**Dream/goal/manifestation**

* **Specific**:
* **Measurable**:
* **Actionable**:

**Examples**

1. Dream: Write a Book

* Specific: Decide on the topic and title of the book.
* Measurable: Write one chapter per week for 10 weeks.
* Actionable: Create a daily writing habit, such as writing for 30 minutes every morning.

### **Integrating Human Design (HD) and Internal Family Systems (IFS) into a specific, measurable, and actionable plan involves using the insights from both systems to create a personalized and aligned path toward achieving goals.**

### **Leverage Human Design for Clarity**

* **Energy Type**: Align actions with your HD type (e.g., Generators focus on gut responses, Projectors wait for invitations, etc.).
* **Authority**: Use your decision-making authority to guide which steps feel aligned and correct.
* **Strategy**: Incorporate your strategy to reduce resistance (e.g., responding, informing, or waiting for clarity).
* **Action Plan Example**:
  + **Specific**: A Manifesting Generator wants to launch a coaching program.
  + **Measurable**: Commit to identifying 3 opportunities to respond to per week (e.g., social media posts, potential collaborations).
  + **Actionable**: Use sacral authority to check in daily with gut responses to opportunities.

### **Use IFS to Address Emotional and Mental Blocks**

* **Identify Parts**: Recognize the parts (e.g., Managers, Firefighters) creating resistance or fear.
* **Unblend and Release Burdens**: Work with protective parts to uncover limiting beliefs and release emotional burdens.
* **Action Plan Example**:
  + **Specific**: A person struggles with self-doubt about public speaking.
  + **Measurable**: Meet the inner "Perfectionist" part in weekly journaling sessions to understand its protective role.
  + **Actionable**: Schedule one small speaking opportunity each month while reassuring the "Perfectionist" that mistakes are okay.

### **Integrate HD & IFS into Measurable Progress**

* **Daily Practices**:
  + HD: Use your strategy and authority to decide which tasks to prioritize.
  + IFS: Journal or meditate to connect with your inner Self and parts for clarity on daily actions.
* **Tracking Progress**:
  + Track how aligned actions (based on your HD) feel and how parts respond.
  + Example: A Generator tracks satisfaction/frustration levels as they follow gut responses over 30 days.
* **Reframing Resistance**:
  + Use IFS to dialogue with resistant parts and adapt plans if needed.

### **Tailor the Plan to Align Both Systems**

* **Clarify the Goal**:
  + **Specific**: Define the goal based on your HD profile and authentic desires.
  + Example: For a 6/2 Projector, focus on creating mentoring opportunities to model leadership.
* **Overcome Obstacles**:
  + Use IFS to explore fears holding you back (e.g., the "Critic" part fearing judgment).
* **Aligned Actions**:
  + Combine HD and IFS insights to create actionable, step-by-step goals (e.g., a Reflector checks in with their lunar cycle before committing to a major action).

### **5. Example of a Complete Plan**

**Goal**: Transition into a more aligned career.

* **HD Insights**:
  1. **Type**: Projector - Wait for invitations and recognition.
  2. **Authority**: Emotional - Wait for clarity before committing.
  3. **Strategy**: Engage in meaningful activities to attract aligned invitations.
* **IFS Insights**:
  1. **Manager Part**: "You must stay safe in your current job."
  2. **Firefighter Part**: "Avoid stress by not thinking about career change."
* **Specific**: Network with 5 aligned professionals each month to cultivate invitations.
* **Measurable**: Journal weekly on emotional clarity regarding career options.
* **Actionable**:
  1. Attend 2 networking events this month (aligned with Projector strategy).
  2. Have a conversation with the "Manager" part weekly to assure it of safety during this transition.

### **6. Integrate Reflection**

* Set time weekly to:
  + Reflect on what actions felt aligned with your HD strategy and authority.
  + Dialogue with IFS parts to resolve new resistance or refine the plan.