Communication Styles:

**If I could combine Erin Claire Jones for Human Design, Jenna Kutcher for similar communication style and Nicole LePera for the parts work approach, this would be me!**

* **Jenna Kutcher- she is small town girl with a husband and two kids, she is down to earth and relatable. I loved her book and feel really connected to her journey.**
  + The tone of Jenna Kutcher's book *How Are You, Really?* is warm, reflective, and supportive. Kutcher writes with a nurturing and compassionate voice, encouraging readers to look inward and evaluate their true feelings and desires. The tone is personal and conversational, often feeling like a heart-to-heart with a close friend. It combines gentle guidance with vulnerability, aiming to create a safe space for readers to explore their authentic selves, set boundaries, and live more intentionally. Overall, the tone is empathetic and encouraging, fostering self-discovery and emotional growth.
    - https://jennakutcher.com/book?\_gl=1\*3bzjub\*\_ga\*MjA3NTE0MzA2Ni4xNzI1NzQzOTAw\*\_ga\_VWS34T42SY\*MTcyNTc0MzkwMC4xLjEuMTcyNTc0NDEwMi42MC4wLjA.
  + <https://jennakutcherblog.com/5-pinterest-strategies-to-implement-in-2024/>
  + <https://jennakutcherblog.com/summerbts/>
* **Dr Nicole Pera-**Her tone is empowering, accessible, compassionate, and often healing-focused, which resonates with her diverse and growing audience. Here are the defining aspects of her brand tone and communication style: Empowering and Encouraging Non-Clinical and Accessible,Warm and Compassionate ,Holistic and Integrative, Authentic and Transparent,Direct and No-Nonsense, Community-Oriented, Simple and Digestible,Optimistic and Forward-Looking
  + <https://theholisticpsychologist.com/future-self-journaling/>
  + https://theholisticpsychologist.com/
* **Erin Clair Jones- Human Design reader that is not WOO WOO! I like her style of speaking and writing more then Jenna Zoe even though I love Jenna’s work. I feel closer to Erin is tone.**
  + The tone of Erin Claire Jones' Human Design readings is insightful, supportive, and empowering. She uses a clear and encouraging voice to guide individuals through the complexities of the Human Design system, which blends astrology, the I Ching, Kabbalah, and the chakra system. Her tone is warm and non-judgmental, focusing on helping people better understand their unique design and how they can live in alignment with their true selves. There is a strong emphasis on personal growth, self-awareness, and embracing one’s individuality, delivered in a positive and affirming way.
  + <https://humandesignblueprint.com/dream-career-for-each-type-in-human-design/>
  + <https://humandesignblueprint.com/the-fear-gates-in-human-design/>

1. Marie Forleo- she is over 40 and doesn't take herself too seriously
   * + <https://www.marieforleo.com/blog/not-too-late-to-reinvent-yourself>
     + <https://www.marieforleo.com/about>
     + <https://everythingisfigureoutable.com/eif-a> (she wrote a book called everything is figureoutable)
   * The tone of Marie Forleo's book *Everything Is Figureoutable* is upbeat, motivational, and empowering. It blends optimism with practical advice, using a conversational and friendly style to connect with readers. Forleo's voice is energetic and full of encouragement, often incorporating humor and personal anecdotes to make her points more relatable. She emphasizes a can-do attitude, urging readers to take control of their lives, overcome obstacles, and believe in their ability to solve problems. The tone is designed to inspire confidence and action.

* Amy Porterfiled- she started in corporate and has been open and honest about worked and didnt work. She is also over 40!
  + She wrote a book called “two weeks notice”
  + The tone of Amy Porterfield's book *Two Weeks Notice* is practical, empowering, and encouraging. Porterfield uses a friendly and relatable style, aiming to instill confidence in readers who are considering transitioning from traditional employment to entrepreneurship. The tone is also instructional, offering clear, step-by-step guidance on building a business and taking control of one's career. Throughout the book, Porterfield maintains a motivational and supportive voice, assuring readers that they have the tools and capabilities to succeed in creating a fulfilling professional life on their own terms.
  + <https://www.amyporterfield.com/online-marketing-tools/>
* Gabby Berstein- HUGE FAN but do not like how she uses a ton of spiritual words
  + I like that she is honest and open and vulnerable
  + Gabby Bernstein's tone and voice in her books and teachings are spiritual, uplifting, and compassionate. She speaks with a nurturing and reassuring style, often blending personal vulnerability with universal wisdom. Her tone is calm, yet empowering, as she guides readers through topics like healing, manifesting desires, and connecting with one's spiritual self.Bernstein’s voice is highly motivational, with an emphasis on love, forgiveness, and inner peace. She encourages readers to embrace positivity, trust the universe, and overcome challenges with grace. The tone is also deeply personal and authentic, as she shares her own experiences and struggles, making her relatable while also offering spiritual guidance.

What I am NOT a fan of

* I’m not a fan of huge spiritual words or anything that says cosmic and astrological terms. I prefer the use of the word universe versus God. I use words like limiting beliefs, blocks when referring to obstacles in our way. I don’t want to sound to science based or dry/cold tones. I’m naturally nurturing and always want to simplify and make people feel like the only wrong way to do inner work is to not do it at all. I don’t use big vocabulary.

Sample email of how i would email and use my tone

I’m so glad we connected and you trust me enough to help guide you through this journey. what sets the insight architect framework apart from anyone else is the decluttering which allows space for clarity. I’m a big believer in reverse engineering, taking your ultimate up level and or goal and working backwards is a great way to create a personalized roadmap.

When we know where you’re going, we can then ask ourselves why don’t you have it? What’s in the way? What stories are you carrying that don’t belong to you. I love the phrase of unbecoming Everything we’ve been told we are or need to be.

What I love about human design is it gives us permission to be ourselves. It reaffirms all of the things and or feelings and desires we have and reassures us that we can trust ourselves. I understanding this personal blueprint and seeing it on paper really allows you to start to see all of the areas that you can start implementing immediately. When we know our strategy, our authority, the way we respond, and our life’s purpose you get to build a vision of who you’re meant to be, and you get to start to act the way it makes you feel calm, courageous, creative, confident, connected.

Once once we have met our true self and we have clarity around the goal. The next aspect is to ask ourselves. What’s holding us back from that goal? What are the literal road blocks and obstacles that make us feel like we can’t get there or it’s not possible.

This is where our internal parts work coming to play. We have different aspects within ourselves, different rules that I’ve been protecting us. There are no bad parts and we are not of these parts. They are just aspects that we’ve picked up along the way to protect us. Think of them as your safeguards, they’ve created a container to try to keep you safe but what it’s actually doing is keeping you small. Once we can identify each one of these parts and what the role is, we can see which part takes the lead based on triggers that are showing up. The idea is to meet each one of these parts. To get to know them to ask them questions we want your self to ultimately take the lead role to ask these other parts to stand down to trust that you know best. .

Ultimately, I working with me you were going to have a crystal clear picture of who you are where you wanna go and how to get there by decluttering everything that is in your way.

**Freebie on my website that someone can download**

A goal of mine is to share what I do personally to remind you that connecting to self doesn't need to be complicated and done perfectly. The following prompts are my personal questions I ask myself regularly to get out of my own way, to make sure I am nurturing the now and reframing thoughts that may be taking up space. We are a work in progress so these questions are not a one-and-done, they are resources to come back to when you are feeling disconnected from yourself. The goal is not perfection but to shorten your rebound from when you feel knocked off your center.

The intention is to continue getting clear on your destination—what matters most, your personal priority—and getting you into the right mindset to easily arrive at your next destination.

Hot tip: listen to binaural beats while reading and answering these. There is no right or wrong way to do this.. answer aloud, type into your notes section of your phone, voice note into your voice memo app or write in your journal. Refer back to see if the same patterns are showing up, have you started to unbecome the old version of yourself?

Quote “ When we choose something new, it’s because we finally realize that continuing to choose the same thing will only bring us the same experiences” - Joe Dispenza

1. How do I want to feel in my day today? For example, I want to feel calm, confident, connected, courageous, creative, compassionate, clear and curious. Feeling these helps me show up as my true self in all areas of my life.
2. What actions can I take that influence my experience towards how I want to feel?helps me get there and what puts me further away ? For example, When I check in with myself, I start my day with the vision of what this feels like by looking at a photo of myself that exudes my highest self. What takes me away is rushing, trying to control every aspect or disregarding my needs.
3. When thinking of the actions to take, where is there resistance? Am I contributing to the resistance by choosing to experience things as “difficult”? Is there something I can let go of inside that? If I don't change my daily habits, will my life be better or worse 6 months to a year from now? If I continue to rush and push through without rest; my nervous system will force me to slow down.
4. Is there anything I am saying yes to, that I know I want to say no to? What is the reaction or result I am avoiding by still saying yes?