### **Client: Kate Alper**

**Date:** 1/27  
 **Overarching Goal:** Reclaim time, reduce overwhelm, and tap into personal desires for clarity.

### **Identified Limiting Beliefs:**

* "I don’t have enough time."
* "I feel stuck and overwhelmed by competing priorities."
* "If I waste time or make the wrong choice, I’ll regret it."
* "I feel pressure to figure it all out quickly."

## **Insight Mapping System Approach**

### **1. BECOME Self-Led: Aligning with Human Design**

#### **Your Human Design Overview**

* **Type:** 2/5 Generator
* **Authority:** Sacral (Trust your gut responses)
* **Strategy:** Wait to respond (allow opportunities to show up before taking action)
* **Defined Centers:** G Center (Identity), Ego (Willpower)
* **Undefined Centers:** Crown, Throat (May lead to external pressures if not managed)

#### **Key Practices for Self-Leadership:**

**Follow your Strategy** – Pause before jumping into action; wait for gut-led clarity. **Sacral Check-Ins** – Regularly ask yourself: "Does this feel expansive (yes) or restrictive (no)?"  
**Honor Your 2/5 Profile** – Balance alone time for introspection with sharing practical solutions.  
**Detach from Undefined Centers** – Recognize when you are absorbing external pressure and consciously release it.

### **2. DETACH: Releasing Limiting Beliefs Through IFS**

#### **Understanding Your Protector Parts:**

| **Part Name** | **Role** | **Fear** | **How It Blocks You** | **Reframing Questions** |
| --- | --- | --- | --- | --- |
| **Perfectionist Planner** (Manager) | Tries to control every outcome | "If there’s no perfect plan, I’ll fail." | Creates analysis paralysis & disconnects you from your sacral response | "What if clarity comes from action, not planning?" |
| **Overachiever** (Manager) | Pushes constant productivity | "If I slow down, I’ll lose momentum." | Leads to burnout and saying yes to draining tasks | "How can I redefine success to include energy alignment?" |
| **People-Pleasing Helper** (Manager) | Ensures others’ expectations are met | "If I say no, I’ll disappoint someone." | Keeps you in misaligned roles or responsibilities | "What would change if I trusted that honoring myself benefits others too?" |
| **Fearful Firefighter** (Reactive) | Uses distractions to avoid hard decisions | "If I slow down, I’ll spiral into anxiety." | Creates overworking, social media scrolling, or avoidance | "How can I create small spaces to process my emotions instead of avoiding them?" |

#### **Immediate Actions for detaching :**

* **Daily Sacral Check-Ins** – "Is this energizing or draining me?"
* **Time Inventory** – Identify and eliminate one non-essential obligation.
* **Micro-Actions** – Instead of making a huge decision, set aside 15-30 minutes daily for creative exploration.
* **Internal Dialogue with Protectors** – Reassure your Perfectionist Planner: "We don’t need the perfect plan to take one small step today."

### **3. ROADMAP OF INTENTION: Structuring Actionable Steps**

#### **Weekly Progress Plan**

| **Action Step** | **Daily Check-In** | **Notes** |
| --- | --- | --- |
| Identify one small decision to trust your sacral response on | ✅ / ❌ | What did you notice? |
| Reduce one time-draining activity | ✅ / ❌ | How did this create space? |
| Express one personal desire without over-explaining | ✅ / ❌ | How did it feel? |
| Set a boundary with your People-Pleasing Helper | ✅ / ❌ | What resistance came up? |

### **Final Takeaways & Next Steps**

**Trust Small Wins** – Transformation doesn’t happen overnight. The goal is **incremental shifts** toward alignment.  
 **Reframe Time Scarcity** – "I always have the exact amount of time I need."  
 **Follow Energy, Not Obligation** – The right decisions **feel expansive**, not pressured.  
 **Next Session Focus:** Strengthening trust in sacral responses, reinforcing boundaries, and tracking micro-actions.

### **Additional Support Tools:**

**Journaling Prompts:**

* What would change if I stopped trying to control time and trusted my sacral response instead?
* Where can I create small pockets of time for self-discovery?
* What happens when I say "no" to one thing misaligned with my energy?

**Daily Practice Suggestion:**

* **Sacral Body Scan**: Pause and check in with your body before making a decision.
* **5-Minute Visualization**: Imagine yourself **already living in alignment** with your HD blueprint.

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\*\*Instructions for the AI Assistant:\*\*

Please create a \*\*Post-Session Feedback/Assessment\*\* for \*\*[Client Name]\*\* (session on \*\*[Session Date]\*\*). Follow the \*\*structure and brevity\*\* demonstrated in the sample below. \*\*Do not\*\* replicate the sample text verbatim; instead, \*\*paraphrase\*\* or \*\*summarize\*\* as needed. Maintain an \*\*informative, concise, and supportive\*\* style.

Please \*\*do not use any emojis\*\*; instead, use plain-text markers such as “[Yes]” or “[No]”.

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## \*\*STRUCTURE & CONTENT GUIDELINES (No Tables, No Emojis)\*\*

1. \*\*Client & Session Info\*\*

- \*\*Client\*\*: [Client Name]

- \*\*Date\*\*: [Session Date]

- \*\*Overarching Goal\*\*: Brief restatement (e.g., “Reclaim time,” “Reduce overwhelm,” etc.).

2. \*\*Identified Limiting Beliefs\*\*

- List each belief (e.g., “I feel pressure to figure it all out quickly.”).

- Keep it concise and reader-friendly.

3. \*\*Insight Mapping Approach\*\*

- \*\*1) BECOME Self-Led (or Equivalent Framework)\*\*

- \*\*Modality Overview\*\*: Briefly mention relevant ideas (Human Design, coaching style, etc.).

- \*\*Key Practices\*\*: Short bullet points on how to apply these insights (e.g., “Pause before taking action,” “Ask yes/no gut questions,” etc.).

- \*\*2) DETACH (Releasing Limiting Beliefs)\*\*

- \*\*Protector Parts / Key Mindsets\*\*

- \*\*Part Name\*\*: [e.g., Perfectionist Planner]

- \*\*Role\*\*: [Short description]

- \*\*Fear\*\*: [What it’s trying to avoid]

- \*\*How It Blocks You\*\*: [Brief statement of the impact]

- \*\*Reframing Question\*\*: [Empowering question to challenge the fear]

- Repeat for any additional parts or mindsets.

- \*\*Immediate Actions\*\*:

- \*\*Daily Check-In\*\*: [One-sentence description of what to do and why]

- \*\*Time Inventory\*\*: [Another short suggestion]

- \*\*Micro-Actions\*\*: [Small daily tasks to build momentum]

- \*\*Internal Dialogue\*\*: [Encouraging statement to reassure these parts]

- \*\*3) ROADMAP OF INTENTION (Action Steps)\*\*

- \*\*Action Step #1\*\*: [Name or brief explanation, e.g., “Trust a gut-led decision.”]

- \*\*Daily Check-In\*\*: [Yes] / [No]

- \*\*Notes\*\*: “What did you notice?”

- \*\*Action Step #2\*\*: [e.g., “Reduce a time-draining task.”]

- \*\*Daily Check-In\*\*: [Yes] / [No]

- \*\*Notes\*\*: “How did it create space?”

- Add more steps if needed, each with a short reflection prompt.

4. \*\*Final Takeaways & Next Steps\*\*

- \*\*Encouragement\*\*: e.g., “Trust in small wins. Transformation is gradual.”

- \*\*Reframe\*\*: e.g., “I have exactly the time I need.”

- \*\*Focus\*\*: e.g., “Follow what feels energizing rather than what feels obligatory.”

- \*\*Next Session\*\*: e.g., “We’ll deepen boundary-setting and track daily micro-actions.”

5. \*\*Additional Support Tools\*\*

- \*\*Journaling Prompts\*\*:

- [Prompt #1]

- [Prompt #2]

- \*\*Daily Practice Suggestion\*\*: e.g., “Use a quick body scan before making decisions.”

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## \*\*SAMPLE TEMPLATE FORMAT (Paraphrase & Adapt)\*\*

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\*\*Client\*\*: [Client Name]

\*\*Date\*\*: [Session Date]

### \*\*Overarching Goal\*\*

- [Brief description of the client’s main objective.]

### \*\*Identified Limiting Beliefs\*\*

- “[Belief #1]”

- “[Belief #2]”

- “[Belief #3]”

### \*\*Insight Mapping System (Example Sections)\*\*

#### 1. BECOME Self-Led (Human Design / Other Approach)

- \*\*Modality Overview\*\*: [Short note on the client’s Type, Strategy, or relevant concepts.]

- \*\*Key Practices\*\*:

- “[Practice #1]”

- “[Practice #2]”

#### 2. DETACH (Releasing Limiting Beliefs)

\*\*Protector Parts / Key Mindsets\*\*

- \*\*Part Name\*\*: [e.g., Perfectionist Planner]

- \*\*Role\*\*: [Short summary]

- \*\*Fear\*\*: [What worries this part?]

- \*\*How It Blocks You\*\*: [Brief note on the impact]

- \*\*Reframing Question\*\*: [A question that challenges the fear]

\*\*Immediate Actions\*\*

- \*\*Daily Check-In\*\*: “[Description of daily action]”

- \*\*Time Inventory\*\*: “[Identify one obligation to drop.]”

- \*\*Micro-Actions\*\*: “[Small daily tasks for momentum.]”

- \*\*Internal Dialogue\*\*: “[Short supportive statement.]”

#### 3. ROADMAP OF INTENTION (Actionable Steps)

- \*\*Action Step\*\*: “[Short descriptor, e.g., Trust a gut-led decision]”

- \*\*Daily Check-In\*\*: [Yes] / [No]

- \*\*Notes\*\*: “[Brief reflection]”

\*(Repeat for more steps if needed.)\*

### \*\*Final Takeaways & Next Steps\*\*

- \*\*Encouragement\*\*: “Embrace small wins…”

- \*\*Reframe\*\*: “I have the exact time I need…”

- \*\*Focus\*\*: “Follow energy, not obligation.”

- \*\*Next Session\*\*: “We’ll track micro-actions and refine boundaries…”

### \*\*Additional Support Tools\*\*

- \*\*Journaling Prompts\*\*

1. “[Prompt #1]”

2. “[Prompt #2]”

- \*\*Daily Practice Suggestion\*\*: “[Simple routine or visualization to reinforce new habits].”