**Post Session Prompt:**

Here’s your **Master Client Intake-to-Insight Mapping System Prompt Template**, fully incorporating Human Design, Internal Family Systems (IFS), and your 16-step framework. This is designed for you to copy, paste, and fill in with a client’s intake responses to generate a full analysis, prep, or coaching session plan using ChatGPT.

## **Insight Mapping System Intake-to-Coaching Prompt Template**

You are Heather Whitaker, a clarity and mindset reframe coach, and an expert in Human Design and Internal Family Systems (IFS). You created the **Insight Mapping System**, a 16-step framework that blends both modalities to help clients become Self-led, detach from protective parts, and follow a personalized roadmap of intention toward their goal.

Please use the following client description to generate a complete Insight Mapping System roadmap for this individual.

### **Client Description (that needs to be on the client dashboard)**

* **Energy Type:** (insert)
* **Profile:** (insert)
* **Strategy:** (insert)
* **Authority:** (insert)
* **Defined Centers:** (insert)
* **Undefined Centers:** (insert)
* **Goal / Manifestation:** (insert)
* **What’s in the way of the goal:** (insert limiting belief / emotional or behavioral block)

### **INSTRUCTIONS: Generate a personalized Insight Mapping System plan based on the client description above. The output should be divided into the 3 main phases below and include all 16 steps.**

## **BECOME SELF-LED**

1. **What is Human Design and how does it benefit this client?**One-sentence definition of Human Design + its purpose in aligned decision-making.
2. **Brief summary of this client’s authentic self (based on their HD manual, include energy, profile, strategy authority, defined and undefined centers).**
3. **How to practice stepping into their Human Design to become Self-led.** Use their energy type, strategy, authority, and profile. Give 2–3 actionable practices.
4. **Summary of how their specific HD manual contributes to their current stuckness or confusion.** Tie this to any possible misalignment with strategy, open center conditioning, or authority override within intake form and also based on call transcript.

## **DETACH FROM PROTECTOR PARTS**

1. **What is Internal Family Systems (IFS) and why is integrating the internal roles beneficial?** One-sentence definition of IFS + its benefit for emotional clarity and aligned action.
2. **List the likely protector roles showing up for this client:** Use IFS framework. Label 1 proactive (Manager) and 1 reactive (Firefighter).  
    Give specific names and characteristics based on the client's goal/limiting belief.
3. **Give specific coaching questions the client can ask their protector parts** to understand and unblend from them.
4. **List questions or self-inquiry prompts based on the client’s defined and undefined centers.** Example: If undefined Ego, “Am I trying to prove I’m worthy by achieving this?”
5. **Explain how the defined and undefined centers contribute to the limiting belief.** Tie emotional patterns, conditioning, or behavioral loops to center dynamics.
6. **Use the client’s full Human Design manual to craft custom questions** they can use in journaling or session to work with protector parts.  
     
    Include language they will resonate with based on profile, type, authority.

## **ROADMAP OF INTENTION**

1. **Describe how their limiting belief is holding them back from their goal.**
2. **List 2–3 possible fears that may be underneath this belief or hesitation.**
3. **List 2–3 worst-case scenarios for the client to journal through.** Frame them as safe, compassionate exploration—not fear-mongering.
4. **List micro-action steps the client can take today to move the needle.** Tie directly to their strategy + authority (e.g., “Wait for a sacral response from \_\_\_”).
5. **Summarize how the Insight Mapping System supports getting out of your own way.** Tie together Human Design as the roadmap + IFS as the internal decluttering.
6. **Add extra tips or closing insights:** How to shift from protector parts in the driver’s seat to becoming Self-led.  
    How living in alignment with their Human Design allows their dream/goal to unfold.  
    Any rituals, journal prompts, or embodiment tools they can use.

## **SMART Breakdown of the Goal**

(Specific – Measurable – Actionable – Realistic – Time-Based)

* **Specific:** (Insert the goal stated above in concrete terms)
* **Measurable:** (Insert way to track aligned behavior/progress)
* **Actionable:** (Insert practical daily or weekly step based on strategy/authority)

**Output using myself as an example**

# **INSIGHT MAPPING SYSTEM: Client Roadmap for Heather Whitaker**

### **Client Dashboard**

* **Energy Type:** Manifesting Generator
* **Profile:** 2/4
* **Strategy:** To Respond
* **Authority:** Sacral
* **Defined Centers:** Throat, G Center, Sacral, Root, Spleen
* **Undefined Centers:** Crown, Ajna, Ego, Solar Plexus
* **Goal / Manifestation:** To trust her sacral responses and follow her creative desires without defaulting to “shoulds” or productivity-driven choices
* **What’s in the way:** Over-reliance on her mind to make decisions, belief that desires must be earned through obligation or overperformance (“shoulds before wants”), and pressure to prove worth

## 

## **SOFTR SECTIONS in client dashboard**

## **PHASE ONE: BECOME SELF-LED**

### **What is Human Design and how does knowing your manual help in becoming self led?**

**Human Design is a decision-making manual based on your energy, environment, and intuitive authority. It helps you make aligned choices by following your body’s wisdom instead of your mind’s conditioning.**

### **Authentic Self Snapshot**

Heather is a **Manifesting Generator (2/4)** with **Sacral Authority**—here to respond to what lights her up and take nonlinear leaps into aligned opportunities. Her **defined Sacral center** gives her sustainable energy when she’s lit up, while her **undefined Ego** and **Solar Plexus** can lead her to overprove or overplease when unaligned. Her **2/4 profile** thrives in spaciousness and relational connection, often called out by others to share her natural talents. When she trusts her sacral, she becomes magnetic.

### **How to practice stepping into HD to become Self-Led**

**Actionable Practices:**

1. **Daily Sacral Check-ins:** Ask yourself each morning: “What lights me up today?” or “Does this feel exciting right now?” Let your body answer.
2. **Shed the “Shoulds” Ritual:** Each week, list all your “shoulds” and separate out your sacral “wants.” Let your body choose one “want” to prioritize—even for 30 minutes.
3. **Let Invitations Come to You (2/4):** Trust your network and close circle to draw out your gifts. Don’t force your message—respond to resonance.

### **What’s causing stuckness or confusion?**

You often override your **Sacral Authority** with head-based “shoulds.”  
Your **undefined Ego** might drive perfectionism and the need to prove yourself by completing tasks before allowing joy. Your **undefined Solar Plexus** may push you to avoid emotional waves or people-pleasing rather than embracing clear, firm boundaries. You’ve been conditioned to equate **productivity with worth**, which can blur your sacral clarity and stall aligned action.

### **Defined/Undefined Center Prompts**

**Undefined Ego:**

* “Am I doing this to prove I’m worthy or capable?”
* “What if I didn’t need to earn my value today?”

**Undefined Solar Plexus:**

* “Am I taking on emotions that aren’t mine?”
* “Am I avoiding discomfort to keep the peace?”

## **PHASE TWO: DETACH FROM PROTECTOR PARTS**

### **What is IFS and why is meeting the internal parts beneficial?**

**Internal Family Systems (IFS) is a framework for understanding the different “parts” within you. It allows you to hear from your inner protectors and move forward with clarity, compassion, and confidence.**

### **Protector Roles**

**Proactive Manager:** **The Task Manager** – Keeps you focused on productivity, checklists, and accomplishments. Believes “if I stay on top of everything, I’ll feel safe and worthy.”  
 Voice: “We can rest after everything is done.”

**Reactive Firefighter:** **The Avoider** – Shows up when you push too hard. Numbs through distractions (scrolling, overplanning, zoning out) to escape the pressure of proving.  
 Voice: “Let’s do something fun instead—we deserve it!”

### **Questions for detaching from your protectors**

**To the Task Manager:**

* “What are you afraid would happen if I followed my joy first?”
* “What do you need from me so you don’t have to carry everything?”

**To the Avoider:**

* “What are you trying to protect me from when I want to escape the ‘shoulds’?”
* “What does fun or relief mean to you right now?”

### **Custom Journal Prompts (Human Design + IFS)**

* “What sacral response did I override this week?”
* “Which part of me feared being misunderstood or invisible?” (2/4 Profile)
* “What would my G Center say if I let it lead today?”
* “Am I reacting from conditioning in my open centers or responding from clarity?”
* “How can I honor my energetic truth instead of proving it?”

## **PHASE THREE: ROADMAP OF INTENTION**

### **How limiting beliefs block the goal**

Your belief that you must **earn your desires** through productivity or obligation blocks you from **trusting your sacral yes**. You hesitate when you feel the call of a creative urge because an inner Task Manager is still waiting for the “shoulds” to be done first.

### **Possible fears under the belief:**

1. “If I follow what I want, I’ll fall behind or disappoint others.”
2. “If I rest, I’ll be seen as lazy or undisciplined.”
3. “If I stop overgiving, I won’t be valuable.”

### **Journal Through These “Safe” Worst-Case Scenarios**

1. “What if I trusted my sacral and the plan didn’t work out?”
2. “What if I said no and someone got upset?”
3. “What if I let go of control and something beautiful unfolded?”

### **Micro-Actions to Move the Needle**

* **Pause before each decision** and say: “Sacral, what do you feel about this?”
* **Set a 20-minute timer** to do something purely because it lights you up.
* **Ask for one invitation or connection** each week aligned with your 2/4 profile. Let yourself be seen.
* **Audit one task a day** and ask, “Is this a should or a soul yes?”

### **Insight Mapping System Summary**

* **Human Design = the manual** to help you make body-led decisions
* **IFS = the internal decluttering** system so your protector parts don’t hijack the wheel
* **You = Self-led** when your sacral is driving and your parts are in supportive roles

### **Extra Tips & Closing Insights**

* When you hear your Task Manager voice, **thank it** and invite your Sacral to lead with curiosity.
* Let your **2/4 profile** call you inward (hermit) when needed and outward (network) when inspired—flow with both.
* Keep your environment **light, organized, and soulful**—this supports your defined G Center.
* Use rituals like **dancing, sacral breathing, or a “desire walk”** to activate clarity.

### **SMART Goal Breakdown**

* **Specific:** Follow sacral urges without over prioritizing “shoulds.” Create aligned offers or content from desire.
* **Measurable:** Journal sacral responses daily and track when you chose want over should.
* **Actionable:** Set one weekly desire-based project (e.g., writing, offer, rest, or new system) and complete it even if no one asks you to.
* **Realistic:** One 20–30 minute sacral-led action per day.
* **Time-Based:** Track for 30 days and reflect weekly on progress and emotional ease.

Here's your **client-facing Insight Mapping System Roadmap** formatted as a clean, modular **Softr block layout**. You can copy/paste this into your Softr dashboard using **Rich Text blocks**, **Toggle lists**, or **Accordion/Expandable Content blocks** for easy navigation and a beautiful user experience.

**Heading: Your Insight Mapping System Roadmap**

*Your self-discovery meets aligned action here. This roadmap is built from your Human Design and Internal Family Systems (IFS) insights, guiding you to become Self-led, release protective patterns, and follow a personalized path toward your desires.*

### **Phase 1: Become Self-Led**

**What is Human Design?** *Human Design is a body-based decision-making system. It helps you shift from overthinking to intuitive action by following your natural energy and inner authority.*

**Your Energetic Manual Includes:**

* **Energy Type** (how you exchange energy with the world)
* **Strategy** (how you engage with life in flow)
* **Authority** (your inner decision-making compass)
* **Profile** (your natural role in growth + relationships)
* **Defined Centers** (where your energy is consistent)
* **Undefined Centers** (where you're open to influence + growth)

**Practices for Alignment:**

* Tune into your Strategy + Authority before making decisions
* Notice moments driven by proving, pleasing, or overthinking
* Create a daily ritual to check in with your body’s guidance

**Where You Might Feel Stuck:**

* Following mental pressure over body cues
* Overriding your authority with "shoulds"
* Responding to others’ expectations vs. your inner spark

**Prompts Based on Human Design Centers:**

* **Undefined Ego:** “Am I doing this to prove I’m worthy?”
* **Undefined Solar Plexus:** “Am I avoiding discomfort to avoid conflict?”
* **Undefined Ajna/Crown:** “Am I stuck in figuring it out with my mind?”

**Journal Prompts for Clarity:**

* “What part of me speaks loudest when I feel pressure?”
* “What would my inner authority say instead?”
* “How does this decision feel in my body?”

### **Phase 2: Detach from Protector Parts**

**What is IFS?** *Internal Family Systems (IFS) reveals your inner cast of characters—your “parts”—that protect and react based on past experiences. You’ll meet these parts and gently shift leadership back to your calm, clear Self.*

**Your Protector Roles (Examples):**

* **Proactive Part (Manager):** Tries to control, perfect, or plan everything
* **Reactive Part (Firefighter):** Distracts, shuts down, or avoids pressure

**Self-Inquiry Prompts:**

* “What are you afraid would happen if I followed my desire?”
* “How long have you carried this job for me?”
* “What would help you relax and trust me?”

### **Phase 3: Follow Your Roadmap of Intention**

**The Belief Blocking Your Goal Might Sound Like:**

* “I have to earn my desires.”
* “If I rest, I’ll fall behind.”
* “I need to prove I’m doing enough.”

**Hidden Fears Beneath That Belief:**

* “What if I follow my want and it doesn’t work?”
* “What if I let people down?”
* “What if I slow down and lose my momentum?”

**Journal Through These “Safe” Worst-Case Scenarios:**

* “What if I trusted myself and made the wrong choice?”
* “What if I let go of control?”
* “What if I didn’t perform—but I still belonged?”

**Micro-Actions to Move the Needle:**

* Ask your Authority for guidance before saying yes
* Follow one sacral/hunch/instinct-led idea this week
* Track when you acted from alignment vs. protection
* Celebrate moments when you chose “want” over “should”

### 

### **Integration & Closing Notes**

* **Human Design** is your roadmap
* **IFS** helps you declutter your path internally
* **You** are the leader when your parts relax and your inner authority leads

**Tips to Stay in Alignment:**

* Use a journal prompt each morning
* Dance or walk in response to your body’s signal
* Name the protector part when it shows up—and lovingly guide it to the passenger seat

### **SMART Goal Breakdown**

Use this section to revisit and track your goal.

* **Specific:** (Insert your exact goal)
* **Measurable:** (How we’ll track progress)
* **Actionable:** (One aligned step per day or week)
* **Realistic:** (Matches your energy + life context)
* **Time-Based:** (30-day review or custom timeline)

**Ready to go deeper or feeling stuck? Message Heather directly or book your next integration session. This is your space to return to Self—one aligned step at a time.**

Here is a **Softr-friendly, copy-paste version** of your **Insight Mapping System Roadmap** content. You can paste each section into your **Softr Rich Text, Toggle (Accordion), or Custom List blocks** with clear formatting for clients.

### **Block 1: Rich Text Block – Welcome + Intro**

Your Insight Mapping System Roadmap

Welcome! This is your personalized path to becoming Self-led.

We’ll combine your \*\*Human Design\*\* blueprint and your \*\*internal parts\*\* (IFS) to help you take clear, confident, and aligned action toward your goal.

This roadmap is broken into 3 core phases:

1. Become Self-Led

2. Detach from Protector Parts

3. Follow Your Roadmap of Intention

### **Block 2: Toggle Block – Phase One: Become Self-Led**

## Phase One: Become Self-Led

\*\*What is Human Design?\*\*

Human Design is a body-based decision-making system that helps you make aligned choices using your natural energy—not your mind.

\*\*Your Energetic Blueprint Includes:\*\*

- Energy Type

- Strategy

- Authority

- Profile

- Defined Centers

- Undefined Centers

\*\*How to Practice Self-Leadership:\*\*

- Tune into your Strategy + Authority before making decisions

- Notice moments driven by proving, pleasing, or overthinking

- Create a daily ritual to check in with your body’s guidance

\*\*Where You Might Feel Stuck:\*\*

- Overthinking or overriding your inner compass

- Trying to be certain before you move

- Acting from pressure in undefined centers

### **Block 3: Toggle Block – Phase Two: Detach from Protector Parts**

## Phase Two: Detach from Protector Parts

\*\*What is Internal Family Systems (IFS)?\*\*

IFS shows you the “parts” within you that try to protect or avoid pain. We’ll meet them and help your calm, clear Self lead.

\*\*Your Protector Roles Might Include:\*\*

- \*\*Proactive Part (Manager):\*\* Tries to control, perfect, or plan everything

- \*\*Reactive Part (Firefighter):\*\* Distracts, shuts down, or avoids pressure

\*\*Questions to Ask Your Parts:\*\*

- “What are you afraid would happen if I trusted myself?”

- “How long have you had this job?”

- “What do you need from me to feel safe?”

\*\*Design-Based Prompts:\*\*

- Undefined Ego → “Am I trying to prove I’m worthy?”

- Undefined Solar Plexus → “Am I avoiding discomfort to keep the peace?”

- Undefined Ajna → “Am I stuck trying to figure it all out?”

\*\*Self-Inquiry Prompts:\*\*

- “What part of me speaks loudest when I feel pressure?”

- “What would my inner authority say instead?”

- “How does this decision feel in my body?”

### **Block 4: Toggle Block – Phase Three: Follow Your Roadmap of Intention**

## Phase Three: Follow Your Roadmap of Intention

\*\*What Might Be Blocking Your Goal:\*\*

- “I have to earn my desires.”

- “If I rest, I’ll fall behind.”

- “I’m only valuable when I’m needed.”

\*\*Fears Beneath That Belief:\*\*

- “What if I follow my want and it doesn’t work?”

- “What if I let people down?”

- “What if I slow down and lose momentum?”

\*\*Safe Worst-Case Journaling Prompts:\*\*

- “What if I trusted myself and made the wrong choice?”

- “What if I let go of control?”

- “What if I didn’t perform—but I still belonged?”

\*\*Micro-Actions to Move the Needle:\*\*

- Ask your Authority before saying yes

- Follow one desire-led action this week

- Track: “Was this a should or a yes?”

### **Block 5: Rich Text – Integration & Wisdom**

## Integration Tips

- \*\*Human Design\*\* gives you the map

- \*\*IFS\*\* clears the path

- \*\*You\*\* are the leader when your parts relax and your inner compass leads

### Practices You Can Use:

- Morning journal prompt: “What feels like a yes today?”

- Dance, walk, or breathe based on your body’s signal

- Name the part when it shows up—then respond from Self

### **Block 6: Custom List or Checklist – SMART Goal**

## SMART Goal Breakdown

\*\*Specific:\*\* (Insert your exact goal)

\*\*Measurable:\*\* (How you'll track progress)

\*\*Actionable:\*\* (One aligned step per day or week)

\*\*Realistic:\*\* (Match to your energy + bandwidth)

\*\*Time-Based:\*\* (Track for 30 days)

### **Block 7: Button or CTA**

\*\*Need support or feeling stuck?\*\*

[Book a 1:1 Coaching Session](insert link)

or

[Send Heather a Message](insert email or form link)