

the ultimate guide & workbook for
deciphering your gates
in human design

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introduction

This comprehensive guide answers one of the most frequently asked questions in my community:
How do I make sense of my gates and use this information to become a more authentic, aligned version of myself?

As human design has grown in popularity, and more and more information is becoming readily available online, I've noticed that many of you are ready to move beyond the foundational chart elements (i.e., energy type, strategy, authority, profile). But it's this next layer of depth that often presents the greatest challenge. You may have taken one look at your bodygraph and decided it wasn't worth the effort.

Granted, it *does* look quite complicated. But I'd argue that humans *are* inherently complex and thus the system has to be robust enough to reflect that. The good news is that with the right guidance and tools, you can absolutely grasp the next layer of depth—and translate your chart into actionable insights to help you become your most effective, vibrant, and fulfilled self.

As a 5/1 profile, I am determined to create the tools to help you do this (on your own). I still recommend booking a 1:1 reading with someone who can offer a *holistic* take on your chart and walk you through the unique dynamics that may go unnoticed to the untrained eye. However, I also realize this isn't an option for everyone, so I decided to create the next best thing.

This guide will break down what a gate is, how a gate becomes defined, and how to make sense of *your* defined gates based on the planets and the lines associated with them.

BEFORE YOU DIVE IN...

Whenever we're talking about the gates—especially the additional layer of nuance that comes with the planets and the lines—knowing your exact birth time is very important. You'll learn about this in greater detail later in the guide, but because of the speed at which some planets move, a 15 or 30 minute difference in birth time can have a pretty major impact on the definition in your chart (aka which gates are activated and what the line associated with that gate is).

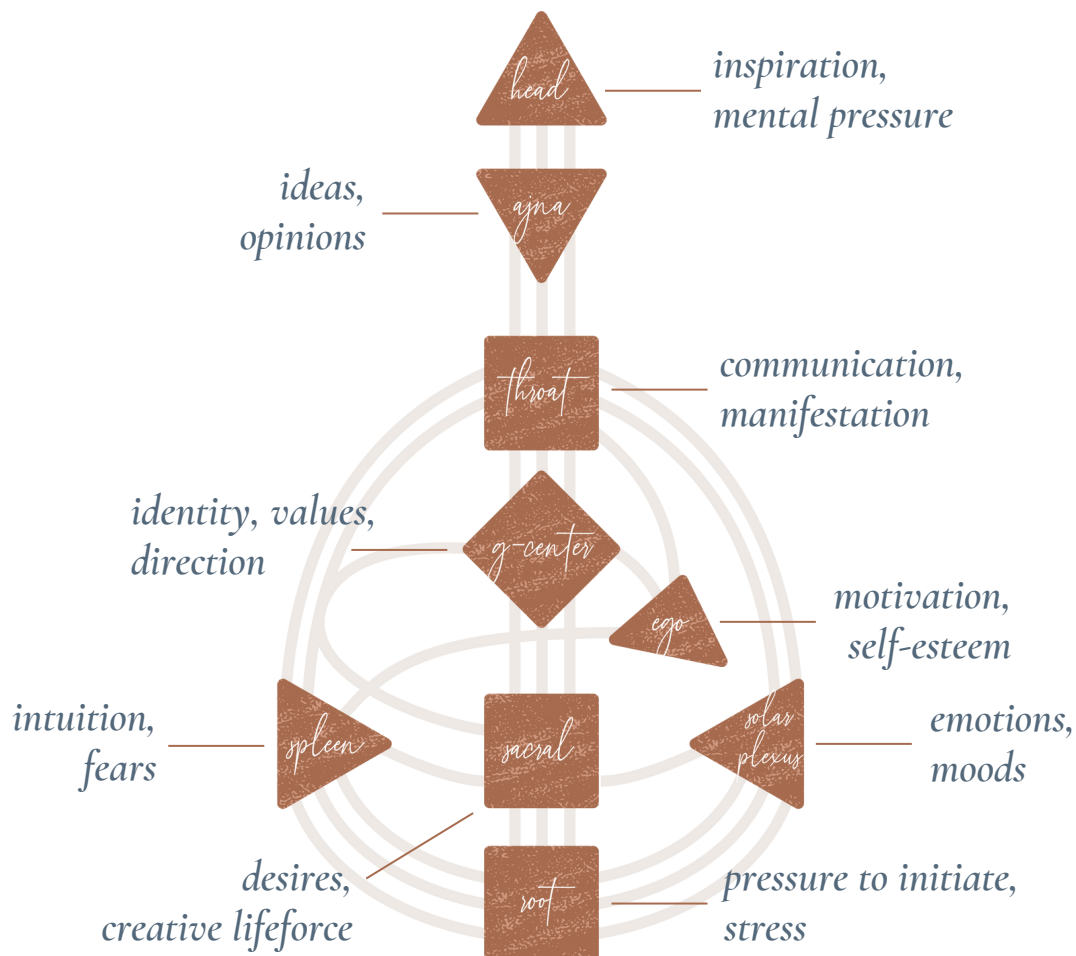
If you don't know your exact birth time, the information in this guide can still be valuable, but I wouldn't get too attached to the line associated with your gates as it may not be 100% accurate.

a primer on gates in human design

WHAT ARE THE GATES?

There are 64 gates (represented by the numbers) in a human design chart. **A gate represents a potential character trait.** Each gate (or trait) is associated with one of the 9 energy centers in the bodygraph, and the energy center the gate resides in indicates the *type* of trait or the area of your mind/body/spirit it pertains to.

For example, all the gates in the solar plexus center reflect different ways a person might experience or embody emotions, all the gates in the throat center reflect different ways a person might articulate or express themselves.



to summarize

GATE

= character trait

PLANET

= area of life in which this character trait will play out

LINE

= the flavor of how you will express the character trait

UNDERSTANDING & UNLOCKING THE 64 GATES

gates of the root

53	60	52
54		19
38		39
58		41

GATE 58 – GATE OF VITALITY

Gift = Problem solving

You feel a strong drive to perfect, improve, and optimize. You easily identify what's wrong or missing and have the energy to do something about it.

Shadow = Fault-finding

It's easy for you to always find flaws in things or to try and address every problem or gap you see, even when it is not aligned for you to do so.

This gift shines brightest when you use your strategy and authority to determine which problems to solve, and when you continue to approach challenges with joy and vitality.

GATE 38 – GATE OF THE FIGHTER

Gift = Good under pressure

You're strongest when you face opposition or have to beat the odds. You rise to the occasion and are most energized when you are fighting for a cause you care about.

Shadow = Melodramatic

At times, you make your life more difficult than it needs to be. When you don't have something meaningful to fight for, you may create unnecessary adversity for yourself.

This gift shines brightest when you use your strategy and authority to identify the causes or people worth fighting for.

your personalized gates workbook

None of this information about the gates will be useful or practical without the ability to *apply* it to your own life. So, I created this workbook to help you bring it all together. Use your own bodygraph and gate placements to fill out each section of the workbook. You will learn exactly how each gate is designed to be expressed through you, as well as how to identify when you're in the shadow frequency of a gate.

Remember that the path to course-correcting is to come back to your strategy and authority.

However, the first step is simply becoming *aware* that you're out of alignment and that's what this guide will empower you to do.

MY CONSCIOUS SUN GATE

Gate 4.5 reflects how I'm designed to shine my light and contribute to the world around me.

Based on the planet associated with the gate.

This gate gives me the potential gift of: **pattern identification. I have a gift for identifying patterns and creating frameworks and systems to help people make sense of the world and human behavior.**

Based on the gift expression of the gate.

Because it's on the personality side of the chart, I might be more aware of this gift and its impact on others.

Brainstorm examples of how/when this gift has shown up in your life:

- **When solving problems, I always approach it in a very practical way, looking for the data first.**
- **Writing a book that offers a framework for defining purpose and breaks down the process of articulating/living out your purpose into clear, simple steps.**
- **Translating behavior through the lens of human design and highlighting patterns that reflect chart elements.**

When I'm in my not-self, it may express itself as the shadow of: **subjectivity. I may use this gift to substantiate any opinion I want to, leading to biased thinking.**

Based on the shadow expression of the gate.

Brainstorm examples of when you expressed the shadow side of this gate:

When fighting with my husband, it's hard for me to get out of my own story and how I view a situation. Once I've interpreted a situation in a specific way, it's hard for me to see it objectively/clearly.

I can increase the likelihood I express the gift (vs. the shadow) by: **becoming aware of my own biases and fears, so I can use this gift to create more logic and understanding in the world vs. chaos and confusion.**

Based on "when this gift shines."

Because this gate is in a defined center, I am in control of when and how I access this gift.

Because this gate is in an undefined center, I am not always in control of when and how I access this gift.

Circle the response that reflects where the gate is defined in your chart.

Because of the line associated with this gate, this gift: **will manifest in a practical way that can have a considerable impact on bigger groups of people.**

Based on the line associated with the gate.

Brainstorm examples of how you might lean into the line more when expressing this gift:

- **Creating more accessible human design workbook products that help people apply this system to their lives.**
- **Continue to grow my social media and tap into new audiences to reach more people at scale.**
- **Continue focusing on the practical application of human design across all my offerings: what to DO with the information once you have it.**