

WORK SMARTER, NOT HARDER

Systematize your business
according to your Human Design





HI, I'M INEZ

ONLINE
BUSINESS
MANAGER

+

HUMAN DESIGN
ENTHUSIAST

Have you ever taken a course from someone, but most of the tips they gave you did not work at all for you?

Or you used someone else's systems, because they had so much success with them and you ended up hating it?

Maybe you even feel:

- Unfulfilled
- Drained
- Exhausted

These are all signs that you might be working against your Human Design instead of in alignment.

And working against your Human Design is basically fighting yourself and your natural needs and urges.

Someone can help you with their very best intentions, but if they are unaware of the fact that they have a totally different design than you, their success formula can have a completely different effect for you.

INTRO

How exciting that you as an entrepreneur are on a journey with your Human Design or starting to learn about it. It's a neverending cycle of learning and implementing. Just like it is in your business.

- Maybe you've downloaded this document because you're already familiar with Human Design and want to learn to use its value in your business
- Maybe you've downloaded this because you see and hear people raving about Human Design everywhere and want to know what all the fuss is about.
- Or maybe you're struggling to systematise your business and know that the key could be in your Human Design.

This document is not meant to be a Human Design 101. It goes into detail straight away about leveraging your unique qualities for business optimization.

It's very important that you know for certain which type you are.

There are tons of websites out there where you can get your Human Design chart made and get some free information. Like mybodygraph.com and the My Human Design app.

If you have any questions about this, please do not hesitate to contact me.

The goal here is for you to know that you are seen and valued, just the way you are. You have such special characteristics to cherish.

"In a perfect world:

*Manifestors get things started
Projectors guide the process
Generators provide the energy to realize or complete it
Reflectors tell them how well it's going"*

(The Definitive Book of Human Design - Lynda Bunnell)

Disclaimer:

This document has been carefully put together after extensive research, but it's not free of human flaws. Multiple different sources were used in the creation of this document.

JUMP TO YOUR TYPE

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REFLECTOR

Approximately 1% of the world population are Reflectors, making them the rarest type in Human Design.

Reflectors fall into the category of "no inherent energy generation." This means they need to be mindful of their energy and use it very selectively!

How can you set up your business and processes to accommodate this?

Decision making as a Reflector

Reflectors must wait for a lunar cycle, 28 days, before making a (major) decision. It may sound like a long time! But don't let the rest of the world rush you. Respect your HD type and give yourself the time to truly feel it. You'll know when you know.

Allocate at least a month for topics/projects that require a decision in the end. Don't do all the research in one day, but rather engage with it briefly a few times a week. This may seem inefficient to others, but you need this time. This way, you don't have to "wait," but rather use the time wisely.

Be transparent about your extended decision-making process with team members and collaborators.

Create space for it in your business. No tight deadlines for you!

Structuring your week as a Reflector

As a Reflector, due to your lack of inherent energy generation, you don't have enough energy for all the tasks that need to be done.

Delegate tasks on which you get stuck the most as soon as possible.
For your own well-being and to enhance your business processes.

REFLECTOR

Additionally, strategic planning is always wise, but especially for Reflectors. When do you have conversations with clients? Morning or afternoon? When do you have meetings with your team? Monday or Friday?

Consider when you have energy for each task activity. This leads to smoother business processes, as there are fewer blockages caused by energy shortages.

Prioritizing as a Reflector

You are influenced by your environment to a great extent. In your chart, all centers are open so you absorb everything from your environment and reflect what is happening there.

Therefore, choosing your environment carefully should always be your top priority. Clients, collaborators, and especially team members. If your team members are chaotic, it will affect you. Choose people who bring structure and calmness. A positive and proactive environment creates a pleasant work atmosphere and high productivity.

A comfortable and structured work environment is key for Reflectors. This way, you are open to invitations to share your unique gifts and insights.

A good system for Reflectors

- Is one that leaves little to no room for outside influence
- Is one that helps you preserve your energy
- Is one that supports strategic planning

If you are a Reflector who works with a team, I would highly recommend a team management system or tool. Even if the team is small. For example: ClickUp, Asana or Slack.

MANIFESTOR

Approximately 8% of the world population are Manifestors. This makes the Manifestor type in Human Design quite rare!

Manifestors fall into the category of "self-energy generation." This means they have the energy to initiate things on their own and share it with others.

Historically, Manifestors have often been found in positions of authority. That's because Manifestors are very good at bringing their visions to life.

When Manifestors channel their energy, they can initiate a tremendous amount and have a significant impact. That's why it's important for Manifestor entrepreneurs to have structure and peace in their businesses.

How can you achieve this without hindering your unique creativity?

Decision making as a Manifestor

Manifestors don't need anyone, let alone advice or approval from others. They know very well how to make their own plans and decisions. However, it's crucial for you as a Manifestor to inform the people around you about your decisions in a timely manner. Those who are involved, may be affected by them, and need to move along with you.

This helps reduce resistance, increase support, and prevent chaos.

Note: This is not asking for permission! Feedback, however, is welcome.

Informing works as a facilitator for your processes because it ensures that everyone moves along with you.

Structuring your week as a Manifestor

Since Manifestors often come up with new ideas and want to implement them immediately, it's important for yourself and the people you work with to have a clear schedule and planning.

In this schedule you can create timeslots, preferably the moments where you feel most creative, to work on your new ideas.

MANIFESTOR

This keeps everyone, including you, focused and ensures efficient process management. Goals are achieved and exceeded more quickly.

Which is especially beneficial for you as a Manifestor, considering the underlying pressure you feel to make an impact and to make things happen.

Prioritizing as a Manifestor

For Manifestors, rest is the ultimate state. Living in flow with your design opens up the path to rest. Doing what your dreams and visions guide you to do from a place of calm and inner peace.

Doing what you want, when you want.

Your business and all your processes run smoother when you are in a state of rest. So, explore for yourself: Why don't I have peace right now? What do I need to add or eliminate from my life to find peace?

Finding your state of peace and rest should be your priority in every project or process. Because being in this state makes setting business priorities more efficient and effective for you.

When you are in a state of rest, you are empowered to make your unique impact on the world.

A good system for Manifestors

- Is one that leaves room for creativity
- Is one that helps you in your leadership role
- Is one that supports your communication with others

A good personal system for Manifestors would be a strong morning routine. Manifesting and visualizing, setting goals for the day and starting from a state of calm.

Good business tool would be Notion for example, where you can store all your ideas and be creative.

PROJECTOR

Approximately 21% of the world population are Projectors.

Projectors, like Reflectors, do not have self-energy generation and therefore need to be wise about their energy usage.

Projectors are already considered the "efficient" type by nature. They can maintain a good overview and quickly identify ways to improve things. However, it can be challenging to utilize these qualities in your own business when you're immersed in it and can't see it objectively. How can you regain that helicopter view?

Decision making as a Projector

The strategy and decision making process of a Projector is to 'wait for the recognition and invitation'.

It means waiting for someone to recognize your and ask for your expertise for example. Projectors will then feel in their core which decision to make when they receive an invitation. Even more so when they listen to their authority.

Take your time to feel into yourself before making a (big) decision. Or even just a little break to gain some clarity.

Are you providing unsolicited advice to people? Or going the extra mile for clients just because you enjoy it while they didn't ask you to?

You may be wasting a lot of time and energy if that's the case.

When you decide to accept a new client or go along with a project, ask yourself: Am I recognized and invited to do this?

Structuring your week as a projector

Projectors often find greater success when they operate from a place of rest and overview rather than constantly pushing themselves.

In the world of entrepreneurship, there's often a lot of emphasis on working 60 to 80 hours a week. However, keep in mind that this primarily applies to (Manifesting) Generators who have much more energy than you do.

PROJECTOR

Sitting in front of a laptop, 'hustling' away for nine hours or more every day is not sustainable for you in the long run.

It's important for you to structure your week according to your energy levels and to create space for rest and recharging.

It's also not expected of you to do everything alone. Collaborate with others. Delegate tasks.

Focus your energy on what you excel at and where your strengths lie.

Prioritizing as a Projector

Naturally, Projectors tend to be very focused on others. You're like an elephant placing the end of your trunk on someone's head and being completely invested in them.

While it's great for the people around you to experience your interest and involvement, it's better for your own energy levels if you redirect that focus more often towards yourself and prioritize you and your own business. Use your talents for systems and optimization on yourself first.

Instead of mentally streamlining someone else's business, make those small adjustments in your own business that save you an extra hour per week!

A good system for Projectors

- Is one that provides all overviews and insights
- Is one that works very efficient
- Is one that makes running your business easier

Basically any tech system or tool can be good for projectors.

Important are personal systems such as an 'end of day' system that enables you to wind down and fully switch off in the evening.

Update your schedule and deadlines, check your mailbox one last time, cross everything you did off your to-do list, set priorities for tomorrow and so on.

GENERATOR

Approximately 35% of the world population are pure Generators. Both pure Generators and Manifesting Generators are known for their ability to generate their own energy.

You have the energy and take on everything. You don't stop until you've achieved that sense of fulfillment. This is a superpower, but how do you maintain an overview when you're constantly busy?

Decision making as a Generator

For a Generator, it's important to respond to what comes along as well in your life as in your business. The best way to do this is to listen to your gut feeling. That feeling will tell you what you should or shouldn't respond to.

So when you need to make a decision, ask yourself if it's a response to something. Otherwise it might not yet be the time to make this decision.

If it is right or you have no other choice, listen to your gut to tell you what the right decision is for you.

If you notice that you actually don't have much energy, take a moment to check in with yourself during the day. Your gut will tell you what the energy drainer is.

Structuring your week as a Generator

Generators love being creative and flexible. However, this doesn't always work efficiently in a business setting. Therefore, you can benefit greatly from having a basic structure.

You don't need to rigidly schedule your entire week. A basic structure, especially on Monday and in the first hours of your workday, tends to have good effects for most entrepreneurs.

Identify tasks that recur almost every day and week and incorporate them into your structure in a logical order.

GENERATOR

Give yourself time to adapt to the routine and make adjustments as needed.

At first, a basic structure may feel restrictive, but it can actually free up extra time for you. Time that you can use for rest, reflection, or spontaneous actions.

Prioritizing as a Generator

Because Generators are natural doers, you may have the tendency to want to take on everything. However, this is not necessary and can actually cause you to become too immersed "in" your business.

As an entrepreneur, it's important for you to maintain the overview.

Setting good priorities works wonders for Generators. It allows you to know what is truly important for your business on a given day or week, and you can direct all your energy towards those priorities.

So when you start thinking about priorities: zoom out from your business. This helps you see the bigger picture and bring more structure to your business.

A good system for Generators

- Is one that supports you in getting a lot of work done
- Is one that aligns with your values and desires
- Is one that gives you overview

Setting up focus tools such as News Feed Eradicator works great for Generators. You can also benefit a lot from the Pomodoro method, because you'll get a lot done, but also take breaks and zoom out.

Tools like Asana have clear dashboards which help Generators to see the bigger picture of their business.

MANIFESTING GENERATOR

Approximately 35% of the world's population are Manifesting Generators. Both pure Generators and Manifesting Generators are known for their ability to generate their own energy.

Manifesting Generators are a kind of mix between Generators and Manifestors. They come up with beautiful plans and put in the effort to make them happen, sometimes with detours or diversions.

Decision making as a Manifesting Generator

For Manifesting Generators, it's important not to stay attached to something for too long. "Living in the moment" is truly suited to you. Of course, as an entrepreneur, you'll have obligations here and there, but keep it enjoyable and structured for yourself.

Just like Generators, Manifesting Generators should listen to their gut and respond to the things that come by.

But the little extra here is to always go for the option that gives you the most sense of flexibility and freedom and feels the least tied down.

Structuring your week as a Manifesting Generator

We have all been taught that we must finish one thing before starting something new. As a Manifesting Generator, this likely annoyed you. Even now that you have the freedom to do whatever you want, that voice still lingers in your head.

It's actually good for you to switch between activities and projects. You don't have to commit to a task until it's fully completed. However, be careful: in your business this trait can ensue chaos.

Make sure you know where you left off with a project, what you really need to finish and when, and when you have time to complete it.

MANIFESTING GENERATOR

A good, structured week planning is essential for you. Start your week by working on everything that needs to be finished in that week. The more tasks are finished, the more room you can leave for yourself to switch, start up new things and be creative.

Prioritizing as a Manifesting Generator

Most Manifesting Generators are quick in their actions. This, combined with your energy generation, allows you to accomplish a tremendous amount of work in a day, more than most others. However, because you are so fast, you may overlook details.

Prioritizing is actually very important for you. But to be able to do this deliberately, you need to occasionally switch out of the "fast mode." Write down what goes through your mind and what steps you've already taken.

Give yourself time to come back to this list later to check if you've forgotten anything.

A good system for Manifesting Generators

- Is one that is flexible
- Is one where you can combine your passions and interests in an organized manner
- Is one that helps you go fast without overlooking things

If you start working with software or tools, choose one that is flexible. Manifesting Generators tend to switch things up so your support systems must be up for that.

AI tools are great for Manifesting Generators. Automating work and processes can prevent you from overlooking or forgetting things.

I truly hope you've gained some insight in how you can leverage your Human Design qualities for optimization of your business.

In case you're wondering: I'm a Projector. No coincidence I work as an OBM ;) Projectors generally love structure and efficiency. They tend to have helicopter views and can optimize anything.

If you like to work with someone who just 'gets' you, without you having to explain too much..

Or can help you with issues even though you might not even know what the exact issue is..

Through the link on the bottom of this page you can book a connect call without obligation.

During this call I'll think with you about how you can use systems and optimization and how I can assist in this.



[Book a connect call](#)