Carolyn

5/8/25

V1

INSIGHT MAPPING SYSTEM:

## BECOME SELF-LED

**Snapshot of Your Authentic Self**

* You're a Manifesting Generator with a 4/6 Profile—a dynamic force designed to respond to what excites you, then move quickly with multiple passions. Your 4th line thrives through meaningful relationships and networks, while your 6th line is evolving through life phases toward becoming a natural role model. Your strategy is to wait for a gut response before acting, then inform others of your moves. You're designed to work in energetic bursts, pivoting when something no longer lights you up, and your natural state is satisfaction when aligned.

**>Practices to Step Into Your Design**

• Honor Your Response Mechanism: Before committing to anything, pause and check: "Does this light me up? Do I feel an energetic 'yes'?" If not, it's okay to wait or decline. This applies to brand deals, content creation, and even personal decisions.

• Inform Before Acting: Once you feel that inner "yes," let key people know what you're doing. This isn't asking permission but clearing the path for your fast-moving energy. Practice this with your agent about posting parameters and with family about your work needs.

• Embrace Multi-Passionate Action: Allow yourself to juggle different projects that excite you. Your energy is designed for this! When one project loses its spark, it's okay to pivot to something else that energizes you.

**Why You Feel Stuck Right Now**

* Your frustration about "climbing up a mountain and sliding down" stems from working against your Manifesting Generator design. You're likely initiating actions without waiting for a genuine response (taking brand deals when timing feels off), not informing others clearly about your needs (hesitating to set parameters with your agent), or saying yes from obligation rather than excitement. As a mom, you may feel your time is limited, but your design isn't about quantity of hours—it's about quality of energy in alignment with what truly excites you.

**Self-Inquiry Prompts Tied to Centers**

For your Undefined Crown Center:

• Where am I feeling pressured to have all the answers about balancing motherhood and career?

• Am I absorbing external ideas about what "success as a working mom" should look like rather than defining it for myself?

For your Undefined Spleen Center:

• What fears are driving my decisions about work, posting, or even my health journey?

• How can I better distinguish between true intuitive "pings" and fear-based impulses?

How Your Centers Feed the Limiting Belief

Your undefined Crown Center absorbs collective pressure about productivity and success, making you believe less work time automatically means delayed goals. Your undefined Spleen amplifies fears about "not having enough" (time, energy, money), making any reduction in work hours feel like a threat to your security and future. Meanwhile, your defined centers (Throat, Ajna, G-Center, Sacral) actually have the consistent energy and wisdom to create impact efficiently when aligned—regardless of quantity of time—but this gets overshadowed by the conditioning in your undefined centers.

**Custom Human Design Journaling Questions**

• (4th Line) How can I more intentionally leverage my network (manager, colleagues, friends, other moms) for support and collaboration around balancing motherhood and career?

• (6th Line) What wisdom am I gaining in this reflection phase of my life about what truly constitutes "success" and "enough" as a mother and entrepreneur?

• (MG Strategy) Where might I be initiating or forcing outcomes rather than responding to what genuinely excites me? How does this affect my energy and results?

• (4/6 Profile) How can I begin to embody the role model I wish I had for balancing motherhood, business, and personal wellbeing?

## DETACH FROM PROTECTOR PARTS

**What IFS Is & Why Integrating Parts Helps**

Internal Family Systems recognizes that we all have different "parts" with protective roles, allowing you to understand your internal world and respond from your compassionate core Self rather than reactive patterns.

**Likely Protector Parts At Play**

Manager: "The Worthiness Weaver"

* This part believes good things (like business success, another baby, feeling good in your body) must be meticulously "earned" through specific achievements. It creates the belief that you "can't work as much" and thus "goals will be delayed," linking work quantity directly to success. It pressures you to take brand deals even when timing isn't ideal, out of fear of not "doing enough." Its intention is to ensure your security and success.

Firefighter: "The Despairing Douser"

* When your plans don't yield expected results quickly (content underperforming, slow progress), or when you feel "unseen," this part steps in with feelings of frustration and despair ("climbing up a mountain and sliding down"). It might make you want to hide or shut down, or spiral into negative thoughts ("I'm just one of those people that can't..."). Its intention is to protect you from the pain of perceived failure by making situations seem hopeless, so you stop trying and stop feeling disappointment.

**Questions to Connect Deeper with your Manager and Firefighter**

For "The Worthiness Weaver":

• What are you afraid would happen if I didn't constantly try to earn my success or my next steps in life?

• What positive things are you trying to achieve for me by making sure I meet certain external benchmarks?

• What do you need from me to feel safe enough to trust that I can be successful and supported, even if the path looks different now that I'm a mom?

For "The Despairing Douser":

• When you make me feel unseen or like I'm sliding down the mountain, what pain are you trying to get me away from?

• What do you fear will happen if I keep trying and putting myself out there, especially when results are slow?

• What do you need to feel soothed or reassured when I experience disappointment or frustration?

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## ROADMAP OF INTENTION

**How Your Belief Holds You Back**

The belief that "now that I'm a Mom, I can't work as much, which means my goals will be delayed" creates immense pressure on the time you do have for work, making you feel every moment must be hyper-productive. This leads you to force action instead of responding to what truly energizes you, and it undermines your Manifesting Generator power to accomplish a lot in short, focused bursts when you're lit up. It also frames motherhood as a hindrance rather than a new dimension that can coexist with and even enrich your ambitions.

**Fears Under the Surface**

* • Fear of Irrelevance/Being Forgotten: "If I can't work as much or be as visible, will my audience forget me? Will I lose my momentum and become irrelevant?"
* • Fear of Financial Instability: "If my goals are delayed, my income might suffer. How will I provide for my family, especially if we want another child?"
* • Fear of Not Living Up to Potential: "If I don't achieve my goals 'on time' or at the same pace as before, does it mean I'm failing as an entrepreneur? What will others think?"

**Worst-Case Scenarios to Explore Safely**

* Scenario 1: "I fully embrace my current capacity as a mom, and my work output genuinely decreases by 30% for the next two years. My income also drops by a similar percentage."
* Journal through: What is the absolute worst that happens to your career and family's well-being? What would you do? What strengths would you draw upon? How might this actually create space for something new?
* Scenario 2: "My big career/business goals are genuinely delayed by 3-5 years compared to my pre-baby timeline."
* Journal through: What does this truly mean for your overall life satisfaction and legacy? What unexpected benefits or learnings might come from this different pace? How might your definition of "success" evolve in meaningful ways?
* Scenario 3: "I decide to experiment with working significantly less but focusing only on what truly lights me up."
* Journal through: What's the absolute worst that could happen if you trusted your MG response and unique gifts this much? What's the best that could happen? How might quality over quantity transform your results?

**>Micro-Actions for Momentum**

* Define Your Posting Parameters: Create clear guidelines for when and how you post content for optimal engagement, based on your own data and wisdom. This honors your Manifesting Generator need for efficiency.
* Communicate with Your Agent (4th Line Power): Schedule a conversation with your manager/agent to share your posting parameters and explain why they matter for mutual success. Empower her to be the boundary-holder with brands.
* Track "Lit Up" Work vs. "Obligation" Work: For one week, note when you feel energized by a work task versus when you feel obligated. This will show where your true MG energy flows, helping you focus there.
* Practice One "Inform": The next time you have an idea or project you're excited about, practice informing one key person before diving in. Notice how this clears the path for your energy.

**How This System Gets You Out of Your Own Way**

The Insight Mapping System integrates your Human Design blueprint with compassionate understanding of your internal parts. Your HD chart reveals your authentic Self—how you're designed to use energy, make decisions, and interact with the world as a Manifesting Generator with a 4/6 Profile. IFS helps identify the protector parts (like your "Worthiness Weaver" and "Despairing Douser") that may be obscuring your Self or creating limiting beliefs.

By mapping how these protectors might be reacting to situations or misinterpreting your HD, we can see why you feel stuck or misaligned. The goal is to build a relationship between your Self and your parts, offering them understanding so they can relax their extreme roles. This allows your authentic HD Self to lead, making decisions that are aligned, joyful, and effective—even as a mom.

**Extra Tips & Closing Insights**

• Redefine "Productivity" through Your MG Lens: For you, productivity isn't about hours clocked; it's about energy expended on things that light you up. One hour of inspired, responsive action can be more productive than five hours of slogging.

• Motherhood as an Amplifier: Consider how motherhood might actually be amplifying your 4th line (new networks of moms, deeper connections) and your 6th line (profound life experience, new wisdom). How can this new role inform your work in exciting ways?

• Trust the "Ping" then Inform: Your intuitive nudges are your response mechanism at work. Trust these for your business too, then practice informing others of your direction.

• Embrace "Good Enough" to Counter Perfectionism: Your "Worthiness Weaver" might strive for perfection. Experiment with "good enough" in some areas to free up energy for what truly matters.

• Celebrate Your Pivots: As an MG, changing direction when excitement wanes isn't failure—it's alignment! Reframe "sliding down the mountain" as potentially a necessary pivot or call to reassess if you're still responding to joy.

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## SMART BREAKDOWN OF YOUR GOAL

* Specific: Create a sustainable balance between motherhood and entrepreneurship by honoring my Manifesting Generator design—responding to what truly excites me, working in energetic bursts, and leveraging my 4/6 profile connections and wisdom.
* Measurable: Track (1) instances of following my genuine response versus forcing action, (2) energy levels after work sessions, (3) results from focused, aligned action versus scattered effort, and (4) satisfaction level with both work and motherhood weekly.
* Actionable: Daily check-in with my body's response to planned activities; weekly review of what lit me up versus drained me; clear communication of boundaries and needs to my support network; intentional rest periods between energy bursts.
* Realistic: This approach works with my design rather than against it, requiring less time but yielding better results through alignment. My 4th line connections provide support, and my 6th line is naturally in a phase of reflection and refinement.
* Time-Based: Implement this approach for 30 days, with weekly check-ins to assess energy levels, satisfaction, and results. Adjust as needed based on what my response mechanism tells me is working.

V2

## **INSIGHT MAPPING SYSTEM**

### **BECOME SELF-LED**

**Snapshot of Your Authentic Self:** You’re a Manifesting Generator with a 4/6 Profile—multi-passionate, network-oriented, and evolving into a role model. Your strategy is to **respond**, then **inform**, using short bursts of energy to create momentum. Satisfaction is your signal of alignment.

**Aligned Practices:**

* **Honor the Response:** Ask “Does this light me up?” before acting—especially on deals, content, or opportunities.
* **Inform Before You Move:** Communicate intentions to key players (e.g., agent, family) after a “yes.”
* **Embrace the Pivot:** When energy fades, permission to switch tracks. It's your design, not a flaw.

**Why You're Feeling Stuck:** You're likely initiating without waiting to respond, people-pleasing in your "yes" responses, or skipping the informing step—leading to misalignment and burnout.

**Center-Based Reflections:**

* *Undefined Crown:* Where am I absorbing pressure to have answers about motherhood/career balance?
* *Undefined Spleen:* What fears are shaping my choices around work, content, or health?

**Custom Journaling Prompts:**

* (4th Line) How can I better leverage my network for support as a working mom?
* (6th Line) What is this phase teaching me about redefining “success”?
* (MG Strategy) Where am I forcing vs. responding?
* (4/6 Profile) How do I begin embodying the role model I longed for?

### **DETACH FROM PROTECTOR PARTS**

**IFS Overview:** You’re not one voice—you’re many parts. Some parts protect you from pain or perceived failure. Our work is to meet them with compassion and let your *Self* lead.

**Likely Protector Parts at Play:**

* **Manager – “The Worthiness Weaver”**: Believes success must be earned. Pushes you to say yes even when it’s misaligned.
* **Firefighter – “The Despairing Douser”**: Reacts when things don’t go as planned. Makes you want to give up or spiral to avoid disappointment.

**Questions for the Parts:**

* *Worthiness Weaver:* What are you afraid would happen if I didn't earn every win?
* *Despairing Douser:* What pain are you protecting me from when things don’t go as expected?

**ROADMAP OF INTENTION**

**Core Limiting Belief:** “Now that I’m a mom, I can’t work as much—which means my goals will be delayed.”

This belief amplifies pressure and undermines your natural efficiency as an MG. It sees motherhood as a limitation rather than an amplifier of wisdom and depth.

**Fears Underneath:**

* Fear of irrelevance
* Fear of financial instability
* Fear of lost potential or judgment

**Reframe Scenarios (Journal Through):**

1. What happens if I reduce work output by 30%?
2. What if goals take 3–5 years longer—what might be gained?
3. What’s the worst/best case if I only do what lights me up?

**Micro-Actions for Momentum:**

* Define and communicate your posting parameters
* Track “lit up” vs “obligation” work for a week
* Practice one “inform” step before taking action
* Share boundaries with your agent to protect your energy

**Final Integration:**Your Human Design shows your true energetic blueprint. IFS reveals why certain parts block your path. Together, we name the parts, reframe the belief, and build a self-led life where your MG gifts thrive.

### **SMART GOAL SNAPSHOT**

* **Specific:** Balance motherhood and entrepreneurship by aligning with your MG design.
* **Measurable:** Track alignment, energy levels, and satisfaction weekly.
* **Actionable:** Daily sacral check-ins, weekly energy reviews, clear boundary-setting.
* **Realistic:** Leverage 4th line support and 6th line wisdom during this phase.
* **Time-Based:** Commit to a 30-day experiment and reassess.

3/25

\*Review the Zoom transcript I sent you so you have the full summary of what we discussed.

Pattern: Staying at the 140 weight mark because you aren’t ready for baby #2.

The fear of your last postpartum is keeping the weight on to keep you safe. Create a recovery plan for each area that you felt like was hard or not ideal. Also, use the worst case for each area. It will not be perfect but you are a different mother now, allow yourself to be confident so when the time is right the fears have solutions and plans set in place. Allow yourself to see its not that you aren't ready to have more, you are afraid of the possible hardship of postpartum like before. This is a reframe, every baby is different and so are you. It will be hard, but in a different way. It’s also temporary and you have help with a nanny. You can afford to increase her hours to support you.

Have a baby when it feels right in your heart and not in your fear filled head.

9/20

\*Review the Zoom transcript I sent you so you have the full summary of what we discussed.

Next steps:

* Create your new workshop with your Human Design focus:
  + Making the decision to work on it once your emotion has risen and leveled out
  + Responding to when you feel a hell yes in your gut when it comes to reaching out to people, the way you promote it, the price etc. Ask yourself YES or NO questions around the workshop
  + When you feel satisfied with all things related the workshop you know you are on the right path
  + When you feel frustrated, pause and come back
  + Your purpose is to share your understanding of life and how things all come together- use this as motivation for creating and promoting your workshop
* Begin to work on your limiting belief of no one cares about what I'm doing, promoting or selling
  + First ask if you care about what you are sharing? If so, make that be the focus.
  + What triggers the block of no one cares? List it out. Are these actually true or is it your own self sabotage keeping you small, not allowing yourself to truly be confident?
  + How can you expand yourself in reframing that “no one will care” from previous experiences when people did care and you felt magnetic?
  + Visualize yourself creating the course, marketing it, selling it, adding value and feeling abundant. Is there anything that you don't trust in yourself that you can begin to let go of?

8/14/24

We talked a lot about Human Design, lets have you get into the app daily right now and look at these sections to help connect with your highest self:

1. Authority: can you practice making decisions from here?
2. Your strategy: how can you make things happen from here?
3. Your incarnation cross: what is your main theme and how can you start to live it out now?

Jenna Zoe App: In the meditation section listen to this one:

* transforming discomfort meditation - all around fears

Your biggest block is feeling discomfort , lets reframe it to you wanting to stay in your comfort zone. Your comfort zone is holding you back from being confident:

* Not talking is more comfortable
* Not showing up is more comfortable
* Staying small is more comfortable

\*if the opposite is the medicine, list out what that would look like in each point.

Refer back to a time where you felt CONFIDENT in a work setting, expand yourself.

TBM

* Reinforcing new beliefs, create a new belief around confidence.

We also talked about how your protectors (Manager, firefighter and shadow) are trying to keep you safe by staying comfortable which leads you to not feeling confident as your highest self. We will work towards meeting those protectors after I take my certification.

5/31/24

Focus: Getting clear on what you want and need in your marriage as well as career opportunities. Then letting go of what doesn't serve you once you have clarity.

Next Steps:

* Take inventory on:
  + Qualify your career opportunities (write out your non negotiables so you can filter YES or NO based on what you want/need : money, time, location, audience)
  + What do you need from your husband: Validation, a nanny, hands on support from him, time away. Get clear on needs.
* My personal Roadmap to Awareness
  + We found that Not being accepted or others having pity on you may be in your drivers seat. Use this concept in my formula below
* Jenna Zoe Letting Go in Tune Ups- Self Loathing and Resentment
* TBM Summer challenge ( Specifically Find your Block in pre week)

Below is a formula will bring awareness

**Step one:**

Start with asking yourself: Are you being tested or triggered?

-**Tests:** (the opportunities, situations, triggers, and relationships that ask us if we'll continue to settle for less than we deserve or slip back into old low self-worth patterns and habits)

**-Trigger**: (when you’re feeling activated or you react in a way of judgment, anger, low self-worth, extreme sadness, pain, jealousy, etc. These triggers (tests in disguise) serve as mirrors for what needs to be unblocked, healed, and integrated, as they point to exactly where we're projecting our blocks onto other people or external situations. These triggers effectively test you by asking you to look at the root– “Will you keep repeating this pattern? Or will you heal the underlying emotion and show up differently this time?”)

-Pick the DI that you feel most called to- Test DI or Trigger DI

**Step two**:

Is this a shadow or an area in inner child that needs to be seen and heard.

-Take through Inner Child or Shadow DI.

**Step three :**

Take steps 1-2 and the findings through the following formula, which needs to be completed in this order:

1)Drivers Seat DI- Rationale= to bring awareness of what is in the forefront of all decisions being made currently.

2) Fear DI - First list out all the fears associated first. Then do the DI, Rationale= will help to decipher how to proceed with worst case scenario

3)Worst case scenario DI- Rationale= pick the strongest fear associated with the limiting belief to go down the worst case scenario rabbit hole.

4) Letting go DI- Rationale= allowing your mind and body to let go of what you have been holding onto

5)Aligned action -Rationale= if the fear was gone, what would you do? How would you act differently?

6)New authentic self DI - Rationale= see this version of you that has released the fears, who knows the actions to take. Feel this person, this is you.

6/21

“But not me because”

Wanting more $ for interior designer

Random $5000 - wanting to recreate, but am I hustling? & that’s the wrong way?

Manifest more Money through ease

Need to limit social media