-Intention:

This is the pre-session homework that somebody would receive prior to having a one-on-one session with me. This is after they have filled out an intake form, which means the information that we have gathered includes their human design energy type, their profile, their authority and their strategy. They are new to the insight mapping system so the pre-session homework needs to give a blurb on the insight mapping system method. Define What human design is and what internal family systems parts work is and how combining them is going to accelerate the process of reaching your goal. This is the opportunity to explain the framework and prep them for what they need to know within the session. This should be broken out into four sections.

The first section is getting to know the insight mapping system method. The next section is all about human design and how becoming self led is the key to this process. The next section is all around their limiting belief on why they can't have what they want or why they feel stuck or unclear. It's basically a reiteration of what they've told us within the intake form, and this is where we tie in how our inner dialogue/ our parts have been keeping us safe yet small. This is where we define the role of the manager and the role of the firefighter. The last section will give them things to be thinking about and bring up into our session.

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The format will remain the same for all pre-session prep work, but will be customized to the specific client.

* customizations include the human design information and their limiting belief

**Pre session Message to be sent or live within the client portal**

* Welcome to the Self Inventory Lab! In preparation of your session with Heather Whitaker, take some time to familiarize yourself with The Self Inventory Lab, The Insight Mapping System method that Heather will be using during your session, as well as some pre-session prompts to answer ahead of time.
  + What is the **Self Inventory Lab**: a space to take inventory internally and externally and then take action efficiently.
  + What is The **Insight Mapping System:** a unique method that weaves Human Design and Internal Family Systems together, offering you practical tools that help you operate more efficiently and reach your goals in a streamlined approach.It's like getting a personalized cheat sheet for how to get out of your own way and receive all that you want.
  + The Insight Mapping System, provides a clear, step-by-step framework to help you:
    - “BECOME Self -Led “by Uncovering your authentic self, gain deep insights into your strengths, values and purpose through the lens of Human Design with clarity.
    - “DETACH” from limiting beliefs by declutter the noise holding you back and step into your power with Internal Family Systems Parts Work.
    - “ROADMAP Of INTENTION” with guided steps that are specific, measurable and actionable to navigate life's choices with clarity and confidence from your Human Design led self.
* What you can expect in your coaching session is a focus on “what is the way right now, of your goals/manifestations” versus the overwhelm of trying to unblock all of the things at once.

{Client portal page will have ***Specific client information*:** A summary of energy type, their profile, their authority, and their strategy in HD box)

Before your session get to know your human design blueprint and the concept of becoming self led

* Human Design(HD) gives you a personal strategy for how you work best.
  + **Energy Type:** how we’re designed to most effectively use our energy
  + **Strategy:** how we’re meant to create opportunities
  + **Authority:** how we’re designed to tap into our intuition and move out of indecision
  + **Profile:** how we’re wired to manifest our purpose and share our offerings with the world
  + **Becoming Self led**: This is the ultimate goal, to operate from your true authentic self- the unfiltered version of you. It’s when your thoughts, emotions, and actions are in sync with what you truly believe and value. No masks, no fear of judgment, just the purest, most aligned version of who you are. It’s about showing up for yourself unapologetically, even when societal norms or external pressures try to steer you off course. Human Design provides the blueprint to become self led, to become your authentic self.Living in alignment with your **Human Design** isn't just about figuring out how you're wired—it's about stepping into a self-led life, where every decision and interaction feels like it's coming from your most authentic, empowered core.

In session you will discuss your goal/manifestation you are wanting to achieve as well as why you feel stuck or have limiting beliefs on reaching your goal.

*{*Client portal page will have ***Specific client information*:**Their limiting belief is listed along with goals in a box}

Before your session, become familiar with Internal Family Systems (IFS) and how it will be a crucial part of your journey.

* + IFS/parts work helps you clear up mental clutter and internal conflicts that slow you down.IFS is a way to understand yourself by seeing your mind as an "inner family" made up of different parts, like the proactive manager AKA perfectionist or the reactive Firefighter AKA the procrastinator. Each part has a purpose, even the ones that seem to sabotage you, and IFS helps you listen to them, understand their needs, and detach from these parts being in the drivers seat to ultimately become Self-led.
  + The definition of an internal part called the Manager:These proactive parts aim to protect the system by managing emotions, relationships, and behaviors. They anticipate challenges—whether emotional, social, or practical—and intervene to steer clear of discomfort or harm. It’s like having a built-in project manager for your internal world, constantly striving to keep things balanced and under control.
  + The definition of an internal part called theFirefighter: These reactive parts react to overwhelming emotions by stepping in to protect the system. They act when you get triggered, using intense strategies like numbing out, distraction, or even lashing out. While their methods can seem extreme, they’re trying to shield you from emotional overload.
  + In session your parts will be named specifically based on your limiting belief of why you cannot reach or have your goal/manifestation.
* Session prep work journal questions
  + How are you feeling about stepping into being Self-led through Human Design?
  + When you read your human design mini blueprint, what came up for you?
  + How far off from your authentic self are you?
  + What fears are coming up about getting to know the protector parts?
  + Come to the session prepared with questions you have around your limiting belief or what is keeping you stuck from receiving.

After your session you will receive homework that will include steps on becoming self led with your HD, the names of your current manager and firefighter, questions to ask the manager and the firefighter in relation to the current limiting belief of why you can't have what you want, specific examples of ways to detach and release the protector parts and action step on how to move the needle right now towards your goal/manifestations.

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In our session I want to ask about their goal/ manifestation and ultimately why they feel like they haven't gotten what they want yet. I will already have the names of a manager and a firefighter so I can address them within the session post session. [I will reference the answers to the intake form.](https://docs.google.com/document/d/15tpjQyR3qsv4QX_bfYewZvsUtDV8jeFyQQCQWxZSLyY/edit?tab=t.0) I will have a list of questions to reference for IFS and HD (notebook LM)

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