

WORK ALIGNED



**What Human Design Tells Us About
The Work We're Meant to Do**

WHAT DOES IT MEAN TO WORK ALIGNED?

Working Aligned means doing the work you were meant to do, honoring your energy, trusting the decisions you make and utilizing your natural gifts and strengths.

One of the main topics discussed in Human Design is Conditioning. Conditioning is what often prevents us from working aligned.

Conditioning is the influence and pressure that we take on our entire lives from the people around us.

Conditioning is the beliefs, thoughts and ideas that make us feel like we're not good enough, that we need to change or that we need to be fixed.

Maybe Conditioning played a major role in the career path that you've chosen or how you define success or in how you have made decisions up to this point in your life.

Identifying and understanding Conditioning helps you to realize that there isn't anything wrong with you and it's not that you aren't enough, you have just been living and working in misalignment.

Over the next 8 days we will go deeper into some of the most helpful areas of Human Design that will help you to identify your Conditioning and ensure that you are on the correct path to doing your most Aligned Work.

How Can Human Design Help You To Work Aligned...

- 1 Does your design support working the standard work schedule?
- 2 Are you interacting with other people in a way that will *create* resistance or *reduce* resistance?
- 3 Are you making decisions by tuning in to your inner guidance? Or are you being distracted by external influences and/or fear that is unintentionally steering you off track?
- 4 When you're feeling worn out and exhausted, do you know the best way to correct that based on your unique energetic blueprint?
- 5 Are you developing your natural gifts and strengths or are you trying to improve or compensate for your weaknesses?
- 6 Do you ever feel guilty that you're not sticking to a routine or having more will power? Do you know if your design supports using willpower?
- 7 Do you understand how you're impacted by the energy of the people around you? Sometimes the energy around us can support us, sometimes it can be challenging.
- 8 Are you familiar with the 9 different types of energy and how you are designed to process and work with each type of energy?

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ANY QUESTIONS?

If you have any questions about
your Human Design send us an
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