moment authenticity you can't help but thrive.

As you go through this guide with your Human Design chart in hand, remember that you are perfectly created to overcome the challenges that are before you. You have within you a natural resilience which sustains you through times of struggle and change. Your Human Design chart is a visual blueprint of the things you need to know about yourself in order to ride through this journey that is known as your life.

Much Love & Many Blessings,



Human Design Specialist / Intuitive Life Coach  
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## Getting Started

The Human Design chart is filled with a depth of layers which can tell you about many aspects of how you're wired to live your life. In this report we will look specifically at Type, Strategy and Authority as the gateway for entering into a more authentic approach to your unique work / life balance. If you would like to know more about the chart in general, please watch this video about the parts of the Human Design chart: <https://youtu.be/aXVropYABAg>

## How to Get Your Human Design Chart

You should have received a copy of your Human Design chart when you signed up for this guide. If you did not receive it you can request it by sending the following information to [sandy@sandyfreschi.com](mailto:sandy@sandyfreschi.com).

- Name
- Birth date (month/day/year)
- Birth location (city, state, country)
- Birth time

Charts are run by hand, so please allow up to 48 hours to receive it.



## **TYPE, STRATEGY & AUTHORITY**

### The Key to Living & Thriving Authentically

When you look at the bottom of your chart, you will see your type listed, along with your strategy and authority. There are five types in the Human Design system. Each type has a specific strategy and decision-making authority.

#### **THE FIVE TYPES**

The easiest way to begin benefiting from Human Design concepts is to know one's Type and to follow the strategy for that type. In the Human Design System there are five personality "Types", each with a unique strategy for making decisions. Knowing your Type can help you develop confidence and trust in your capacity to make reliable decisions for yourself.

The five Types are called the Manifestor, the Manifesting Generator, the Generator, the Projector and the Reflector. Each Type has a different role to play when interacting with others and the world.

#### **The Manifestor**

The first Type is called the Manifestor. Approximately 8% of people are Manifestors.

Manifestors can initiate action without waiting. Manifestors are energy beings that possess tremendous initiating power but they have to use their power carefully or risk angering others. Their purpose in life is to initiate action.

If a Manifestor decides to start a business, for example, all they have to do is decide on the right timing and then just do it. All of the other types have to wait before they can take action.

In spite of the fact that most of us think we would love to be Manifestors, being a Manifestor can have its own challenges. Many Manifestors have struggled to learn to use their power appropriately and may be conditioned to hide their power or suppress it.



Manifestors must learn how to channel their energy properly or they will face tremendous resistance in life. Properly channeled, Manifestor energy often gives the other four Types something to respond to. Some famous Manifestors include Al Gore, George W. Bush, Jack Nicholson, Susan Sarandon and Richard Burton.

### **Common Work Traps & Challenges of the Manifestor:**

- Working a regular 9-5 job for long periods of time.
- Trying to work on a team as one of the players.
- Difficulty delegating because it feels “faster” to do it yourself.
- Losing patience with other people who simply are not hard-wired to work as quickly as you.
- Getting angry at people who try to slow you down, help you or tell you that you can't do something. (Not having the skills to manage anger properly can sometimes be destructive.)

### **The Generator and the Manifesting Generator**

The next two Types are called Manifesting Generators and Generators. Together these two types comprise 67% of the population. These two Types are the only Types who possess a special energy center called the Sacral Center.

For both the Manifesting Generator and the Generator, the most important thing in life is finding the right work. If a Manifesting Generator or a Generator is not working in the right job, he will burn out. When these types find the correct work their Sacral Center supplies them with a virtually inexhaustible source of energy.

Manifesting Generators and Generators have to wait for something to respond to before taking action. Most of us are taught to "just do it".

Manifesting Generators or Generators can experience deep frustration if they try to initiate things. For Manifesting Generators and Generators, waiting for something to respond to is crucial for ensuring success in life and avoiding burn out from committing to the wrong work.

For example, a Generator who is a workshop facilitator might desire to teach a particular workshop. If this person decides to initiate this workshop without anything to respond to other than her own mental urgings, most likely she will find that the workshop turnout may be low. But, if instead, this Generator waits until someone suggests that she teach a workshop, she has something to respond to and the outcome of the workshop will probably be much different.



Of course, waiting can feel very challenging for these energy types. It does not feel natural for most people to wait and see what life brings. If you are a Manifesting Generator or a Generator, experiment with waiting, even if it is for just a few days and see what happens!

Your energy field communicates to the world that you need something to respond to. When the Manifesting Generator and the Generator wait, things always come to them in the right time and the right way.

Even though these two types are similar in how they must wait to respond in order to make decisions, there are some interesting differences between them. Manifesting Generators have some of the energy characteristics of Manifestors. They tend to respond more quickly to situations than a pure Generator.

Manifesting Generators may also have to "test drive" their response to situations that come to them in order to see if they are correct. Because of this characteristic of trying out responses, Manifesting Generators can seem as though they are changing their minds frequently.

Pure Generators act more deliberately when they respond, and they usually know what is correct for them to do without having to try it out first.

Some famous Manifesting Generators and Generators include Madonna, John Lennon, the Dalai Lama, Hillary Clinton, Oprah Winfrey and Timothy Leary.

### **Common Work Traps & Challenges of Generators:**

- Getting frustrated and giving up right before the breakthrough.
- Working at things they think they should do rather than at things they love. No passion = no profit.
- Getting out of balance, because they love their work so much they forget to come up for air....

### **Common Work Traps & Challenges of Manifesting Generators:**

In addition to the challenges listed for the pure Generators, Manifesting Generators can also experience these work challenges:

- Skipping steps that must be done and having to go back and fix steps that were skipped.
- Challenges with being team players.
- Difficulty delegating and letting go.
- Trying to do everything just because they can.



## The Projector

The fourth personality Type in the Human Design System is the Projector. Projectors represent about 24% of the population.

Projectors can become the natural managers and leaders of the world. Projectors do not carry energy in their own personal energy field, but instead take in the energies of others and manage it. Projectors have to wait to be recognized and invited into the major events in life, such as love relationships, career and right place (where they live).

If an invitation feels good for a Projector and she accepts it, she channels an enormous amount of energy and power into that situation. She can then use that energy to manage others and the world around her.

Projectors, for all their wisdom, can have a frustrating and debilitating life process if they try to push themselves and initiate action. A Projector simply does not have the energy to “just do it”, and if they try to initiate like a Manifestor, or work steadily like a Generator, they will burn themselves out very quickly.

The challenge for the Projector is to trust that the right invitations will come to them, and to wait for those invitations. Sometimes Projectors wait months or years for the right invitation.

Because they are “non energy” types and they are not here to work steadily like the Generator Types, the Projector Types may receive a lot of judgment from others and be perceived as “lazy” when, in fact, it is literally unhealthy for these types to initiate any kind of action or to work at the wrong kind of jobs on a steady basis. They usually can't sustain the energy flow on their own.

Projectors are here to deeply understand others. Projectors can be powerful resources if they are recognized and used properly. A Projector can, simply by watching an energy type, intuitively know how that other person can maximize their energy and their potential. This makes them natural coaches and mentors. Projectors are here to be recognized and invited by others.

Many Projectors are magnetic, charismatic recipients of amazing invitations. Ringo Starr is a Projector. He was literally “invited” to join The Beatles after one of the original band members left the band. Other famous Projectors include Steven Spielberg, John F. Kennedy, Paul McCartney, Fidel Castro, Karl Marx and Demi Moore.



## **Common Work Traps & Challenges of the Projector:**

- Working in ways that don't allow for significant cycles of rest and restoration.
- Not leveraging time, skills and knowledge to make enough money to be able to afford to take time off.
- Wearing oneself out by working like a Generator or Manifesting Generator.
- Compromising the value of one's contribution in order to receive acceptance and attention... i.e. giving away too much, under charging for services, doing too much for others so that "they" will like you and maybe give you recognition for your "hard work".
- Experiencing bitterness when recognition feels slow in coming. Bitterness repels opportunities instead of attracting them.

## **The Reflector**

Reflectors are the most rare of the types. Less than 1% of people are Reflectors. The Reflector is here to "mirror" or reflect the health of the community around them. A Reflector is extremely open to all kinds of energy. The Reflector takes all the energy from the world around him deep into his own energy system and then reflects it back out.

If you are a Reflector and you are happy, then where you are at the moment is a happy place. If you are a sad Reflector then the community or the world around you is sad.

Because Reflectors are completely open, they can become very deeply wise about others and the world around them. Reflectors take in so much energy and information that it can take them a while to make decisions.

A Reflector needs to wait 28 days, the full cycle of a moon, before they can feel certain about their decisions. Sometimes, they have to wait out two or more moon cycles until they know a decision is correct for them.

Reflectors need to talk about their decisions to everyone. Because they are always taking in information and processing it, it can be difficult for the Reflector to know herself. Reflectors have to see their decisions reflected through others in order to know what to do.

Famous Reflectors include Michael Jackson, Uri Geller and Roslyn Carter.





## Common Work Traps & Challenges of the Reflector:

- Rigid work environments which require quick decisions.
- Being with people who don't feel good to them ... they are reflecting the environment and other people. If the reflector doesn't feel good it's usually the environment and people and not them.
- Not knowing the difference between their own feelings, desires and impulses and what they are feeling and sensing from others.
- Not enough alone time.

## STRATEGY

Your strategy comes from your Type. Strategy is the most important knowledge offered by your Human Design Chart. Your strategy is basically your personal way to make effective decisions. It gives you key information about how to operate your human vehicle in the world, how to make the right choices for you, and how to recognize when you are on the right path in life.

Following your strategy offers you the opportunity to experience events and circumstances that are correct for you. Not following the strategy for your type brings events and experiences into your life that may not be correct for you.

**Generators and Manifesting Generators** have a strategy to wait to respond. They will often find that their response comes from deep within the gut and is verbalized as an “uh huh” or “un un” sound as it is expressed.

**Manifestors** have a strategy to inform others before taking action. This lessens the likelihood that they will experience resistance in the form of anger by those they will impact.

**Projectors** have a strategy to wait for invitations. This applies to the big things in life like marriage, life's work, and big geographical moves. Correct invitations bring the Projector the right people and resources to sustain them with the energy that they don't inherently have.

**Reflectors** are attuned to the cycles of the moon. They have a strategy to wait at least a full 28-day moon cycle before making a decision.

## AUTHORITY

Authority refers to an aspect of your design that influences your decision-making strategy. Although decision-making is tied directly to your strategy, your authority flavors the way you use your strategy.



Authority is determined by certain centers in your personal body graph that will have the most powerful influence on you when you make decisions. Not all centers carry authority, so your personal authority will depend on your type and your definition. (see “Anatomy of the Human Design Chart” video)

Authority will also depend on your life conditioning and your level of emotional well-being. When you receive a Human Design reading, you are taught to understand patterns of pain and behaviors that may be keeping you from living out the beauty of who you really are.

With cognitive awareness of old patterns, you begin to heal and transform these energies into deep sources of wisdom. The more you clear your old energy patterns the more effectively your natural decision making skills (your authority) can function. You can then begin to use your authority along with your strategy to help you make better decisions for your life.

### Next Steps

When you master your strategy and how to make decisions through your decision-making authority, you unlock the path to fulfilling your personal destiny. Learning to follow strategy and authority effectively can take months or years of practice.

After receiving your Human Design chart and going through this guide, you can take your next steps into your personal destiny by receiving a Human Design Reading from a Human Design Specialist.

**A Human Design Specialist can** give you a profound introduction to your individual and unique Human Design chart. You will get clarity on:

- How to make decisions correctly
- The role you're here to play
- An overview of your strengths and weaknesses
- The distractions that keep you from living authentically and abundantly as your true self

Are you ready to get a good look at your chart and discover how you are designed to have more harmony in your work and life?

You are invited to learn about my Human Design session here:

<https://sandyfreschi.com/services/human-design-sessions/>



# Return to the Human Design Kit

