### 

**Post session template**   
 **Overarching Goal:**

### **Identified Limiting Beliefs: examples below**

* "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:**
* **Authority:**
* **Strategy:**
* **Defined Centers:**
* **Undefined Centers:**

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

**Follow your Strategy** –

**Check-Ins** –  
**Honor Your Profile**   
**Detach from Undefined Centers** –

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

#### **Understanding Your Protector Parts: Examples below**

| **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 Check-Ins** –
* **Time Inventory** –
* **Micro-Actions** –
* **Internal Dialogue with Protectors** –
* **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.