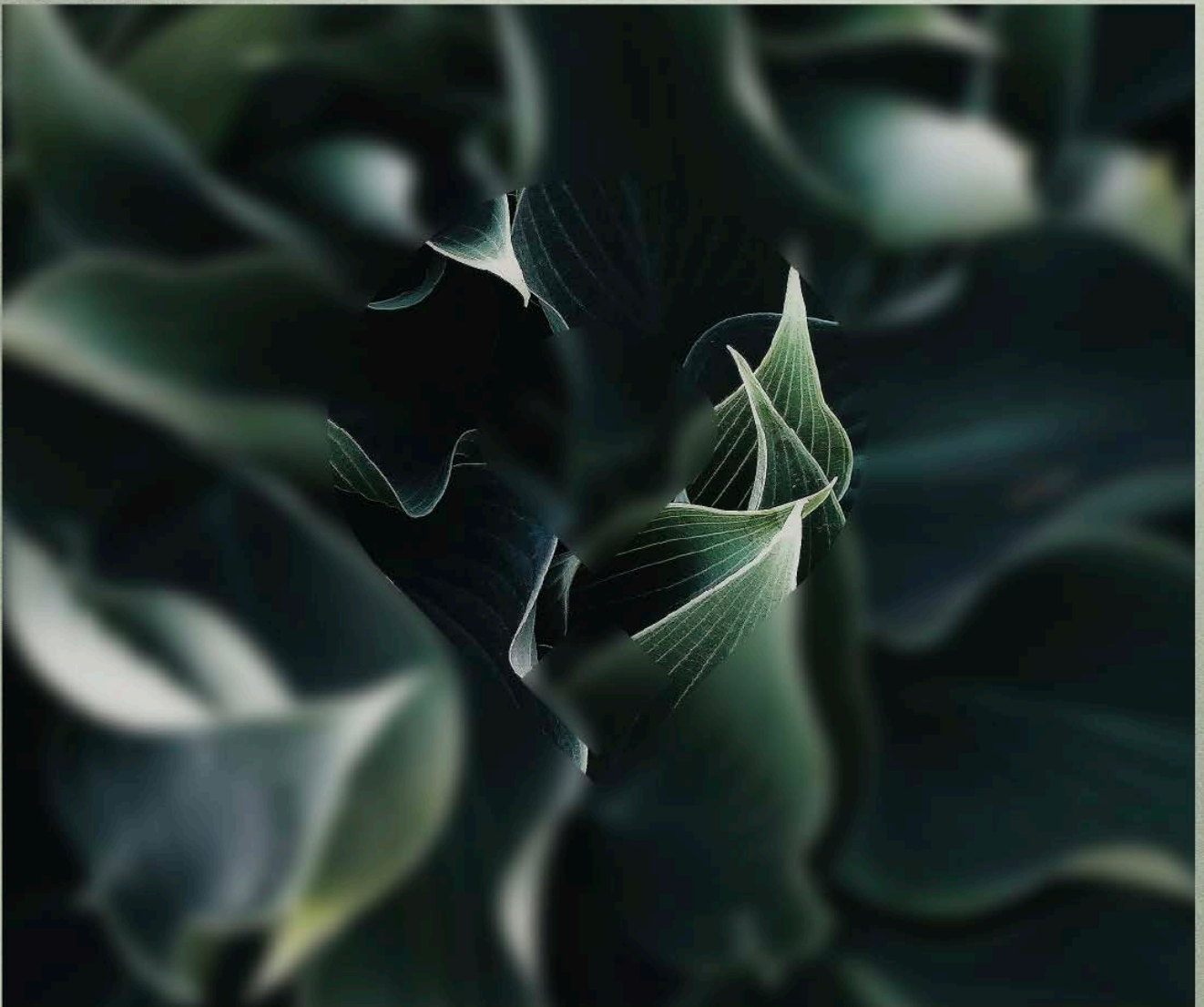


Beginner's



Booklet

HD&ME

Human Design, Made Easy.

Let's start by introducing you to the HD High Five—your launchpad for living your life in HD.

Human design is a deep, rich system that some spend a lifetime studying. Still, you don't need to know it all to benefit from its insights. A few key concepts will give you a chance to learn more about yourself, experiment with new ways of moving through the world, and then notice what happens. What you do after that is 100% up to you.

To simplify things, we've distilled human design down to five pieces of personalized information: your energy type, strategy, decision-making authority, and two "self" signals that will tell you if you're living as your true self or not self. We like to call this group of top-line takeaways your "HD High Five," and they're determined by the different defined or undefined energy centers on your chart.

This Beginner's Booklet explores the HD High Five and how it applies to all people. Compare it to your own chart, your family's charts, your friends' charts—the sky's the limit. See if it resonates with you, and experiment with its suggestions. There are no wrong answers—only one true you, living according to your design. Have fun!



1 The Five Energy Types:

Your specific energy type tells you how you are designed to use and interact with energy.

2 The Five Strategies:

Your strategy is determined by your energy type and holds the keys to bringing aligned opportunities into your life with less resistance.

3 The Eight Decision-Making Authorities:

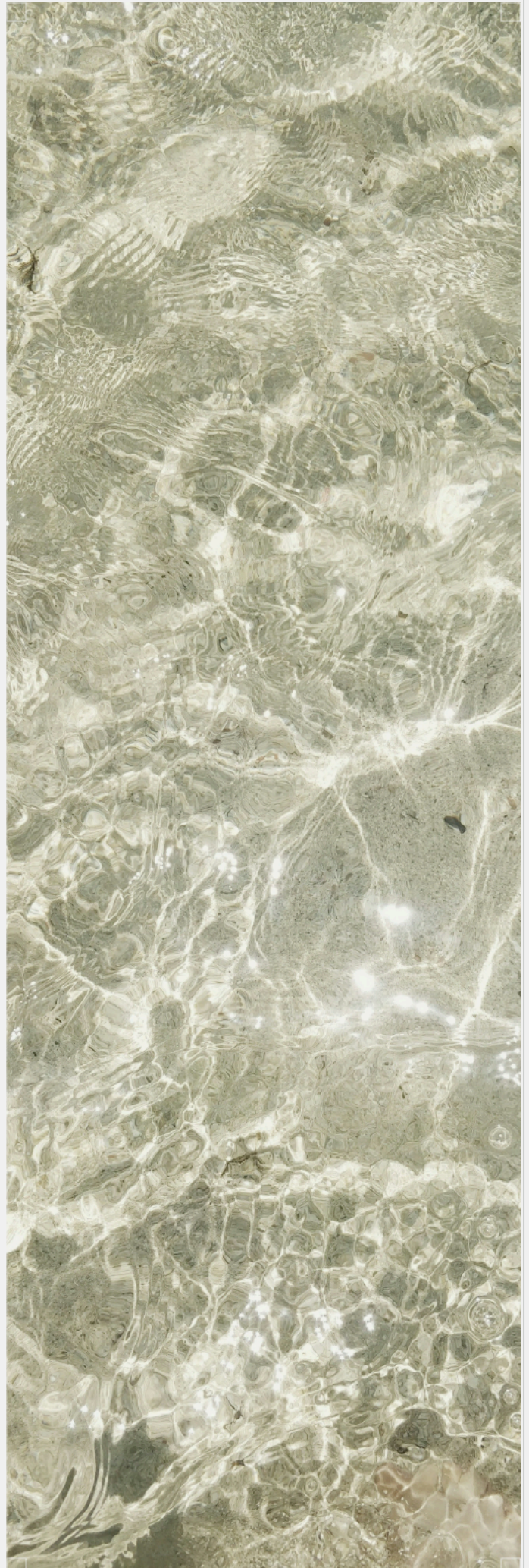
Your particular decision-making authority is your handy navigation system. When properly harnessed, it guides you to the best decision.

4 Living As Your Not Self:

When you don't follow your strategy and decision-making authority, you will feel one of these emotions: frustration, bitterness, anger, or disappointment. This is your signal that you're living as your not self.

5 Living As Your True Self:

When you follow your strategy and decision-making authority, you will feel one of these emotions: satisfaction, success, peace, awe, or surprise. Sound better? That's you living as your true self.



The Five Energy Types

The human design system categorizes people into five energy types.

Yours is determined by which energy centers you have defined in your human design chart.

Generator

**Manifesting
Generator**

Projector

Manifestor

Reflector



1 Generators

Generators have an unlimited supply of energy when they're engaged in a "hell yeah" activity. They build, create, and energize the world.

2 Manifesting Generators

Manifesting generators are here to blaze trails, skip steps, and light up the world with their magnetic energy when they follow what excites them.

3 Projectors

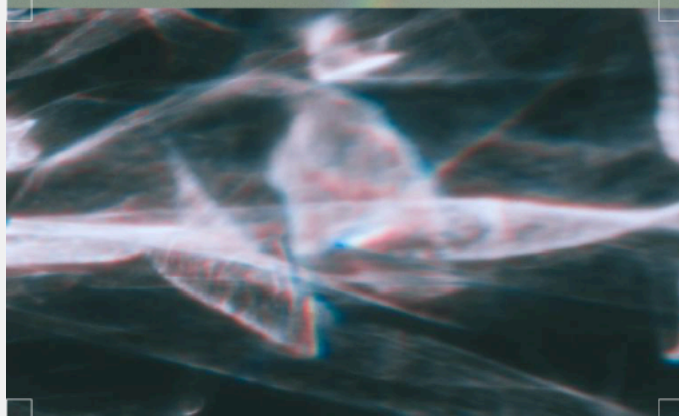
Projectors are the wise guides of human design. They can read the energy of a room effortlessly, taking in what others miss and knowing exactly how to guide present circumstances towards something better.

4 Manifestors

Manifestors are the bold initiators—the ones who kick open doors, ignite big ideas, and then vanish to recharge.

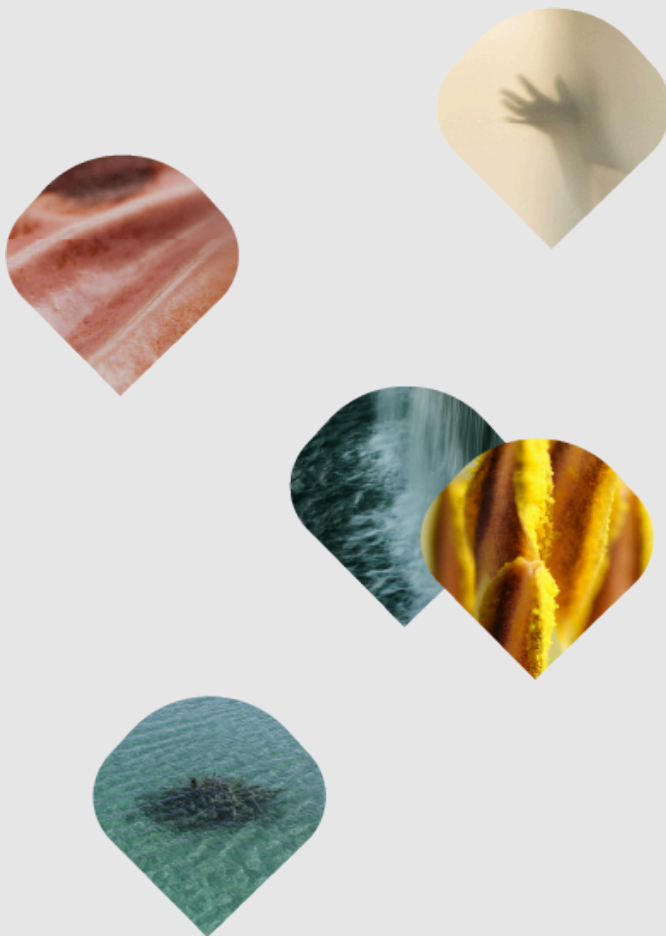
5 Reflectors

Reflectors are energetic mirrors. They sense what's thriving and what's broken, then reflect it back with crystal clarity so others can see what's real and what's ready to evolve.



The Five Strategy Mantras for Life

In human design, there are five unique life strategies. These mantras are like secret cheat codes designed just for you. They're simple, powerful, and will help you move through life with more ease.



1 Wait, don't initiate.

Generators don't initiate. They're here to sit back, wait for that full-body "hell yeah" spark, and then dive in with everything they've got. And then? Wait for the next spark.

2 Wait. Respond. Inform.

Manifesting Generators aren't meant to force things. They wait for a "hell yeah" moment, respond, and then take action at lightning speed. The only catch? They need to clue people in to what they're up to as they go.

3 Wait for the invite.

Projectors shine brightest when they stop forcing and start trusting—that's when the right opportunities find them. The secret? Only accept invitations that are rooted in real recognition.

4 Inform before you perform.

Manifestors don't ask, they tell. They are built to initiate and make things happen. What's the catch? They need to let people know what's about to go down.

5 Wait 28.

For big life decisions, Reflectors need to be seen and invited—no forcing, no chasing. When real recognition meets the right invitation, they should give it a full 28 days to feel it out before making their move.

The Eight Decision-Making Authorities

In human design, there are eight different ways to come to a decision. Knowing yours will help you move forward with confidence and peace.

Your decision-making authority acts like your body's personal GPS, guiding you to the choices that are right for you. Contrary to what you may have been taught, aligned decisions aren't about being logical or convincing yourself of the "smart" thing to do—they're about paying attention to your unique inner signals.

Human design proposes that the mind, as wonderful and brilliant as it is, was never meant to call all the shots. Still, most of us were raised to make decisions with our minds. We were taught to analyze, strategize, and weigh the pros and cons. While the mind can excel at learning, dreaming, and making sense of the world, when it comes to personal decisions, it often gets tangled in fear, pressure, and other people's expectations.

That's when your decision-making authority comes in. It helps shift the decision-making process out of your head and into the part of you that actually knows what's right for you, even if it doesn't always explain why.

Following your decision-making authority won't guarantee that every choice will be easy or every outcome will be perfect. It will, however, help you make decisions that feel aligned, grounded, and true (especially over time).

The more you practice tuning into the signals your body and energy provide, the less you rely on noise outside of you—and the more freedom you have to trust what's been within you all along.



1 Emotional Authority

With this authority, you've got to surf your emotional waves—ride the highs, cruise the lows, and wait for smooth waters before making a move.

5 Willpower-Projected Authority

With this authority, clarity comes from talking it out—if you hear real strength in your own voice, you've got the will to commit. If not, it's a pass.

2 Gut Authority

This authority is all about gut feelings. If you've got the energy, it's a go. If not, it's a no.

6 Self-Projected Authority

With this authority, your words reveal what you truly want. Excitement in your voice means yes. Otherwise, it's a no.

3 Survival Authority

With this authority, your body is the bouncer, letting you know when to move forward or back away.

7 Environmental Authority

With this authority, your surroundings matter. The right space and a few good talks help you find your true yes or no.

4 Willpower-Manifested Authority

This authority is all about talking it out. If you hear real fire in your own voice, you've got the willpower to make it happen.

8 Lunar Authority

With this authority, clarity doesn't come overnight—you get a full 28 days to feel, reflect, and really know what's right.

Living as Your Not Self

These are the telltale signs that a person is out of alignment. Think of them as little clues you're not living by your design.



Generators tend to feel major **frustration** when they're stuck wasting their energy on things they don't love.



Manifesting generators can feel **frustration** when they're boxed in, slowed down, or stuck doing things that drain them.



Projectors are prone to **bitterness** when their wisdom gets ignored. It's that "Hello? I literally have the answers right here!" kind of feeling.



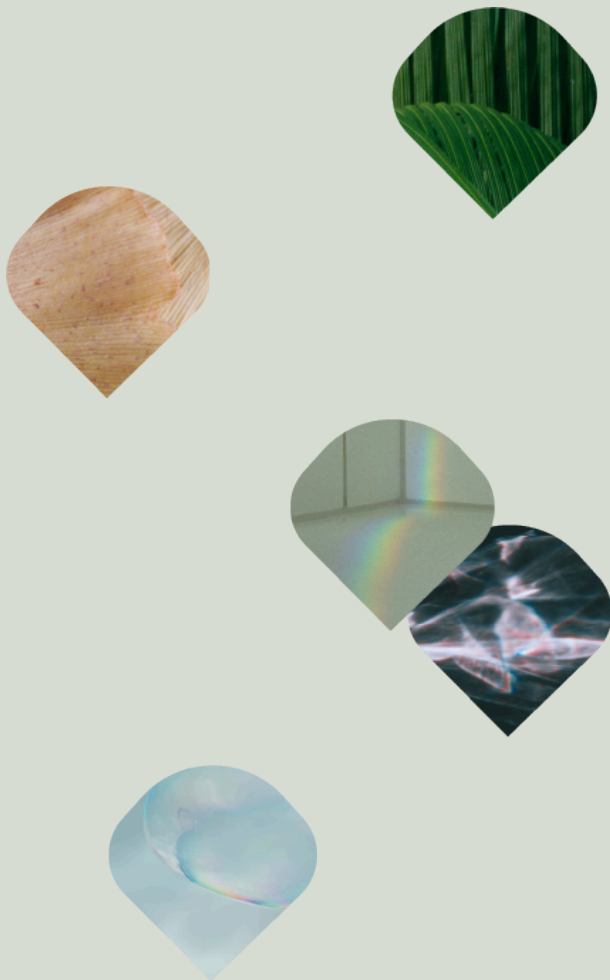
Manifestors are likely to feel a spark of **anger** when life or people try to block their momentum.



Reflectors tend to feel deep **disappointment** when life or people don't live up to the potential they were hoping for.

Living as Your True Self

Certain feelings can be signals that you're doing it right. When you follow your strategy and decision-making authority, your highest potential kicks in and life starts lighting up.



Generators feel pure **satisfaction**, that deep, energizing buzz you get when you're putting your energy into something that truly lights you up.



Manifesting generators light up with **satisfaction** when they're free to follow their excitement—even if it means changing lanes along the way.



Projectors feel true **success** when they're seen and trusted. They can help others succeed by working smarter, not harder.



Manifestors feel immense **peace** when they take the lead, keep people in the loop, and let the momentum carry everyone forward.



Reflectors feel **surprise**, that sweet feeling of awe, when life's moving pieces fall into beautiful, sometimes unexpected, patterns.

What's next?

As human design is a theory of everything, this Beginner's Booklet only scratches the surface of an amazing framework for understanding your own life, the people around you, and the world at large.

The next step is to purchase your Personalized Report from HD&Me. It's a deep dive into human design, with plenty of insights you can glean to start seeing your life in HD.

Inside your report, you'll find:

- 1 A deep, personalized look into your HD High Five, showcasing your tendencies, strengths and challenges, and huge potential for growth.
- 2 Clear, easy to digest explanations of human design concepts—including a personalized breakdown of each of your nine energy centers.
- 3 Practical tips for weaving your unique design into your life, plus, tools to keep learning, growing, and experimenting as you go.



**Generate My
Personalized Report**

Ready to take the next step?

We're here to guide you.



Download my Personalized Report

Questions?

support@hdandme.com