

well-being by design

personalized report

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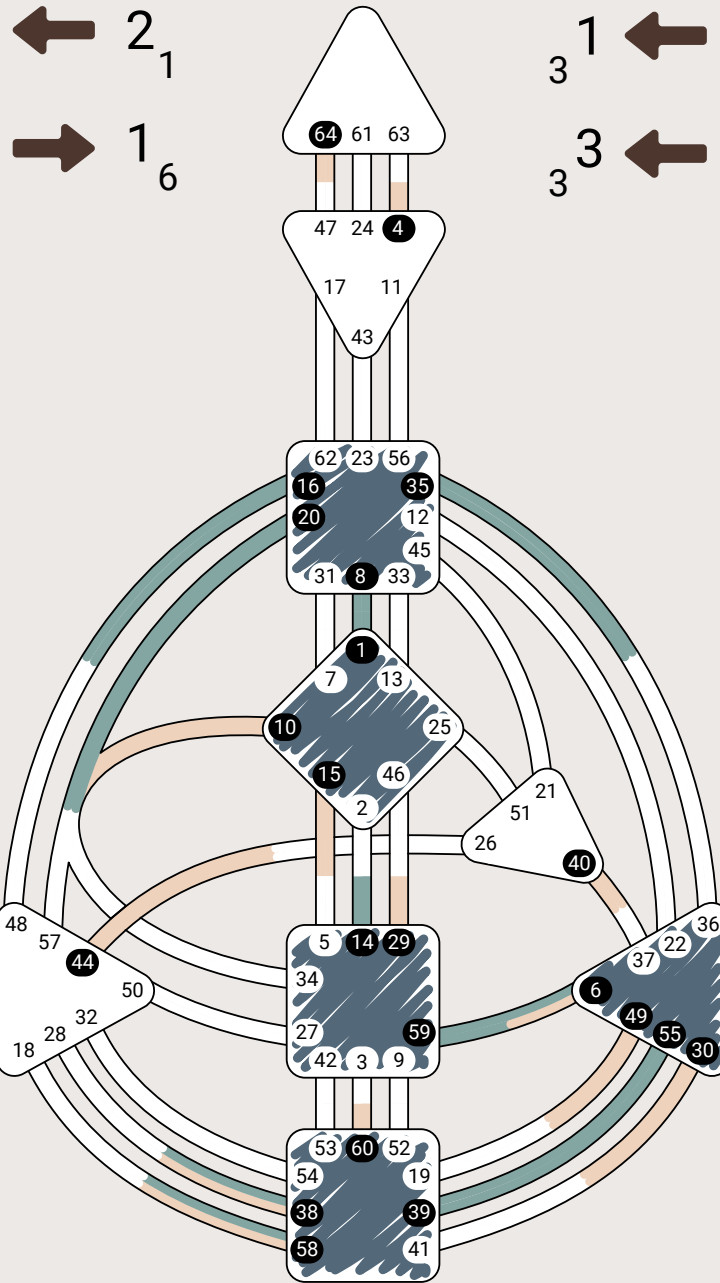
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your human design chart

Design

- ⊙ 8.1
- ⊕ 14.1
- ♋ 55.2
- ♌ 59.2
- ☾ 6.5
- ♀ 16.1
- ♀ 20.6
- ♂ 39.1
- ♃ 35.2
- ♄ 38.5
- ♁ 58.1
- ♃ 38.3
- ♀ 1.1
- ♁ 52.1



Personality

- 4.5 ⊙
- 49.5 ⊕
- 30.2 ♋
- 29.2 ♌
- 60.6 ☾
- 64.6 ♀
- 6.5 ♀
- 40.2 ♂
- 15.6 ♃
- 58.5 ♄
- 10.4 ♁
- 38.1 ♃
- 44.6 ♀
- 39.4 ♁

chart properties summary

Energy Type	Generator
Strategy	To respond (based on excitement)
Authority	Emotional - Solar Plexus
Definition	Split Definition
Profile	5/1 (Heretic / Investigator)
Signature	Satisfaction
Not-Self Theme	Frustration
Digestion	Open Taste
Environment	Caves
Strongest sense	Smell

introduction

One of my favorite things about Human Design is how all-encompassing it is. Where other assessments or self development tools can be narrow or niche – focused on professional aptitude, personality type, or leadership skills – Human Design covers it all and then some. It offers insight into the BIG life-changing stuff, as well as the small decisions and habits that shape our everyday.

The goal of Human Design is to give you a roadmap for using your energy in the most aligned (read: effortless, easeful) way possible so you can experience more fulfillment and purpose. But here's a little secret: when you're taking care of your body and your mind in the most supportive way for you, this alignment happens naturally – and at an accelerated pace.

In other words, you don't actually have to do anything to live on purpose and become your most magnetic self when you're getting adequate rest, managing potential stressors, taking care of your emotional and mental health, and nourishing your body with the right foods.

But well-being, just like every other aspect of life, is not a one-size-fits-all. There's no universally optimal diet or exercise routine – not everyone thrives on a Paleo diet or loses weight through HIIT workouts. And yet, society (and especially social media) would like us to believe otherwise. Fortunately, there are several chart variables that offer insight into exactly how to create a wellness routine or regimen that will support your unique system.

I believe the foundation for optimal well-being starts with these 5 key elements:


- rest
- stress management
- movement
- nourishment
- mental + emotional health

This report will cover each element and empower you with insight into the habits, practices and lifestyle that supports your optimal well-being based on your unique Human Design chart.

Are you better suited for structure or spontaneity? Do you experience stress more internally or externally? What is your ideal environment to recharge in? How are you designed to digest food (and life)? Plus, simple and actionable steps to help you make the necessary changes.

Please note that **this report is not a substitute for a foundational Human Design reading**. In fact, it jumps straight to some of the more advanced aspects of Human Design.

Another important element worth noting is "relationships", but that deserves a separate report in the future.



*your wellness goal:
so what does optimal well-being
look like for you?*

As a Generator, you wake up feeling energized and excited about your life and the day ahead. You have a clear understanding of the type(s) of people and projects that feel like a HELL YES, making it effortless to set boundaries and protect your energy. When you lay your head on your pillow at night, you feel a deep sense of satisfaction and sleep finds you easily.

before you dive in...



The goal of this report is to give you the information and the tools to make small changes to your wellness routine that will ultimately have a BIG impact on your overall well-being.

Whenever you're trying to make a change – especially when it comes to habits – it's important to establish a baseline. So before you start applying this information, consider:

On a scale from 0-10, how would you rate your overall well-being if the paragraph on the previous page represents a “10” on this scale?

Write this number down somewhere – as well as any observations around it: like, what's currently happening in your life that might be helping or hindering your state of well-being.

Over time, you can keep coming back to the description above and use it as a benchmark for how “well” you are at any given point in time.

Don't panic if your first score is lower than you'd like to see – that's what this report is for!

important

Try not to jump ahead to sections of interest the first time you review this report. The sequence is purposeful, as each section builds on the last – starting with the foundation for well-being: Rest. Approaching your wellness upgrade in this order will set you up for greater, lasting change.



REST:

learn to read the signs

The foundation of well-being is REST. While the amount of down time you need to feel well-rested may vary based on your energy type and root center definition, we all need to slow down every once in a while.

Rest is often vilified and associated with "laziness", which can make us resistant or reluctant to prioritize it. But what if we can start to give rest the respect it deserves? Because, rest can actually be incredibly productive and drive greater performance in the long-term.

Your ability to show up as the most vibrant, energized version of you depends directly on how well you listen to your body and recharge your batteries.


what does quality rest look like to you?

generator: quality rest requires you to feel deeply satisfied about the way you've spent your energy.

You have a sacral motor that's designed to make sh*t happen during the day and recharge overnight. In an ideal world, you get enough rest at night to feel energized throughout the whole day, but there's a good chance this doesn't always happen. And if that's the case, don't ignore it.

How well-rested you feel starts with how you're investing your time and energy during the day. When you're spending your time on activities and with people that light up your sacral center (aka feel like a "HELL YES"), you will naturally feel more satisfied and well-rested.

But the opposite is also true, and this can create a vicious cycle: if you're not lit up by your work, for example, you aren't getting quality rest or sleep. You wake up feeling "fine" at best, drained at worst, which doesn't exactly give you the energy you need to go the extra mile to talk to your boss about shifting your responsibilities, look for a new job, or start a passion project.



Not to mention that like attracts like. So a low energy, out of alignment version of you is only going to continue attracting jobs and people that aren't aligned.

Personal experience has taught me that low energy doesn't always mean do less. Sometimes doing more – more of the right things – can shift you out of a slump. Yes, rest when you are tired. But also consider adding something new to your plate if that thing feels exciting and energizing.

If work is getting you down but you can't change jobs, make sure that your downtime involves doing things – and being with people – that truly excite you.

Just because you can push through and juggle a lot, doesn't mean you won't burn out. **The higher the quality of your energy expenditure, the higher the quality of your rest.** So set boundaries, invest your time wisely, and enjoy meaningful returns.

creating a supportive environment for rest

Your Human Design environment and strongest sense can offer helpful insight about how your body may prefer to unwind and what your body will find most supportive when it comes to rest.

REFRESHER

Your **environment** represents the spaces where you feel most aligned, at ease and clear, making it the optimal setting to rest and reset.

caves

With a “**caves**” environment, your body may refuse to fully relax until it feels safe and secure. No surprises. It’s important for you to feel fully supported in the space and in control of who may walk in or out of the room.

The perfect resting spot for you is typically cozied up in the corner of a space (whether you’re in a bedroom or a coffee shop) where you have a good view of the door or the entrance. Sometimes you prefer to rest in solitude, other times you enjoy company – as long as you get to choose who joins you.

You may also want to invest in a few “accessories” to create the ultimate sanctuary (aka “cave”) wherever you are: candles, blankets, a nice mug, warm socks and some great loungewear.



REFRESHER

Your **Strongest Sense** reveals your most intuitive and receptive "antenna" for interpreting the world around you. Being aware of this special frequency can enhance the quality of your rest.

smell

Because your strongest sense is "**smell**", pay special attention to which scents calm you down and make you feel most at ease. You can increase the quality of your rest by:

- Finding a signature "scent" in the form of a candle, essential oils, flowers, or a perfume (make sure they're all-natural!) for your space. Experiment with how different scents make you feel and use them for different purposes: easing anxiety, winding down for sleep, relaxing sore muscles, etc.
 - Regularly cleansing your space with sage or palo santo.
 - Avoiding any artificial smells as these can obstruct your intuitive abilities.
 - Incorporating scents into your yoga, relaxation or meditation practice(s).
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