

LIVING YOUR DESIGN GUIDE

How To Transform Your Life
In 10 Steps

Human
Design

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Table Of Contents

Living Your Design Guide	3
Keeping A Journal	4
10 Steps To Transform Your Life	5
Freeing Yourself From Conditioning	11
Practice Living Your Design	13
Welcome to the Human Design System	15



Living Your Design Guide

Congratulations, you had your Human Design reading! But looking at your bodygraph and reading about your design is only just the beginning of your transformation. So often people pretend that they want this knowledge and the rich rewards that come with it, but they actually don't.

Many people are looking for a “silver bullet”, a magic incantation, pixie dust if you will. But that's not real life. In real life you have to apply what you learn, you have to act on your knowledge and you have to practice it. Nobody takes one piano lesson and then gives concerts. You can't just sit around and think about something, and then expect results. Life just isn't like that.

KEEPING A JOURNAL

Then of course some people really DO want this information. They do want to understand, to become free and confident. But they aren't sure how to use the information. So with this in mind, I've developed this 10-step action guide to help you every step of the way.



Keeping A Journal

Ralph Waldo Emerson said “...Keep a journal... It is not for what is recorded... but for the habit of rendering account to yourself of yourself in some more rigorous manner and at more certain intervals than mere conversation or casual reverie of solitude require.” Da Vinci and Mark Twain also regularly took pen to paper to review their actions, thoughts and feelings. Even modern celebrities like Jennifer Anniston and Lady Gaga are known to keep journals.

This 10-step action guide utilizes journaling. Journaling uses the same principle behind mindfulness meditation by providing a time and place for you to actively work through the thoughts and feelings behind your behaviors. It's a powerful technique recommended by experts. Why? Because it works. Journaling allows you to pour your heart, mind and soul onto the page and actualize the person you were born to be in alignment with your design.



10 Steps To Transform Your Life

1. Reading your design information is the first step.

The second step is to think about it.

This is a particularly critical step. It's so easy to get caught up in your old ineffective strategies. At first you might want to ignore or disagree with the information or even pretend that you don't understand it.

Nothing in your reading is rocket science. There isn't anything magical about Human Design. It's very practical, pragmatic information that is logical and can be tested.

2. Open your mind up to what it says.

See yourself in the descriptions. Some people won't even think about themselves except in their old way. Entertain these new notions.

Read your Authority a few times. Embrace it. Let it flow into you.

Reflect on your life. Think about decisions you've made in the past. Were they in accordance with your Authority or outside it? What was the result?

Try to remember the times you acted from your Authority. Picture them.

Think about successful and unsuccessful decisions. Really stretch yourself to remember as much as you can.

Compare those times to the Authority that Human Design describes as being yours.

3. Make a point of reading and thinking about some aspect of your design every single day.

It's worth it to keep a daily journal (see Keeping A Journal above).

At the beginning of the day, write down what your Authority is. All day long try to remember it.

Then in the evening reflect on your day. Did you remember your Authority? Note what it was like to try to remember and how well you did.

In the same manner, do your Profile one day, then your Type and then your Definition. Following that, do one of the Centers, one of the Channels, one of the Gates and one of the Lines. Really focus on the material and really focus on your past.



10 STEPS TO TRANSFORM YOUR LIFE



Try to remember situations that resemble what you're reading. Then imagine situations in the future where you might apply this new knowledge.

A significant part of the value in the Human Design System is the process of incorporating the information into your life. In other words, **MAKE IT YOUR OWN.**



4. Do it. Do the exercises. Strive.

Nothing in life that is of lasting value is done with just the snap of your fingers. Everything of real value requires time, effort and dedication. This is your chance to invest effort in the most valuable thing you possess – yourself. Do it. Don't hesitate, look for excuses or worry that it won't work. This system is proven, tried and true – IT WORKS.

5. Read about your design and think about it for a few weeks.

Share it with others only if you feel like it.

After a few weeks, start experimenting with it. Over the course of a day make a concentrated effort to behave according to your Type. Throughout the day stop and monitor yourself. Ask yourself “Am I being true to my Type?” Do this every day for a week.

Then do the same thing for your Authority. Be very careful to make all your decisions based on your Authority.

6. Add this information to your journal.

Write down what you remembered about your Type, when you remembered it and how you felt when you remembered it.

Note if you consciously tried to be your own Type, what that was like and how people responded to you.



7. Start experimenting with other aspects of your design.

Next, pay attention to what happens to you when you're around another person. Try to sense what impact they're having on you via your undefined Centers.

10 STEPS TO TRANSFORM YOUR LIFE

Once you truly grasp that some amount of what you experience isn't coming from you and once you can identify when that's happening, that's when freedom is in your grasp. That's when you suddenly realize "Oh my God, this isn't me. I don't have to act this way, this is coming from outside me!" It's a shock and in many ways it's frightening. In fact, you've been conditioned for years to act out the design of other people. You were tricked into giving up your own freedom simply to satisfy others. **YOU DON'T HAVE TO DO THAT.**



Once you've taken on somebody else's behavior, you become accustomed to it. You don't want to let it go, even though you know it's not working for you. The reason you don't want to let it go is because you don't know what will replace it. The Human Design System changes that. It tells you what to replace it with – your own design, the design you were born with, the design that will work for you because it IS you.



Freeing Yourself From Conditioning

For example, when I had my reading, I heard these words *“You’ve been bounced around on other people’s emotional waves your whole life. One day they’re up, the next day they’re down, one week they’re up, the next week they’re down. And they’re always having that huge ripple effect on you. You’re somebody that’s really been flung around on people’s tidal waves sometimes and it’s just to see it’s never been you, you know that you’ve been caught up in thinking ‘my goodness what’s wrong with me today, I feel like hell.’ It’s actually you just picked up somebody else’s emotional wave.”*

It’s almost impossible to describe the incredible sense of relief that washed over me. Every word of that was utterly true. I’ve spent several years mastering Human Design and I’m still astonished at how easily I can “become” any person I happen to be around. Now, of course, I’m very aware of it and have considerably more control over how I behave because of it.

8. Work with this system every day.

Journal about what it was like when you recognized that you were conditioned by another person. What did it feel like to have that sudden recognition? Did you change your behavior because of it? What did you do?

Practice it and make it yours, and I guarantee you will become a much more satisfied person. You can own your life.



9. Put your design into play in your relationships with other people.

Look at how different the dynamic is between you and person A versus you and person B. Try to be sensitive to those differences. They might be influencing what you feel, what you think and maybe what you say.

Look at another person and (based on how you experience them) try to picture what their chart might look like.

10. Human Design is safe, so relax with it.

Human Design is completely non-judgmental. There's no question of whether or not something in a person's design is good or bad, right or wrong. The behavioral strategies that Human Design describes have been part of the human repertoire for tens of thousands of years. They've lasted so long because they actually work really well.

Much of what your reading describes isn't something you have to do, rather it's something that you're doing all the time. Others respond to your nature because they sense it.



Practice Living Your Design

After you work with this system for a while, you'll be amazed to discover that in some ways you've always known your own design. Of course you have, because you are you. The world has demanded of us that we behave this way and that way, and not do this and not do that simply to accommodate the world.

Okay, when you're a kid you need to learn some of that, the old 'keep your hands to yourself' stuff. Of course, otherwise the world would be bedlam. But what happens when you're an adult? Well, nobody teaches you how to find your way back to you until now. Right now, this very moment you have an amazing opportunity to do just that. Practice living your design and it will belong to you completely because you will know it. You will know who you are and being yourself with authority, with confidence, with enthusiasm will be the easiest thing in the world.

Trust your design and trust life. Whatever comes, you're ready for it.



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Follow me on Instagram [@humandesignsystempro](https://www.instagram.com/humandesignsystempro)

Welcome to the Human Design System

With Human Design, you will gain insight into:

- How your **Type** guides your interactions with others
- How your **Authority** helps you make the right decision
- How your **Profile** affects the way you relate to others

And all the dynamics that impact your **Centers**,
Channels, **Gates** and **Lines**

[Learn more](#)

Experience the empowerment of Human Design through deeper awareness of yourself and others.

The Human Design System is a relatively new, unique and powerful system of knowledge. The modern science of genetics combines with ancient, mystical wisdom to provide a structure for understanding human life. For the first time, you can discover very specific knowledge about yourself, your health, your talents and your vulnerabilities.

With Human Design, you will discover the specific strategies that nature has given you to lead a full and rewarding life. You will discover why other people are in your life and how you've learned to behave in a way that is not you. You will also discover an incredible freedom to make new choices about what you do – choices that will be satisfying.

The most profound insight of Human Design is that it's not about changing who you are, it's simply about recognizing who you've always been.

