



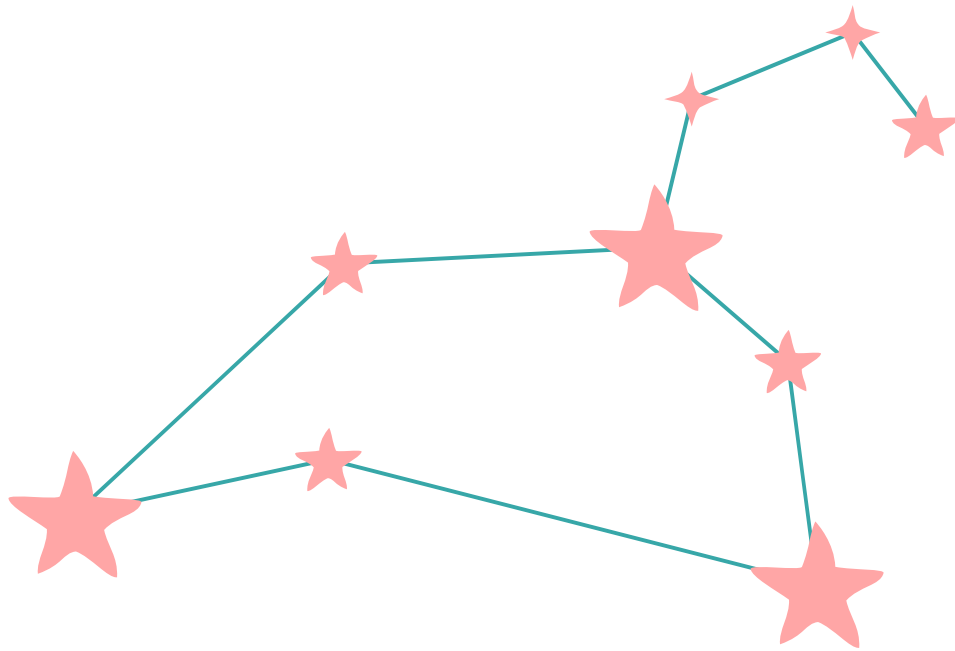
# HUMAN DESIGN

ITSTIMEFORME.IE

# JOURNAL

All contents of this Journal have been written by Caroline Meade of It's Time For Me and are not to be copied or distributed.

I am delighted that you are ready to embark on an introduction to Human Design this month and to utilise this support to help you with the inner work so that you can feel in flow, live as you are really meant to, hear your intuition, listen to your body and make decisions in a way that will best suit your energy.



Before you begin writing in your journal it would be a lovely to safely light a candle and put on some relaxation music. It would also be lovely to close your eyes for a few moments to center yourself. Place your hands on your heart and just breathe in and out until you feel your body and mind are beginning to let go and relax.

To use your journal this month, it would be best to do the following:

1. Get your human chart from the link in the email I sent to you on April 3rd; and
2. Listen to the weekly teachings/guidance in the membership as these will help you navigate through all of this.

### **Let's Begin**

Looking at your Chart please write out the following:

Your Type:

Your Strategy:

Your not self theme:

Inner authority:

Profile:

What parts of your type resonate with you?

What parts of your strategy resonates with you?

When you are in your 'not self' theme how does this impact your life?

When you are listening to your intuition how does it feel?

When you are not, how does it feel?

When you are making decisions that feel perfectly aligned and at the right time how does this make you feel?

When you are not, how does this make you feel?



What centers in your chart are defined and undefined?

Can you resonate with the issues that come from the undefined centers? How does that make you feel?

From everything that you have learned this month it is time now to create a long term structure and strategy that will support you being in your true self more often than not.

My life strategy will be....

My decision making strategy will be...

My strategy to listen to my intuition will be...

