

NOTICE FIRST. INTERPRET LATER.



SEE YOURSELF

5 days. 5 shifts in attention.

A HUMAN DESIGN ATTENTION RESET

Five days of paying attention differently: to your energy, your body's signals, the pressure you carry and the small choices that bring you back to yourself.

**No personality transplant. No perfect routine.
Just data. Your data.**

*this one's yours.
scribble in it.*



RAW. PRACTICAL. EXPERIMENTAL.

Human Design is offered as a self-reflection and experimentation framework. It is not medical, psychological, legal, financial or other professional advice. You remain the authority on your life and choices.

ALREADY TRUE.

You don't need to become more aligned. You need to get better at noticing what's already true.

Human Design isn't asking you to become a shinier, more optimised version of yourself. It's asking you to notice how you actually operate when you stop forcing your life through your mind.

So this isn't another self-improvement project. It's five days of paying attention differently — to your energy, your body's yes and no, the places conditioning sneaks in, and the tiny experiments that show you what actually works for you.

No personality transplant. No perfect routine. No pretending your mind suddenly stopped having opinions.

JUST DATA. YOUR DATA.

THE ONLY RULE

NOTICE FIRST. INTERPRET LATER.

Your mind will want to explain, judge, improve, justify and turn all of this into a colour-coded performance review. Cute. Let it talk. You're collecting evidence from lived experience.

*Your job isn't to get it right.
Your job is to notice.*

AN EXPERIMENT. NOT ANOTHER JOB.

WHAT YOU'LL NEED

- ☐ **Your Type, Strategy and Authority.** Don't have them yet? Grab your free chart. You can leave the Gates and Channels for another day. Or another year.
- ☐ **Five to ten quiet minutes a day.** The car park counts. So does the shower.
- ☐ **Curiosity.** No gold stars required.

YOUR FIVE SHIFTS

01

YOUR ENERGY

What leaves you fuller, and what quietly empties the tank.

02

YOUR YES

How your body responds before your mind takes over.

03

YOUR PATTERNS

Where pressure, proving or people-pleasing shapes the choice.

04

YOUR EXPERIMENT

One small shift, and what actually changes.

05

YOUR NEXT HONEST CHOICE

One small thing to carry into real life.

Move at your own pace. Repeat a day, skip a prompt or leave a page blank. Five days don't have to be five days in a row. This is your workbook.

*your pace
gets a vote.*

MY CHART, AT A GLANCE

Pop your basics here so they're in front of you all week. Think of them as a hypothesis, not a verdict.

MY TYPE

MY STRATEGY

MY AUTHORITY

MY PROFILE (OPTIONAL)

THE BIT I'M MOST CURIOUS — OR SCEPTICAL — ABOUT

THE HUMAN DESIGN BIT / STRATEGY IN PLAIN ENGLISH

Your Strategy is the way your design tends to meet life with less resistance. A starting point to experiment with, not a rulebook to obey.

Generator	Wait for something to respond to. Notice the gut's <i>uh-huh</i> or <i>uhn-uh</i> before you push.
Manifesting Generator	Respond first, then let the people your moves affect know what's coming.
Projector	Wait for recognition and invitation, especially for the big things like work and relationships.
Manifestor	Inform before you act. It tends to take the friction out of the room.
Reflector	Give big decisions time — around a lunar cycle — and notice how places and people feel.

The chart creates curiosity. *Real life creates understanding.*

YOUR ENERGY

Notice what leaves you fuller — and what quietly empties the tank.

Before Human Design becomes one more thing to remember, start with the most obvious data source you have: your energy.

Today, pay attention to what happens *after* things. Not what you think you should enjoy. Not what looks impressive. Not what you can technically push through. What happens in your system afterwards?

THE HUMAN DESIGN BIT

Generators and Manifesting Generators have a defined Sacral centre — a steady, renewable kind of work energy when they're doing what lights them up. Projectors, Manifestors and Reflectors don't, and often do their best work in focused bursts with real rest in between. Neither is better. But if you've been running on someone else's energy timetable, you've probably felt it.

MOVE YOUR ATTENTION FROM

~~DID I DO ENOUGH?~~



TO

WHAT DID THAT DO TO MY ENERGY?

YOUR EXPERIMENT TODAY

- 1 Choose three ordinary moments — a conversation, a task, a meeting, a scroll, a workout, a piece of work.
- 2 After each one, pause for ten seconds.
- 3 Ask: **do I feel more available, more alive, more like myself — or flatter, tighter, heavier, scattered or done?**

Don't make an instant life decision. You're not rage-quitting your job because one Zoom call made you want to dissolve into the carpet. **You're noticing patterns.**

YOUR ENERGY

There is no correct answer here. A few honest words count.

MY TANK TODAY

☐

Running on fumes

☐

Low

☐

Okay

☐

Pretty full

☐

Overflowing

01 What gave me energy today?

02 What drained me more than I expected?

03 What did I learn about the difference between 'I *can* do this' and 'this *fits* me'?

YOUR YES

02

Explore how your body responds before your mind takes over.

Your mind is fast. It can produce a TED Talk, a risk assessment and a five-year projection before your body has even finished reacting.

Ask six people for advice. Make a pros-and-cons list. Sleep badly. Somehow end up less clear than when you started. Ring any bells?

THE HUMAN DESIGN BIT

In Human Design, **Strategy** is how you engage with life. **Authority** is how you make decisions from there. Your mind is a brilliant adviser. It just doesn't need to chair every meeting.

MOVE YOUR ATTENTION FROM
~~WHAT MAKES THE MOST SENSE?~~



TO
WHAT IS MY BODY ACTUALLY TELLING ME?

YOUR EXPERIMENT TODAY

When a real choice turns up, create a tiny gap before answering. Then notice what your Authority does. (It's on your chart. Circle yours and ignore the rest.)

SACRAL

An immediate gut response — energy toward it, or none for it. Often a sound before it's a sentence.

SPLENIC

A quiet, instant knowing in the now. It tends to speak once, softly, before the mind gets loud.

SELF-PROJECTED

Talk it out with someone you trust, and listen to what you hear yourself say.

LUNAR

Give big decisions around a lunar cycle (about 28 days) and notice what stays consistent.

EMOTIONAL

Clarity comes over time, not in the moment. Let the wave move before you commit.

EGO / HEART

What do you actually want — and do you have the will to commit to it?

MENTAL / ENVIRONMENTAL

Talk it through in the right place with trusted sounding boards. The clarity is in hearing yourself, not in their advice.

YOUR YES

There is no correct answer here. A few honest words count.

INTERNAL BOARD MEETING

☐ Barely there

☐ A bit chatty

☐ Full committee

☐ Standing room only

01 What choice did I notice today?

02 What did my body do before my mind started explaining?

03 What happened when I gave myself permission not to answer straight away?

*emotional authority? your 10pm yes is allowed
to look different at 7am.*

YOUR PATTERNS

Spot where pressure, proving or people-pleasing shapes the choice.

Not every urge is your truth. Some of it is conditioning with a very convincing LinkedIn profile.

Rewriting a text seventeen times. Saying yes and resenting it before you've hung up. Working harder because rest feels suspicious. These aren't character flaws. They're often pressure looking for the quickest exit.

THE HUMAN DESIGN BIT

Open (undefined) centres are where you take in and amplify the energy around you. Over time they can become places of real wisdom. They can also become places where the mind makes decisions to escape pressure, secure love, prove worth or avoid discomfort.

MOVE YOUR ATTENTION FROM
~~WHY AM I LIKE THIS?~~



TO
**WHAT PRESSURE AM I TRYING TO
RESOLVE RIGHT NOW?**

WATCH FOR THE CLASSICS *tick what showed up. no prizes for a full set.*

- | | |
|---|--|
| ☐ Proving. Doing more so you can finally feel valuable. | ☐ Certainty chasing. Forcing an answer because not knowing feels intolerable. |
| ☐ Hurrying. Making the choice just to get rid of the pressure. | ☐ Identity gripping. Choosing what keeps you looking like who you thought you were supposed to be. |
| ☐ People-pleasing. Abandoning your signal so somebody else stays comfortable. | ☐ Emotional avoidance. Fixing, smoothing or performing so nobody feels disappointed. |

You don't need to diagnose which centre caused every thought. **Catching the pressure is enough.**

Of course you learned these. Most of them kept life moving.

YOUR PATTERNS

There is no correct answer here. A few honest words count.

PRESSURE TODAY

☐

A whisper

☐

A nudge

☐

A full-body shove

01 Where did I feel pressure today?

02 What was I trying to prove, avoid, control or secure?

03 If I didn't have to resolve that pressure straight away, what became possible?

YOUR EXPERIMENT

Try one small shift and notice what changes.

This is where Human Design stops being content you consume and becomes something you can try, question and learn from in ordinary life. You don't have to believe it. Test it.

Pick one tiny behaviour. Tiny matters. We're not rebuilding your entire life by sunset.

CHOOSE ONE EXPERIMENT

- ☐ Wait for something to respond to instead of forcing the next move.
- ☐ Say 'let me come back to you' instead of manufacturing an instant answer.
- ☐ Inform before acting, if that's part of your Strategy.
- ☐ Decline one thing your body has been consistently unavailable for.
- ☐ Delay a decision until your Authority has had what it needs.
- ☐ Stop one task when your energy is clearly done, rather than proving you can keep going.

RUN IT CLEANLY

BEFORE

What do I predict will happen?

DURING

What sensations, resistance or relief do I notice?

AFTER

What actually happened — in my energy, the interaction and the outcome?

KEEP IT LOW-STAKES

Choose a situation where trying something different feels workable. The coffee order, not the marriage. Notice resistance *and* relief — both are data.

YOUR EXPERIMENT

There is no correct answer here. A few honest words count.

GOING IN, I FELT

☐

Curious

☐

Nervous

☐

Sceptical

☐

All three

01 The experiment I chose:

02 What I expected:

03 What actually happened:

04 What surprised me:

YOUR NEXT HONEST CHOICE

Take what you noticed and choose one small thing to carry into real life.

Alignment isn't a five-day personality makeover. It's a relationship with your own signals, and it gets stronger because you keep noticing, testing and coming back.

So today isn't about writing twelve new rules. That's the same cage with prettier stationery. It's about choosing **one piece of evidence you trust enough to keep**.

MOVE YOUR ATTENTION FROM
~~HOW DO I DO THIS PERFECTLY?~~



TO
WHAT IS THE NEXT HONEST THING I CAN HONOUR?

LOOK BACK ACROSS THE FIVE DAYS

- 1 What consistently expanded or steadied my energy?
- 2 What did my body know before my mind got involved?
- 3 Which pressure pattern showed up more than once?
- 4 Which small experiment made a noticeable difference?

QUICK NOTES AS YOU LOOK BACK

*Five days won't rewrite decades.
They might show you where to look.*

YOUR NEXT HONEST CHOICE

There is no correct answer here. A few honest words count.

RIGHT NOW I TRUST MY OWN SIGNAL

☐

A little

☐

More than Day 1

☐

Quite a lot, actually

01 The thing I can no longer pretend I didn't notice:

02 One permission slip I'm giving myself:

PERMISSION SLIP

I,

give myself permission to

Signed

03 My next honest choice:

YOUR RAW & UNFILTERED DATA

You just spent five days shifting attention away from mental certainty and towards lived evidence. Keep the useful bits. Bin the performative bits. Repeat whatever teaches you something.

MY ENERGY

I feel more like myself when...

MY BODY

My body tends to signal yes or no by...

MY PRESSURE

I lose myself fastest when I'm trying to...

MY EXPERIMENT

The shift that changed something was...

MY PERMISSION

I don't need to keep...

MY NEXT STEP

For the next seven days I will...

**YOUR CHART ISN'T A NEW AUTHORITY OVER YOU. IT'S
SOMEWHERE NEW TO LOOK.**

If this cracked something open, keep going with your Strategy and Authority. They're not beginner concepts you graduate from. They *are* the experiment.

READY TO GO A LITTLE DEEPER?

Your chart is the doorway.

Your life is the work.

Maybe these five days helped you spot something you can't unsee. The yes you keep talking yourself out of. The work that empties the tank. The version of you that keeps everyone comfortable — except you.

Human Design Raw & Unfiltered opens the conversation. Life Aligned is the deeper room, where we explore how what you're noticing shows up in your decisions, work, relationships, identity and next chapter.

01

EXPLORE YOUR CHART

Make more sense of your Type, Strategy and Authority and the patterns you've been noticing. Bring your real-life questions. No chart-speak exam required.

[START WITH YOUR CHART →](#)

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02

WORK WITH AMANDA

Life Aligned coaching: space to look at what fits now, untangle old expectations and work with the choices actually in front of you. We start with your life, not a version of you that needs fixing.

[READY TO GO DEEPER? →](#)

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You can be curious without committing. Explore the options, bring a question, or keep experimenting on your own. **Your pace gets a vote.**

LESS FORCE. CLEANER CHOICES.
MORE ROOM FOR YOU.

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