

# **Strategy:** **How To Create Aligned Opportunities**

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# The Basics

## What is strategy in human design?

Our strategy reveals how to create the most aligned opportunities in our lives – in our romantic relationships, careers and beyond. Strategy is a way to eliminate resistance and create more flow in our lives.

# What are the 5 different strategies?

Generators — Wait to Respond

Manifesting Generators — Wait to Respond & Inform

Projectors — Wait to be Invited

Manifestors — Initiate & Inform

Reflectors - Wait to be Invited & Initiated

# Understanding Wait to Respond (Generators)

## What it Means to Wait to Respond

- Your energy is naturally magnetic and always pulling things to you
- The more you say no to what doesn't light you up and yes to what does, the more magnetic you become
- You are here to let life come to you rather than chase after opportunities. e.g. you are meant to wait for something outside of you (a text message, an idea someone shares, a job description, a person) to light up your gut before you commit your energy
- If something shows up in your world and you feel expanded by it, it means you have energy for that thing and it's time to pursue it
- You're meant to be driven by what feels right, not what you think you should do
- You may not know what you want until it shows up in your world
- Your job is to open your awareness, pay attention to what shows up, and wait for the expansive feeling in your gut to guide you
- This does not mean you can't bring your own ideas to life; it simply means you are designed to wait for your gut to light up in response to something before you say yes
- One of your biggest lessons is patience

## Potential Challenges

- Fearing that if you wait for things to come, nothing will happen
- Becoming impatient and rushing into action, or trying to initiate and force
- Not trusting life will come to you
- Letting your mind second-guess your natural gut response
- Getting tunnel vision and become so fixated on an outcome that you don't see the opportunities right in front of you
- Being overly passive, not realizing the role you play in attracting the right things to you
- Confusing waiting to respond with waiting to be invited
- Ignoring your strategy and getting stuck in the wrong relationships or commitments



## Misunderstandings about Wait to Respond

- Your strategy is entirely passive and is about doing nothing.
- You can't bring your own ideas to life, only other people's.
- You can't pursue and make things happen, even when you have a full-bodied yes in your gut.
- You can only respond to specific questions.
- You have to be invited into opportunities.

## How to Apply Your Strategy in Day-to-Day Life

- Open your awareness and see what's showing up in your world
- When something comes, tune into your natural response, e.g. is the opportunity pulling you forward or pushing you away?
- Wait for something to light up your gut before you commit
- While waiting, use your energy in ways you enjoy, trusting the more satisfied you are, the more magnetic you become
- Release commitments that feel draining, trusting it's hard to attract aligned opportunities while using your energy in depleting ways
- If it feels like nothing is coming to you, take inventory of what's already in your orbit that excites you, or put yourself in the traffic of things – events, podcasts, conversations, research – to give yourself more things to respond to and see what sparks you
- Reflect on whether you are becoming so fixated on a specific outcome that you are not seeing the opportunities coming your way
- Know that if you're not getting a clear gut response, you may need more specific things to respond to (e.g. the office space or who you'll be working with if you're considering a job)

How to Apply your Strategy

# Career & Leadership

- Create space to prioritize your joy and do what lights you up, trusting it'll make you magnetic to aligned opportunities
- Pay attention to what shows up in your world, e.g. a job posting, a potential client on Instagram, or an exciting conversation
- When your gut lights up in response to something, pursue that thing and release the need to know where it's all going; your job is to follow your gut and make the right next step
- You may sometimes discover the ideal client or job is not what you expected; what feels right may be different than what you thought you should be doing
- Market, hire and approach your career in a way that you naturally respond to and are lit up by, not in the way you think you should
- Remind your collaborators and team to give you specific things to respond to, e.g. asking you yes/no questions or options
- If you are feeling unsure about an opportunity, have someone close to you ask a specific question around it to help you tap into your natural response (e.g. Does this opportunity feel right to you? Does this feel like the right timing to do it?)

How to Apply your Strategy

# Romantic Relationships

- You are not meant to pursue a romantic relationship until you get a nudge in your gut to explore a dynamic
- Keep your awareness open and pay attention to who you respond to, whether it's on an app or in person; once you feel an expansive feeling in your gut toward someone, it's a signal to pursue them
- Start a conversation and tune into how you respond to their energy
- Remember, the more lit up you are on a daily basis, the easier it will be to attract the right relationships and the more uplifting energy you will bring into any relationship you're part of
- If no one is appearing in your world, give yourself more things to respond to (e.g. going on an app or being social) and do things that light you up to magnetize people your way
- Explore ways of meeting people that you naturally respond to
- Always trust your gut to know whether you are meant to keep exploring a dynamic; it's not about whether someone checks a box, but rather, whether they feel right in your gut
- Release the need to rationalize why someone is or is not right for you; go with what feels right

How to Apply your Strategy

# Nurturing Existing Relationships

- Have someone communicate with you in a way that draws out your gut response, e.g. have them ask you specific yes/no questions like: do you want to cook at home or go out for dinner?
- If they ask you an open-ended question and you don't have a clear gut response, let them know it's not that you don't have an answer, you just need to be communicated to in a different way
- Encourage them to be proactive in giving you things to respond to
- If two Generators (or Manifesting Generators) are in relationship, one can give the other options and then the other can throw the same options back at them to elicit their natural response
- Have those close to you pay attention to when you are speaking from your gut (e.g. this feels right) versus speaking from your mind (e.g. I think I should do this because this might happen); have them remind you to drop into your gut
- Let them know the importance of you honoring your gut feeling, even in the moments they don't like what your gut is saying
- Remind them if it's not a full-bodied yes for you in your gut, it doesn't benefit them either

## How to Support and Guide Those with this Strategy

- Ask them yes/no questions as a way to help them bypass their mind and drop them straight into their gut
- Listen for and feel their gut response
- Notice if they're hesitating, and check in on whether it's a strong gut yes or not
- Notice when they are rationalizing a decision versus when they are speaking from a deeper gut knowing within them
- Remind them to follow the breadcrumbs of their gut response; their only job is to know the next right step
- Encourage them to trust what they naturally respond to and have the energy for
- Remind them it's less about how they think things should be and more about what life actually is bringing into their world
- Don't ask them to explain their decisions; instead, trust their gut feeling

## How to Support Children with This Strategy

- Ask them yes/no questions or give them either/or options
- Don't put pressure on them to know anything until they're asked
- Present them with options to respond to; this allows them to tune into their gut and say yes or no to what's being presented
- Listen to the noises they make and observe how their body responds to what you present
- Encourage visceral grunts or squealing rather than quieting them down — that's often their gut responding
- Don't ask them to explain their decision or question their response
- Become a force that helps them connect to and trust their gut
- A yes in their gut may look like their body moving forward, nodding, a rising of energy, grunting, excitement, enthusiasm or an expansive feeling within them
- A no may look like their body contracting away, a sigh, a deflated, exhausted feeling, or a discomfort in their belly

## Examples of This Strategy in Action

- You see a job posting and your gut lights up in response to the opportunity, so you apply and pursue it
- You are trying to decide what to eat for dinner. You have your friend give you specific options, so you can tune into your gut to see what feels right. Or, if you are at a restaurant, you ask the server what they recommend, so you can see if any of those options light you up
- You are at an event and you see someone across from the room that you feel a pull towards. You trust this as a signal to go initiate a conversation, even though you don't know the connection will take you. You trust your gut is pulling you towards them for a reason



# **Understanding Wait to Respond & Inform (Manifesting Generators)**

## What it Means to Wait to Respond & Inform

- Your energy is naturally magnetic and always pulling things to you
- You are here to let life come to you rather than chase after opportunities. e.g. you are meant to wait for something outside of you (a text message, an idea someone shares or a job description) to light up your gut before you commit your energy
- You're designed to be driven by what feels right, not what you think you should do
- You may not know what you want until it shows up in your world
- Your job is to open your awareness, pay attention to what shows up, and wait for an expansive feeling in your gut
- You may find it's helpful to pay attention to your initial gut response and then visualize the possibility of actually taking action on it to confirm it feels right in your gut before you commit your energy
- Once you get a clear gut response, you can go after something and make it happen powerfully (you bring the power of a Manifestor together with the patience and surrender of a Generator)

## What it Means to Wait to Respond & Inform (cont.)

- Remember that things can change for you, e.g. you may feel excited when an opportunity first comes and then the excitement dissipates the day of; stay connected to your gut and give yourself permission to course correct as you go
- You may find it's helpful to not commit your energy too far into the future; see how things change and how your excitement evolves from you were first introduced
- You may find that keeping people in the loop can minimize resistance in bringing ideas to life — this means reflecting on the people your decision will impact and letting them know before you act
- Informing is not about explaining yourself; it's simply giving the most important people a heads up before you fly
- While informing may feel like it slows you down, it's meant to stabilize the energy around you and help you bring your ideas to life with more ease

## Potential Challenges

- Fearing that if you wait for things to come, nothing will happen
- Becoming impatient and rushing into action, or trying to initiate and force
- Not trusting life will come to you
- Letting your mind second-guess your gut feeling
- Getting tunnel vision and become so fixated on an outcome that you don't see the opportunities right in front of you
- Being overly passive, not realizing the role you play in attracting the right things to you
- Confusing waiting to respond with waiting to be invited
- Not shifting direction quickly enough or giving yourself permission to course correct
- Feeling guilty and continuing to commit your energy to something, even when your gut is no longer giving you a yes
- Ignoring your strategy and getting stuck in the wrong relationships or commitments

## Misunderstandings about Wait to Respond & Inform

- Your strategy is entirely passive and is about doing nothing.
- You can't bring your own ideas to life, only other people's.
- You can't pursue and make things happen, even when you get a full-bodied yes in your gut.
- You can only respond to specific questions.
- You have to be invited into opportunities.
- You are flaky for shifting direction or course correcting.
- Informing will slow you down.

## How to Apply Your Strategy in Day-to-Day Life

- Open your awareness and see what's showing up in your world; when something comes, tune into your natural gut response
- While waiting, use your energy in ways you enjoy, trusting the more satisfied you are, the more magnetic you become
- Release commitments that feel draining, trusting it's hard to attract aligned opportunities while using your energy in depleting ways
- Once you get an initial response, visualize the possibility to see if it still lights up your gut; wait for a clear response before you commit
- Reflect on who will be impacted by your decision and give them a heads up before you act
- Give yourself permission to pivot when your excitement level changes
- If it feels like nothing is coming to you, take inventory of what's already in your orbit that excites you, or put yourself in the traffic of things (e.g. podcasts, conversations) to see what sparks you
- Reflect on whether you are becoming so fixated on a specific outcome that you are not seeing the opportunities coming your way
- Know that if you're not getting a clear gut response, you may need more things to respond to

How to Apply your Strategy

# Career & Leadership

- Create space to prioritize your joy and do what lights you up, trusting it'll make you magnetic to aligned opportunities
- Pay attention to what shows up in your world, e.g. a job posting, a potential client on Instagram, or an exciting conversation
- When your gut lights up in response to something, visualize the possibility of doing that thing; if it continues to light you up, pursue that thing and release the need to know where it's all going
- Give people a heads up about the direction you're moving
- Give yourself permission to pivot along the way
- You may sometimes discover the ideal job is not what you expected; what feels right may be different than what you thought it'd be
- Market, hire, sell and approach your career in a way that you are lit up by and naturally respond to
- Remind your collaborators and team to give you specific things to respond to, e.g. using yes/no questions or options
- Inform people of how you best work, so they know how to support you
- If you are feeling unsure about an opportunity, have someone close to you ask a specific question around it to drop you into your gut (e.g. Does this opportunity feel right to you? Does it feel right to pursue it now?)

How to Apply your Strategy

# Romantic Relationships

- You are not meant to pursue a romantic relationship until you get a nudge in your gut to explore a dynamic
- Keep your awareness open and pay attention to who you naturally respond to; once you feel an expansive feeling in your gut toward someone, it's a signal to pursue them
- Begin a conversation and tune into how you naturally respond to their energy
- Remember, the more lit up you are on a daily basis, the easier it will be to attract the right relationships
- If no one is appearing in your world, give yourself more things to respond to (e.g. going on an app or to an event) and do things that feel exciting to help magnetize more people
- Explore ways of meeting people that feel right for you
- Always trust your gut to know whether you are meant to keep exploring a dynamic; it's not about whether someone checks a box, but rather, whether they feel right in your body
- Release the need to rationalize why someone is or is not right for you; go with what feels right
- Keep people in the loop about what you're feeling



How to Apply your Strategy

# Nurturing Existing Relationships

- Have someone communicate with you in a way that draws out your gut response, e.g. asking you specific yes/no questions
- If they ask you an open-ended question and you don't have a clear gut response, let them know it's not that you don't have an answer, you just need to be communicated to in a different way
- If two Manifesting Generators (or Generators) are in relationship, one can give the other options and then the other can throw the same question back at them to elicit their gut response
- Have those close to you pay attention to when you are speaking from your gut (e.g. this feels right) versus speaking from your mind (e.g. I think I should do this because this might happen)
- Let them know trying on and letting go of things is part of your process
- Encourage them to check in with you when they notice your energy is dwindling for something (e.g. do you still have the energy for this?)
- Keep one another informed and in the loop
- Let them know the importance of you honoring your gut feeling, even in the moments it's not what they want to hear; remind them if it's not a full-bodied yes for you, it doesn't benefit them either

## How to Support and Guide Those with this Strategy

- Ask them yes/no questions as a way to help them bypass their mind and drop them straight into their gut
- Listen for and feel their gut response
- Notice if they're hesitating and check in on whether it's a strong gut yes or not
- Notice when they are rationalizing a decision versus when they are speaking from a deeper gut knowing within them
- Allow for their excitement to evolve and honor their need to pivot and course correct as they go
- Remind them to follow the breadcrumbs of their gut response
- Encourage them to trust what they naturally respond to and have the energy for
- Remind them it's less about how they think things should be and more about what life actually is bringing into their world
- Don't ask them to explain their decisions; trust their gut feeling
- Be a safe space for them to take honest inventory of what in their life they have energy for and what they don't

## How to Support Children with This Strategy

- Ask them yes/no questions or give them either/or options
- Don't put pressure on them to know anything until they're asked
- Present them with options to respond to; this allows them to tune into their gut and say yes or no to what's being presented
- Listen to the noises they make and observe how their body responds to what you present
- Encourage visceral grunts or squealing rather than quieting them down — that's often their gut responding
- Don't ask them to explain their decision or question their response
- Become the force that helps them connect to and trust their gut
- Give them space to experiment and shift direction when they need
- Build a strong relationship of keeping one another in the loop
- A yes in their gut may look like their body moving forward, nodding, a rising of energy, grunting, excitement, enthusiasm or an expansive feeling within them
- A no may look like their body contracting away, a sigh, a deflated, exhausted feeling, or a discomfort in their belly

## Examples of This Strategy in Action

- You see a job posting and your gut lights up in response to the opportunity, so you pursue it; as you get more information about what the job entails, your excitement dissipates and you realize it's not for you
- You had a vision of your ideal client and built an entire business for them, yet it wasn't flowing and you encountered lots of resistance. Then, a client you never expected came to you and just felt so right, so you started building for them. Things began to flow
- You are trying to decide what to eat for dinner. You have your friend give you specific options, so you can tune into your gut feeling to see what feels right
- A project showed up at work and lit you up, so you pursued it. Yet after a few months, you could feel your energy being pulled away to something new, so you let your collaborators know and handed it off. You trust that when it no longer feels right for you, it's best for everyone that you honor your gut

# **Understanding Wait to be Invited (Projectors)**

## What it Means to Wait to Be Invited

- You are designed to be invited by others before offering your guidance and energy rather than chasing or initiating
- Your energy is powerful and your guidance precious; an invitation is a tool to protect your energy and ensure you share your guidance with people ready to receive your wisdom
- A sense of appreciation and recognition will let you know if an opportunity or relationship is right for you
- An invitation lets you know there is space in someone's energy for your wisdom to land and that they are going to take your guidance seriously
- It is natural to want to share what you see but without an invitation, you may experience resistance
- Know your energy is powerful and does the talking; when you relax and sit back, often the right people will notice and come to you
- Just because you're invited doesn't mean it's right for you; pay attention to where you feel authentically recognized and seen
- The right recognition and invitations give you energy whereas the incorrect ones drain your energy

## What it Means to Wait to Be Invited (cont.)

- The most important places to be invited are when you are sharing your gifts, cultivating relationships — romantic, friendship, business and beyond — and choosing who to live with
- You don't need an invitation to start a business or make something
- Invitations can expire; if an invitation feels like it's lost its energy, it often means it's time for a conversation or time to move on
- Invitations can be formal or energetic; it's a feeling that your energy is being requested
- While waiting for an invitation, it's best to dedicate yourself to what you love; when you hone your gifts, people start to feel your value and that you have something to share
- When you recognize your own value and are no longer dependent on others to affirm your worth, that's when recognition comes
- People cannot invite you in unless they see you; consider ways to make yourself visible and share about your work in an authentic way, so people can find you (e.g. social media, community, former colleagues, events, newsletters)

## Potential Challenges

- Saying yes to the wrong kind of recognition and settling for the wrong kind energy exchange
- Saying yes just because you're invited
- Sharing unsolicited advice and feeling bitter that they don't act on it or it doesn't land
- Sharing everything you see and ignoring the receptivity of your audience
- Feeling unbalanced because you are spending all your time sharing your gifts, and you're carving out little space to learn and for your wisdom and gifts to improve
- Feeling like you have to go make things happen
- Trying to initiate and force



## Misunderstandings about Wait to Be Invited

- You need to be invited for everything.
- You're meant to say yes to every invitation that comes your way.
- Any kind of recognition is sufficient; it doesn't matter how deep it is or how it makes you feel.
- You are meant to be entirely passive and this strategy requires no effort on your part.
- Your strategy is rigid and there's no space to play with it.

## How to Apply Your Strategy in Day-to-Day Life

- Reflect on where you already feel the most invited and seen for you who you are; invest more energy there
- When you see how things could be fixed, practice waiting to be invited before taking action and guiding others
- If you want to share, you can always ask: “I have some feedback. Do you want to hear it?” This gives people a chance to opt in
- Begin to attune to those around you and pay attention to who sees you clearly and is seeking out your advice
- Take the time to recognize your value; pay attention to what you’re good at and what you see (remember, when you see your gifts, people pick up on the fact that you know things)
- While waiting, invest energy in cultivating your passions
- Make it your job to be courageous and make yourself visible, sharing in authentic ways about who you are and what you do; not everyone will resonate, but the right people will
- Outside needing an invitation around sharing your gifts and choosing your relationships, allow your authority to guide where you commit your energy

How to Apply your Strategy

# Career & Leadership

- Take the time to cultivate mastery and dive deep into your craft
- Recognize how valuable and needed your gifts are, even when they are different than those around you
- Rather than pitching, consider ways to make yourself visible
- Courageously share your offerings with the world, e.g. online, in community or with friends, with former colleagues, at events
- If you feel inspired to reach out to someone, experiment with letting them know you exist rather than try to sell yourself; give them something to respond to
- Apply to a job if you feel drawn, but make sure you feel deeply recognized before saying yes
- Invest your energy in the collaborators that make you feel seen and appreciated for your unique gifts
- Carve out one-on-one time with those you work with; create space to recognize them and be recognized by them
- Remember that just because an invitation comes doesn't mean it's right for you; make sure you feel deeply seen
- If you start to feel bitter, have a conversation to see if the invitation can be renewed, or whether it's time to go

How to Apply your Strategy

# Romantic Relationships

- It is important to feel recognized and invited when entering a new relationship, whether it's a formal invitation or a sense of energetic recognition
- Put yourself out there if you're inspired and pay attention to who you feel authentically seen by
- If you feel an energetic invitation, lean in
- An invitation may look like curiosity, lots of questions that feel good, an appreciation for who you are, and a sense of reciprocity
- Always remember to honor the natural ebbs and flows of your energy in relationship and release the need to keep up with anyone else; take time alone whenever you need it
- If it's a relationship between Projectors, you can invite each other in

How to Apply your Strategy

# Nurturing Existing Relationships

- Let them know how important authentic recognition is to you — not generic recognition, but recognition that feels very specific to you; it's so important you feel appreciated and seen for who you uniquely are
- It's healthy for them to offer you words of affirmation
- It's healthy for them to actively invite you in to contribute and do things with them
- In group gatherings, it may feel good for them to invite in your magic and create space for others to see you
- It may feel good for them to initiate conversations with you and help you reflect on where feel most seen and where you are still investing your energy in those who don't yet see you
- It may feel good for them to remind you of your magic, especially in the moments when you're doubting yourself

## How to Support and Guide Those with this Strategy

- When you recognize something special in them, let them know and specifically share what you like, admire or appreciate in them
- Create clear invitations for them to share their gifts
- Support them in refining their gifts and create opportunities for them to do so
- Invite in their perspective often, reminding them how much you value and treasure their perspective
- Facilitate opportunities for them to share their gifts with the world
- Give them space to be in their own process
- Ask them open-ended questions, giving them space to reflect
- Create moments for them to reflect on opportunities and relationships where they feel seen or where they are feeling consistent bitterness

## How to Support Children with This Strategy

- Recognize them for their unique gifts (remember, specific recognition is best, e.g. I love the way you did this specific thing)
- Offer words of affirmation
- Trust they will excel and flourish when they feel the right recognition, and they will be energized by it
- Invite them into experiences and make it known you desire them to be there
- Ask open-ended questions
- Go deep with them and have meaningful conversations
- Celebrate who they are
- Don't expect them to initiate, don't make them fight for attention, don't brush off what they're saying, and never hold back on celebrating them

## Examples of This Strategy in Action

- You see how someone could do something better, but they haven't asked for your advice. Instead of blurting out what you see, you hold back and preserve your energy by saving your guidance until they are ready and receptive to hear it. You can also always say, "I have a perspective I'd love to share. Are you open to hearing it?"
- You are launching a new practice. Rather than doing nothing, you choose to make yourself visible, sharing your new practice on social media, with former colleagues and your community. You don't expect it to resonate with everyone, but you know letting yourself be seen will help magnetize the right invitations
- You meet someone new and feel deeply drawn to them. You feel seen in their presence and you feel invited to be yourself. You trust the energetic invitation from them, so you lean into the dynamic and explore your connection with them



# Understanding Initiate & Inform (Manifestors)

## What it Means to Initiate & Inform

- You don't need any indication from the outside world to spur action; you are meant to initiate and follow the urges that arise within you (an urge is a desire to do something that arises out of nowhere)
- It is important to create space for rest as it's often during rest that the new ideas or inspirations will come to you; if you are overzealous and working all the time, you make yourself unavailable for new urges to come
- You may find informing helps you bring your ideas to life with more ease and less resistance
- Informing is about keeping people in the loop and letting people know what you're going to do before you do (inform after you've made a decision, before you act on it)
- Informing is not about asking for permission or explaining yourself; it's about giving people a heads up before you fly
- It's about giving people a peek into your process while you remain in control

## What it Means to Initiate & Inform (cont.)

- Informing allows the right people to be inspired by you and to align with your vision
- Informing makes the people around you feel respected and creates more trust in your relationships
- While informing often feels unnatural, you may find when you experiment with it, the difference it makes is profound and it allows you to make things happen with more ease
- It can be helpful to inform even when you choose to not do something too
- It's healthy to have others inform you back and to create a reciprocal relationship of informing
- Your impact will be felt either way; informing just lets the right people feel like they're part of your journey

## Potential Challenges

- Not informing because you fear you'll be misunderstood or controlled
- Feeling like the timing is off because you initiated, but didn't inform, so you are now facing resistance
- Becoming overly passive and waiting for things to come to you
- Taking it personally if people don't get you or your visions
- Not taking sufficient rest and creating little space for new inspirations or ideas to come
- Being overzealous and getting lost in over-doing
- Sticking with things for too long rather than trusting your gift is initiating, not the sustained doing to keep the idea alive
- Shutting down your urges and becoming angry

## Misunderstandings about Initiate & Inform

- You have to inform everyone of what you're doing.
- You have to initiate everything all the time.
- Informing requires that you explain and justify the decisions you're making.
- Informing slows everything down.
- You have to do it all alone.

## How to Apply Your Strategy in Day-to-Day Life

- Honor the natural ebbs and flows of your energy; trust it's often in the rest that the new inspirations will come
- When an urge arises, reflect on who will be impacted by the decision; give them a heads up, and then move into action
- Trust that while informing is not natural, it's a practice worth honing
- Practice informing in small ways (e.g. I'm coming home late or I'm leaving the room) as a way to begin to see its impact
- If you are struggling to initiate, practice initiating in small ways (e.g. a gathering or a project you feel drawn to) as a way to remember your capacity; this allows you to scale up to initiate in bigger ways
- Reflect on where you are not acting on your urges and initiating
- Reflect on where you have held yourself back from initiating simply because you've never seen it done that way before; remember, you're here to be the first and to do things differently
- If you're launching a new project and desire support, remember to inform people of what you're up to, so the right people can corral around the idea
- Remind those close to you that as important as it is for you to inform, it's equally important to be informed back

How to Apply your Strategy

# Career & Leadership

- When an urge arises within you, move into action
- Release the need to know where the urge is taking you; trust the fact that it came to you is enough reason to follow it
- Consider who will be impacted by your decisions (e.g. collaborators or clients) and give them a heads up before you fly
- When possible, delegate the responsibilities or tasks you no longer have energy for, trusting your gift is getting things off the ground; doing this will free you up to initiate the next thing
- Remember, you're here to initiate; if you don't feel free or empowered in your work, initiate opportunities to make it so
- Initiate ways of working that give you freedom and space to be in your own flow; inform collaborators of how you work best
- Ideally, make things happen when you feel inspired and the energy is there, and then take rest when you need, creating space for the next idea to come through
- Release the need to do your career in a way anyone else is
- Build strong, intentional channels of communication with your collaborators (e.g. building a relationship of keeping each other in the loop rather than one of micromanaging)

How to Apply your Strategy

# Romantic Relationships

- If you feel an urge to initiate a connection, go ahead and make the first move — let them know what you want
- Remember, this doesn't mean you have to initiate all the time, but it's healthy to make the first move
- Make sure you are showing up from a place of authenticity and courage as you enter into a dynamic, not people pleasing
- Make sure your powerful nature is respected and honored, not controlled
- Stay in a flow that feels right for you and give yourself permission to do things in your own way, even if they do it differently
- Communicate often and keep potential partner(s) informed of what you're choosing and when; this will put them at ease and give you a sense of peace
- Ask them to inform you back and keep you in the loop
- Take space and time alone when you need it, always making sure your need for time alone is honored



How to Apply your Strategy

# Nurturing Existing Relationships

- Remind those close to you of the importance of being reminded of your power and impact
- Remind them of your need for someone who emboldens and inspires you, not someone that constricts and holds you back
- Ensure they honor the ebbs and flows of your energy and honor your need for time alone rather than making you wrong for it or taking it personally
- Build a strong relationship of informing in small and big ways (e.g. rather than them asking you to go get coffee, it may be best for them to let you know you're out of coffee, giving you a chance to respond on your own terms, or they can let you know they're ordering dinner and you choose how best to respond)
- Ensure they support you in following your urges, initiating and leading the charge when you're inspired
- Let them know when you want them to take the lead; make sure you create this space to receive too

## How to Support and Guide Those with this Strategy

- Don't pester them with questions, especially if you notice they aren't enjoying it
- Don't try to guide them if they're not desiring your guidance
- Inform them of what's happening and keep them in the loop
- Create a safe haven within your relationship for them to reconnect to their power; remind them of it often
- Remind them of their impact, how they've impacted you and the world around them
- Give them the freedom to be in their flow and set the terms of how they do things and when
- Be aware of how brave it is to make the first move and be the first
- Let them lead and when they ask you to lead, take charge
- Don't take the ebbs and flows of their energy personally or make it about you; be with them when they're inspired and honor their need for time alone when they need it

## How to Support Children with This Strategy

- When they are young, their strategy is more about learning to ask for permission than informing
- Create clear expectations and healthy communication, so they feel comfortable asking for what they want when they want it; create a safe space for them to tell you what they want without having a power struggle
- If you're giving them a no, explain why
- Create opportunities for them to lead the charge
- Respect their perspective and accept their nos
- Keep them informed of your plans and what you're choosing, e.g. let them know you're doing something to see if they want to join
- Help them discover their own power and realize their impact
- Do your best to not pester them, assume they'll operate like you, get in the way of their flow or make them do something they don't want to do
- Ask for permission, e.g. asking if you can join them in their room rather than barging in and assuming they want you

## Examples of This Strategy in Action

- You decide to go on a spontaneous trip. Rather than assuming those close to you are fine not knowing, you text and let them know. You know friction builds when people are uninformed, so you proactively keep your most important people in the loop
- You desire to move in a new direction on a project. Rather than just going for it, you let your collaborator know your new direction, giving them a heads up before shifting course
- An urge arises to initiate a new project. Rather than talking yourself out of it, you take action and pursue it, without knowing exactly how it will manifest or unfold
- Rather than just leaving the house without letting your partner(s) know, you give them a heads up that you'll be leaving and be back soon

# **Understanding Wait to Be Invited & Initiated (Reflectors)**

## What it Means to Be Invited & Initiated

- Because your perspective and wisdom are so precious, it's best to be initiated and invited by others before sharing your wisdom and gifts
- You carry such unique gifts and when they are recognized and appreciated by others, you will shine; it's best to share your wisdom with those who recognize how powerful it is
- A sense of recognition will let you know if an opportunity is right for you, who appreciates your uniqueness, and who is available to be transformed by your wisdom
- One of the most powerful strategies to make yourself available for the right opportunities is to plant yourself in the right spaces (e.g. home, city, office); being in the right space opens you up to the right opportunities, invitations and experiences
- If the environment feels good, you're in the perfect place; the more you allow yourself to be in the right place, the more things will flow

## What it Means to Be Invited & Initiated (cont.)

- Your sensitivity to space is because you amplify the energy you're around, so be intentional and surround yourself by energy that you desire to amplify
- Once an opportunity or invitation comes, it's healthy to take time to feel into things over the course of a month to confirm it's right for you
- In the waiting time, it's best to reflect on and talk the decision out with people you trust in spaces that feel good
- Taking time to reach clarity gives you space to disentangle your desires from the desires of those around you, and for you to land in what truly feels right

## Potential Challenges

- Trying to seek attention and initiate opportunities rather than trusting the right people will see you
- Settling for opportunities where your uniqueness is not recognized or honored
- Being in the wrong spaces with the wrong people and feeling drained of your vitality
- Not realizing the role of space in making you available for the right opportunities
- Feeling pressured and rushing into decisions rather than taking the time to confirm they're right for you



## Misunderstandings about Be Invited & Initiated

- It is entirely passive and you can't be proactive in creating opportunities.
- Your strategy is simply about waiting for clarity rather than creating opportunities.
- Being in the right space is a nice to have rather than an essential piece.
- A sense of recognition and invitation is unimportant.
- You must wait 30 days for every decision.
- There is nothing proactive you can do to help you process while you're seeking clarity.

## How to Apply Your Strategy in Day-to-Day Life

- Wherever you go, start to notice how a space feels in your body, trusting being in the right space aligns you with the right people, opportunities and experiences
- Pay attention to which spaces feel best; invest energy there
- Whenever a space doesn't feel good, give yourself permission to go
- Proactively put yourself in spaces and around people that carry the energy you desire to amplify
- Reflect on where in your current jobs and relationships, you feel recognized and invited to be yourself; invest more energy there
- When an opportunity emerges to share your gifts with the world, take the time to feel into it to assess it's right for you before you commit; remember, you shine when people see and invite in your uniqueness
- Give yourself permission to move at your own pace and process in a way that works for you
- Remind yourself often that you bring such a unique and needed perspective and energy to the world

How to Apply your Strategy

# Career & Leadership

- Plant yourself in offices, communities and working spaces – online and offline – that feel good; by doing this, you make yourself available for the most aligned opportunities to show up
- Choose collaborators that feel good to be around; remember, you take in and amplify their energy, so be intentional about the energy you want to take in and magnify
- Pay attention to which opportunities make you feel the most cherished, recognized and seen for your wisdom and perspective
- Pay attention to which opportunities support you in honoring the natural ebbs and flows of your energy and expression
- When an opportunity arrives, always take the time to feel into an opportunity to confirm it's right for you; give yourself space to talk it out with people you trust
- When a sudden knowing drops in that it's right for you after you've given yourself space to process, trust that knowing and follow it
- Always move at your own pace in decisions rather than getting lost in others' pressure or urgency
- Release the pressure to choose opportunities or make decisions in the way others are doing

How to Apply your Strategy

# Romantic Relationships

- It is important you to feel invited in and deeply recognized for your uniqueness by potential partner(s)
- Start by investing your energy in online and offline spaces that feel good as a way to make yourself available for the right people
- Lean into the relationships where you feel appreciated
- Remember, you magnify the energy of the people you're around, so choose partner(s) that feel good to be around, whose energy you enjoy taking in
- Honor your sensitivity to physical space as you date, e.g. if a cafe doesn't feel good for a date, go to one that does; it'll be easier to have the most aligned experiences when you're in the right space
- Always build in plenty of time and space to be in your own energy
- Take your time entering into a relationship, giving yourself space to feel into them over time and to feel into your own feelings about the dynamic while in your own energy

How to Apply your Strategy

# Nurturing Existing Relationships

- Remind those close to you about your sensitivity to your physical space and the power of them creating opportunities for you to be in spaces you love
- Remind them of your uniqueness and the importance of feeling your perspective is recognized and appreciated by them
- Remind them of how differently you operate and to release any expectation for you to operate like them
- In group gatherings, it may feel good for them to invite in your magic and create space for others to see you
- It may feel good for them to help you reflect on where feel most seen and which spaces feel good and where you are investing your energy in people and spaces that don't feel right
- It may feel good for them to remind you of your magic, especially in the moments when you're doubting yourself
- Encourage them to ask you open-ended questions to give you a chance to reflect and talk things out
- Let them know you need time and space alone to feel into things and to not rush you

## How to Support and Guide Those with this Strategy

- Recognize and appreciate how unique, rare and magical their presence and wisdom are; remind them of it
- Actively invite in their perspective and treasure it
- Create opportunities for them to share their magic with the world
- Honor their sensitivity to physical space and stay attuned to how a space feels to them; if it doesn't feel good, leave and find a space that does feel good
- Encourage them to take their time with decisions
- Support them in spending time with people that feel good, and take good care of your own energy
- Release any expectation that they are consistent; meet them where they are
- Encourage them to do things their own way, in their own rhythm
- Be a safe container for them to verbally process and talk things out to reach clarity

## How to Support Children with This Strategy

- Ask them open ended-questions and provide opportunities for them chance to talk things out; be a safe container for them to verbally process
- Give them ample time to process decisions; be patient and don't rush them
- Bring up a variety of topics and conversations, giving them a chance to explore the many different parts of themselves
- Bring them to spaces you know they love
- Expose them to different spaces and people to see what resonates most with them
- Always ask them how a space feels, e.g. checking in about how a sleeping space feels or classroom feels
- Honor their process, even when it's different than yours
- Let them know how much you appreciate and treasure them
- Create opportunities for them to share their magic and wisdom with the world

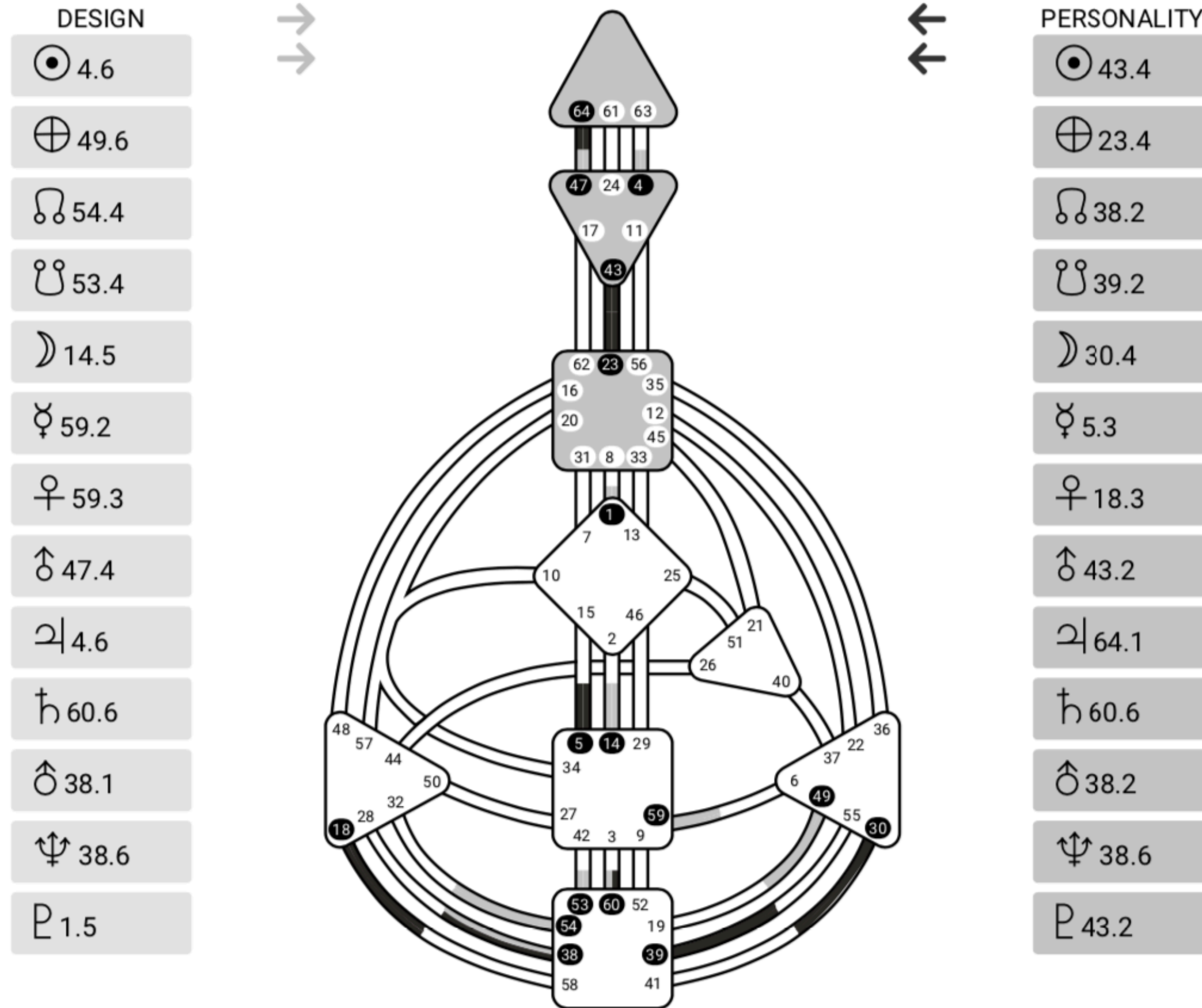
## Examples of This Strategy in Action

- You are looking at a situation and see what could be made better. Instead of blurting it out, you check in on the receptivity of your audience to make sure they're ready to receive your wisdom. You know you have a gift for seeing things others don't and you preserve your energy by sharing your wisdom only with the people who value it
- Someone invites you to get together and you go to a restaurant, but once you arrive, you realize it doesn't feel right. Rather than forcing yourself to stay, you suggest going to another restaurant you know you love. You know it'll be much easier to have the most aligned experience when you're in a space that feels good
- You're assessing whether a collaboration is correct for you. Rather than jump into it, you give yourself ample time to talk it out to make sure the collaboration feels right. You explore how the person feels, how the space feels that you'll be collaborating in, and you only jump in once you've confirmed the opportunity continues to feel right over time



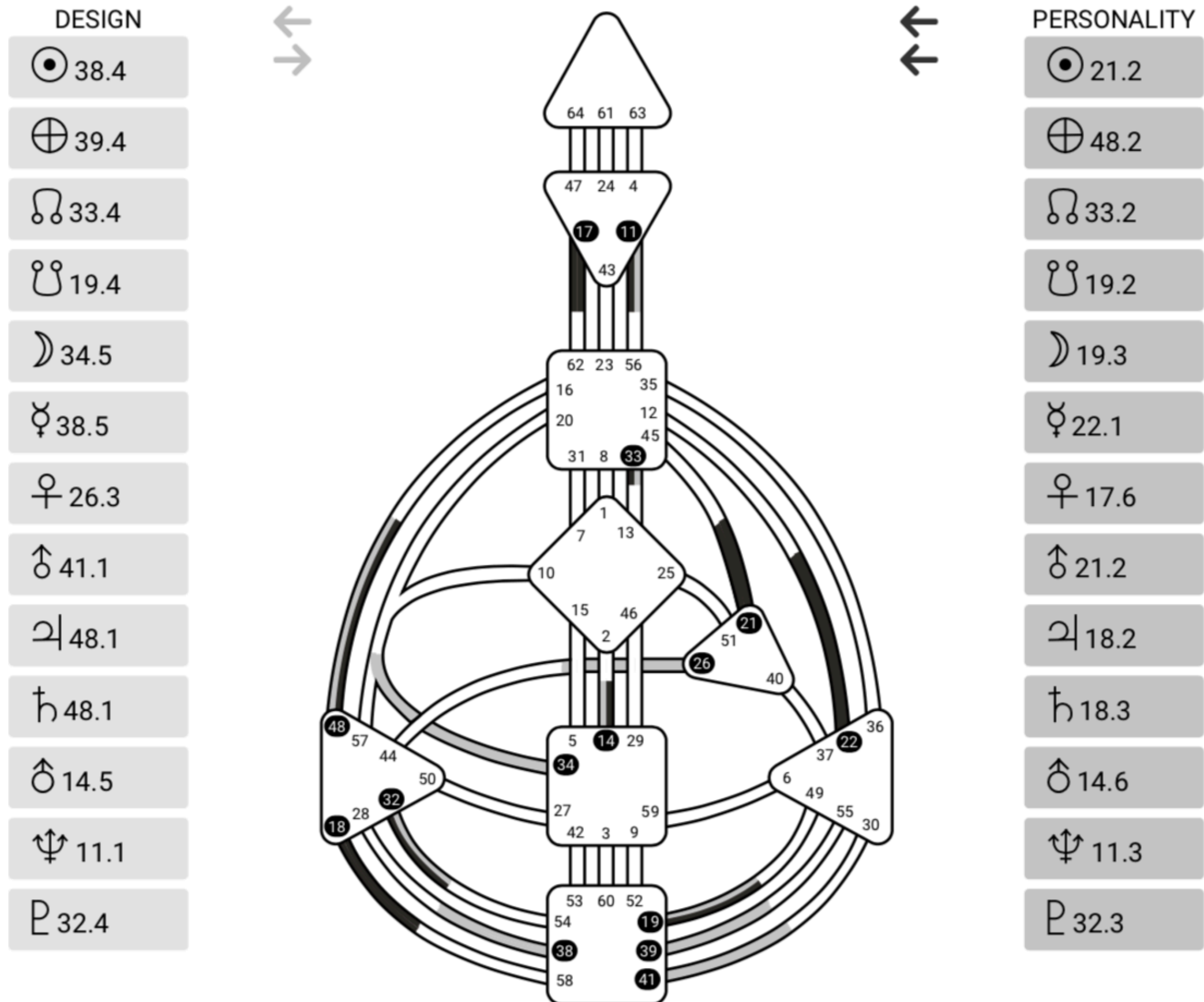
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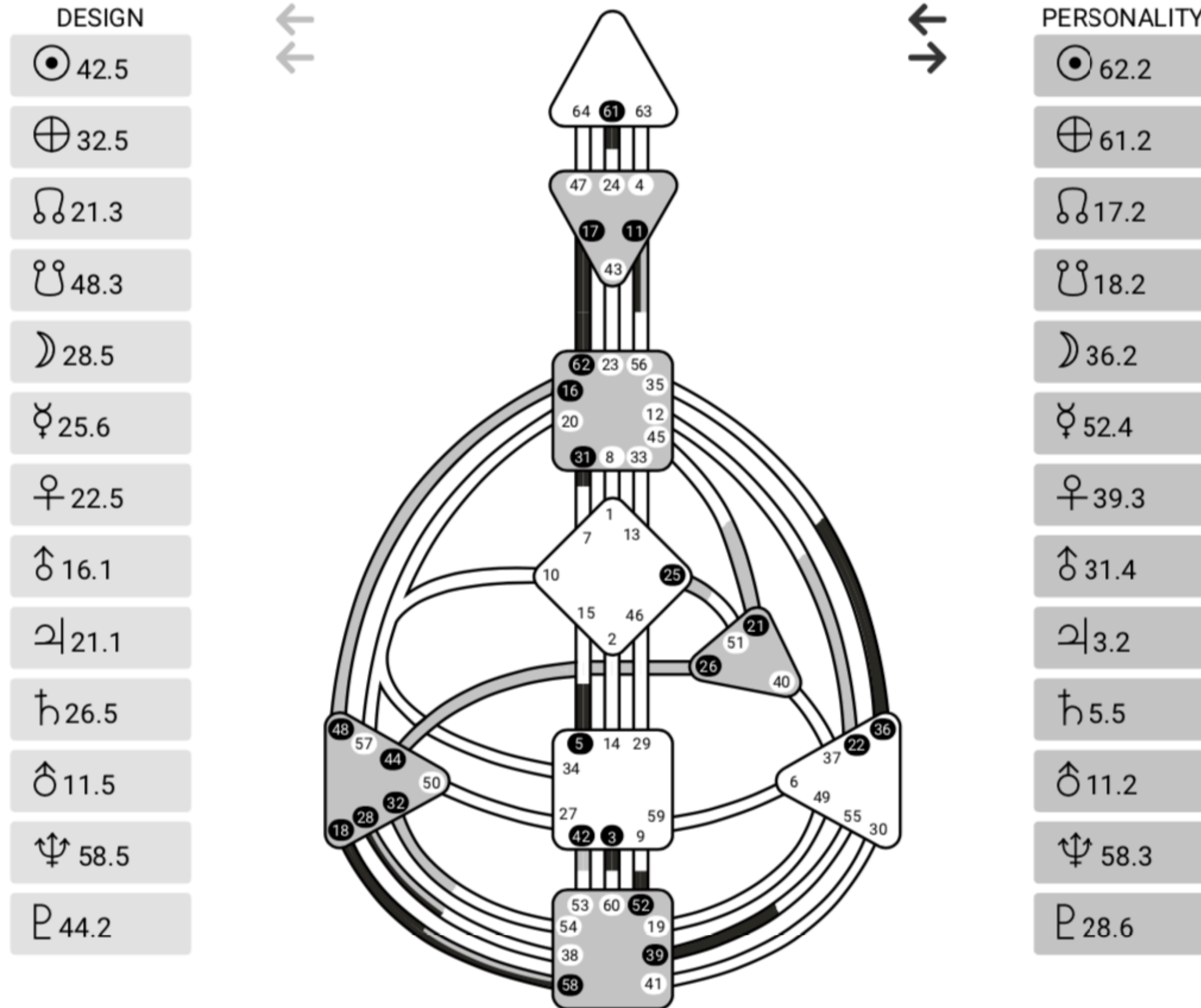
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# Which type?



# Reflector

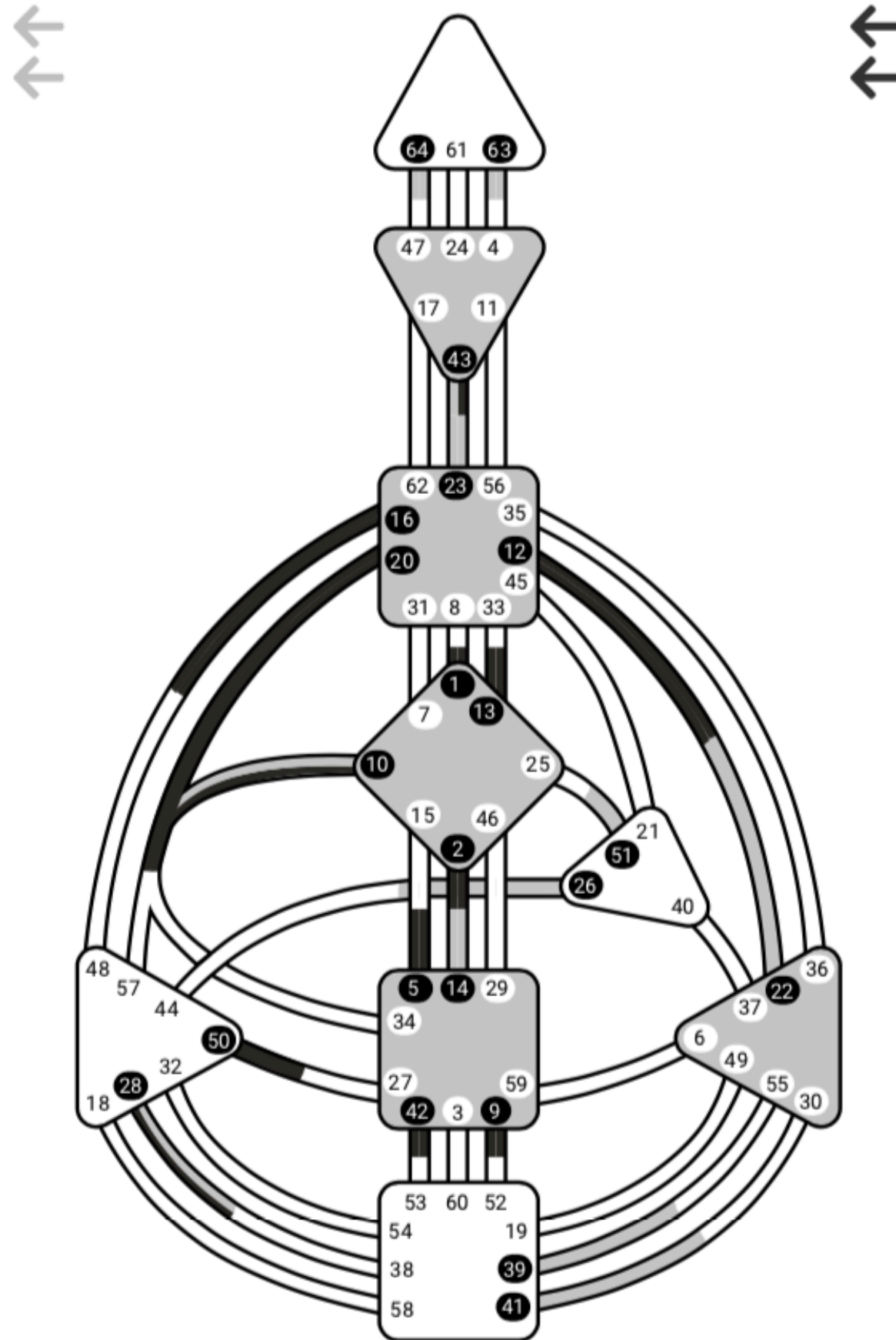
# Which type?



# Manifestor

# Which type?

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⊕	64.1
♊	23.3
♋	43.3
♌	39.1
♍	22.5
♎	51.6
♏	51.6
♐	41.4
♑	14.4
♒	26.1
♓	10.6
♈	28.3



PERSONALITY	
☉	16.5
⊕	9.5
♊	2.6
♋	1.6
♌	50.4
♍	20.1
♎	42.5
♏	12.2
♐	13.4
♑	43.6
♒	5.6
♓	10.5
♈	28.1



# Manifesting Generator

# Which type?

DESIGN

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⊕ 51.1

♊ 1.2

♋ 2.2

♌ 9.2

♍ 28.5

♎ 1.5

♏ 31.1

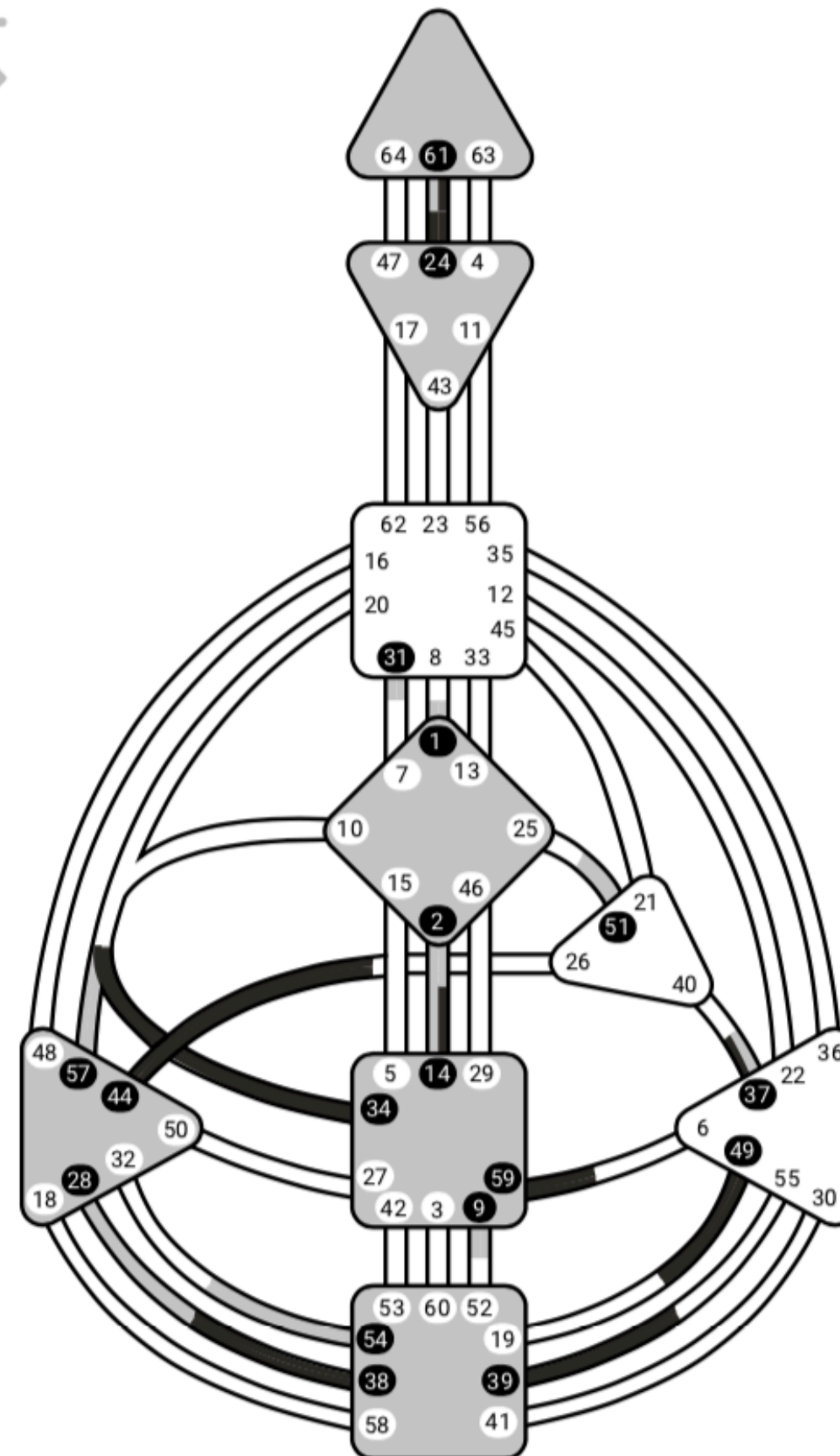
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♑ 37.1

♒ 61.2

♓ 54.6

♈ 14.3



PERSONALITY

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⊕ 39.5

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♋ 24.6

♌ 49.2

♍ 61.6

♎ 14.3

♏ 59.3

♐ 34.6

♑ 37.3

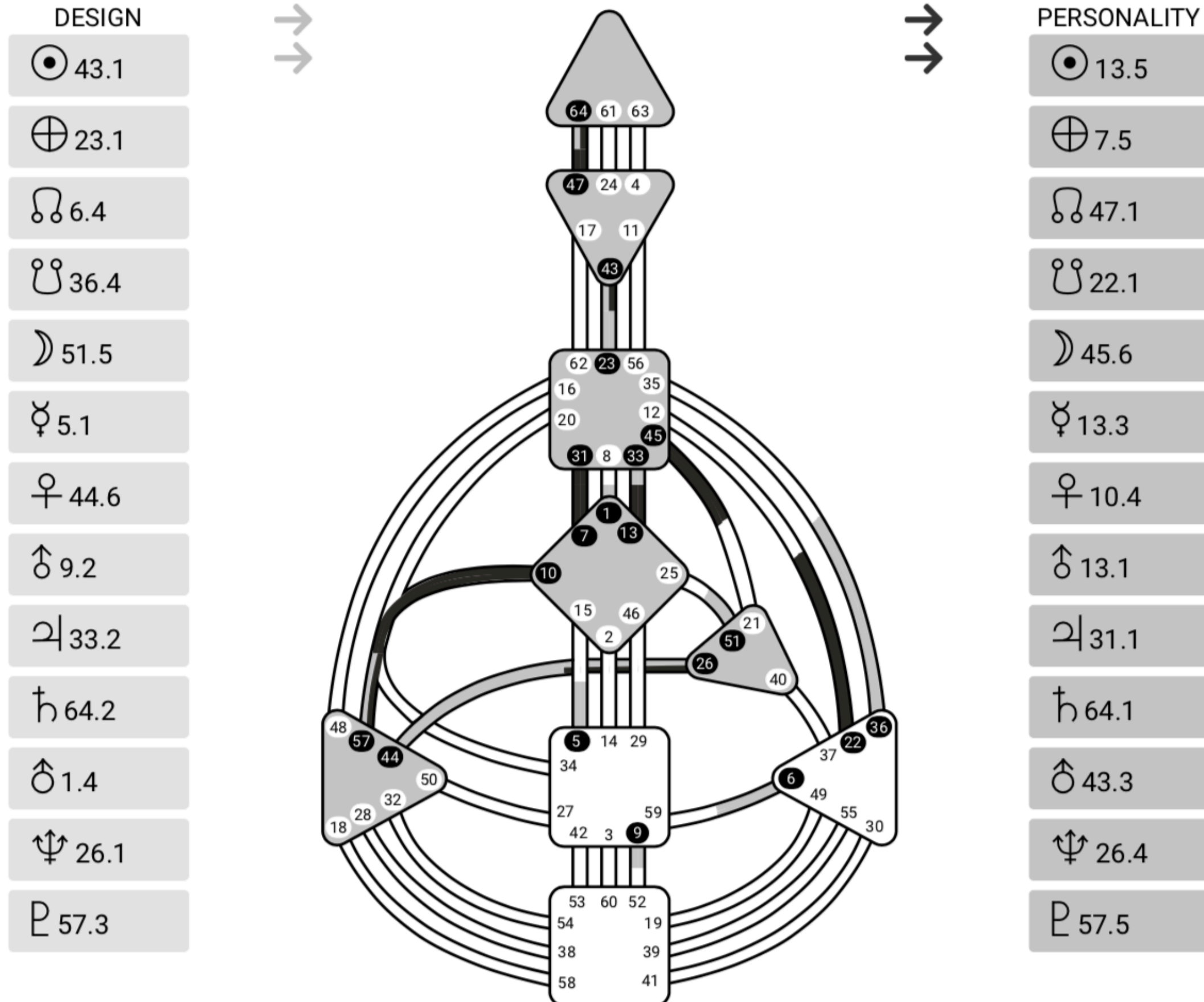
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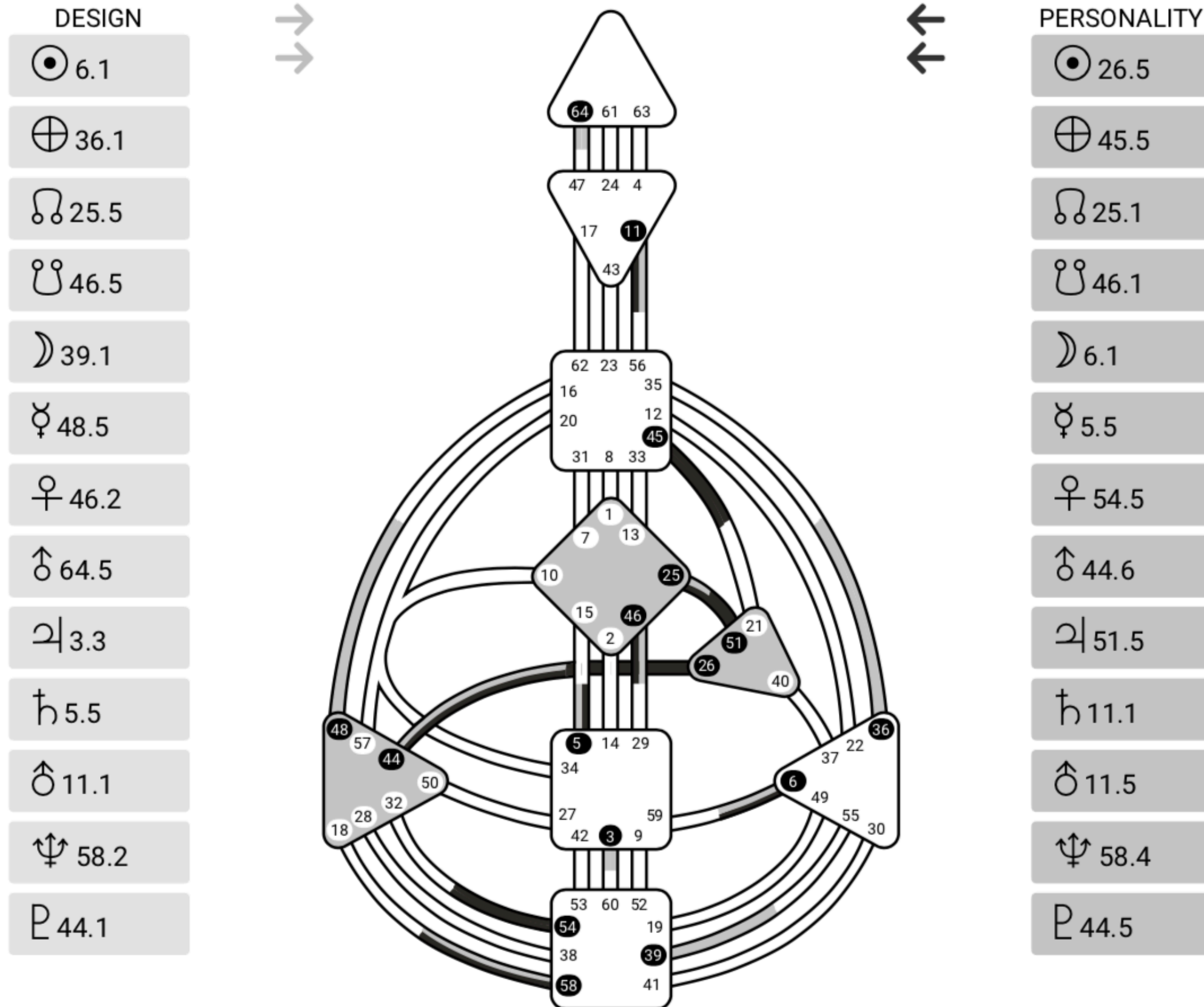
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# Which type?



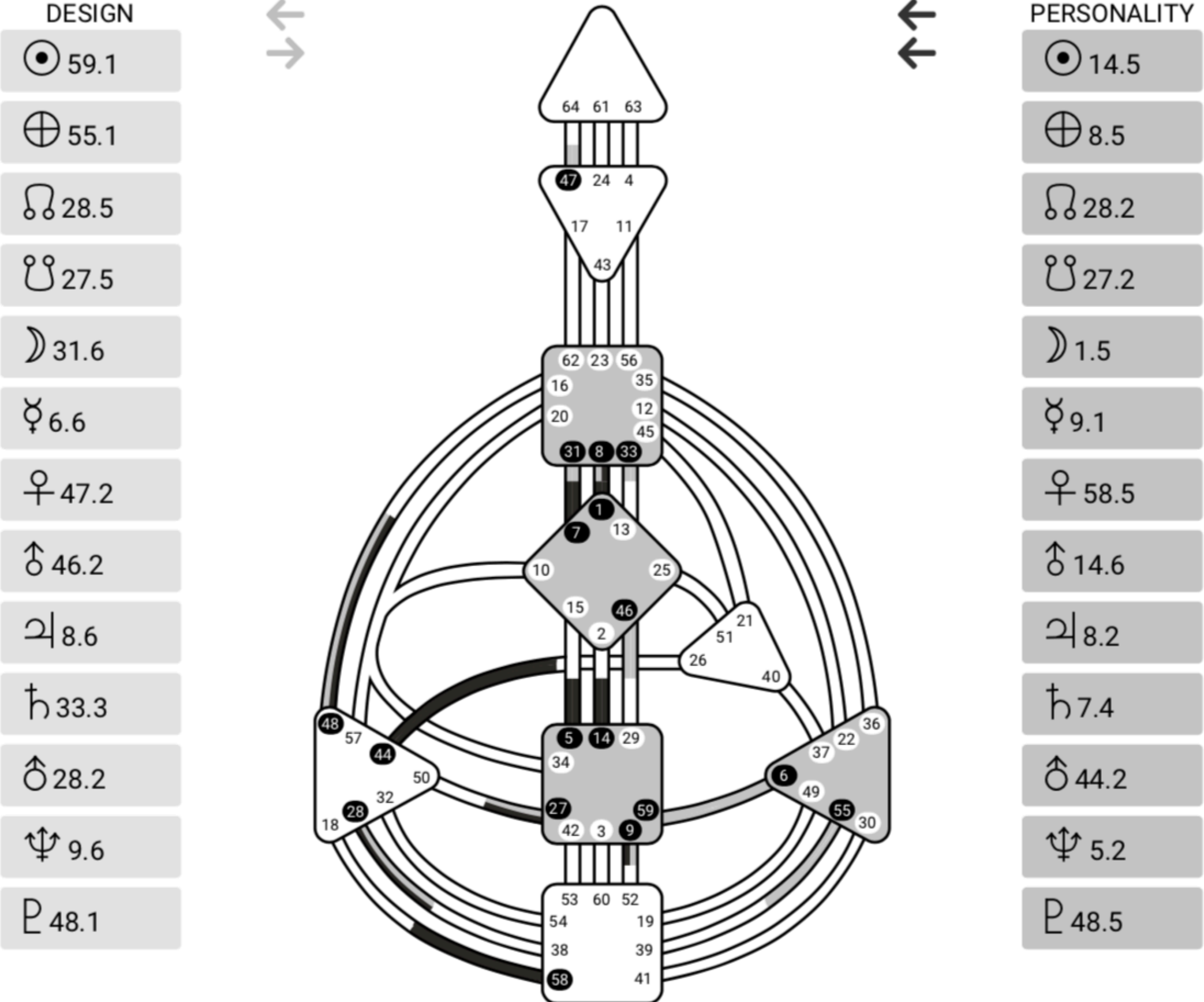
# Manifestor

# Which type?



# Projector

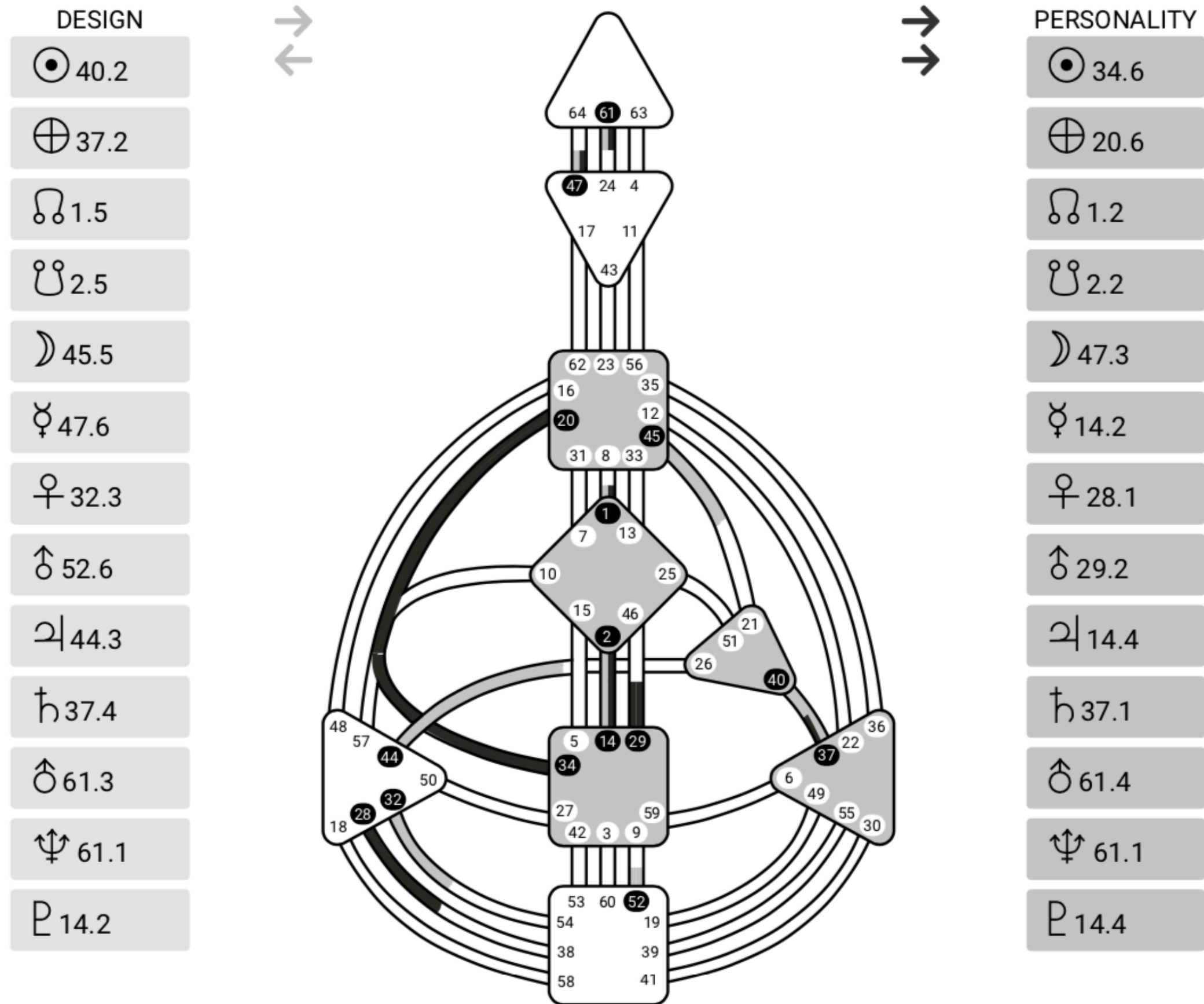
# Which type?





# Generator

# Which type?



# Manifesting Generator

# Which type?

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⊕ 61.2

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♋ 31.6

♌ 51.2

♍ 31.5

♎ 12.2

♏ 3.6

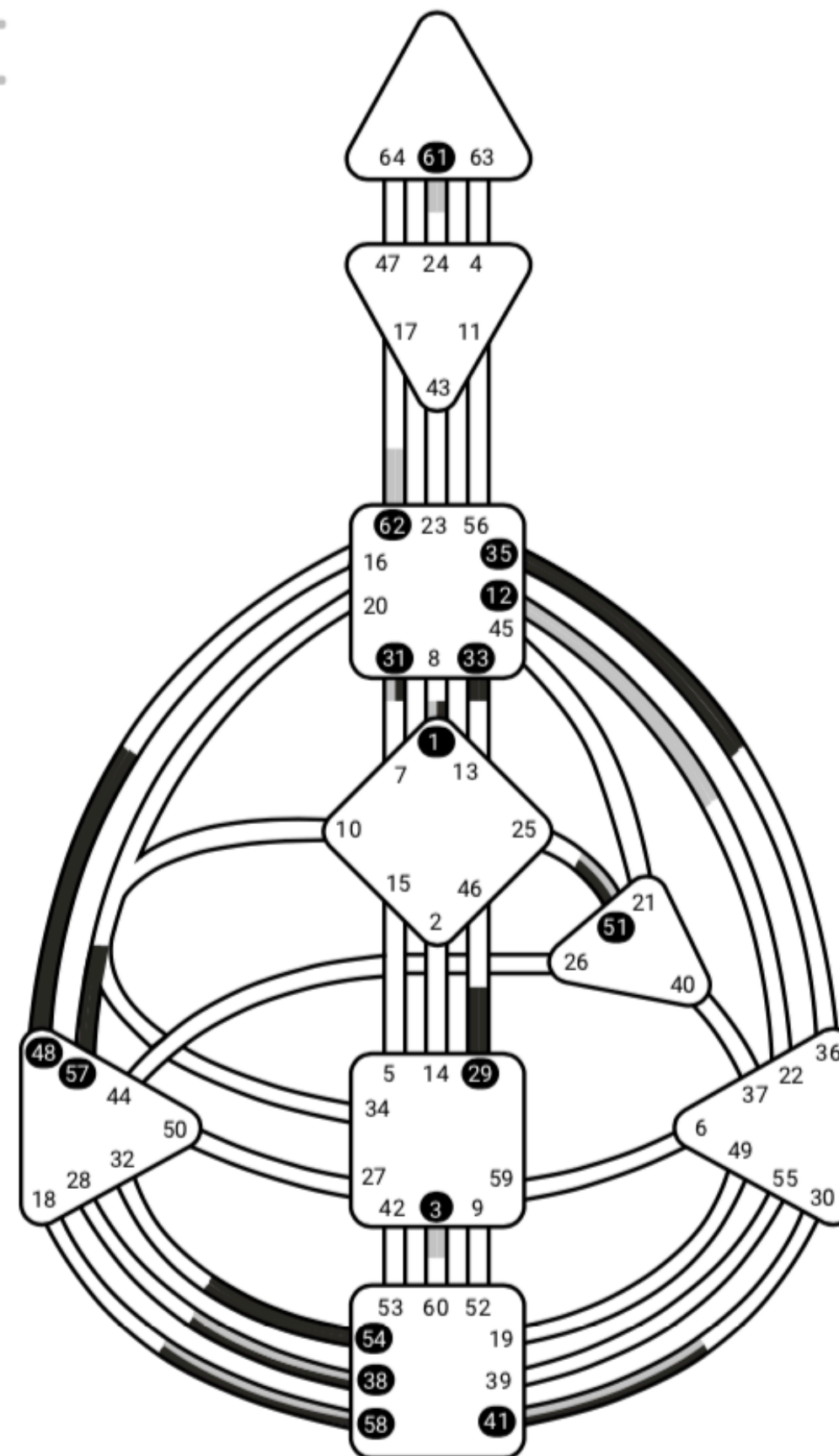
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♑ 61.2

♒ 58.4

♓ 38.4

♈ 1.2



PERSONALITY

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⊕ 51.6

♊ 41.3

♋ 31.3

♌ 29.1

♍ 48.6

♎ 57.1

♏ 35.4

♐ 33.3

♑ 54.5

♒ 58.3

♓ 38.3

♈ 1.4

# Reflector

**Q&A**