Freebie: “how to get out of your own way “

* Human Design gives you a personal strategy for how you work best.
* IFS helps you clear up mental clutter and internal conflicts that slow you down.
* Both of these frameworks are practical tools that help you operate more efficiently and reach your goals faster .It's like getting a personalized cheat sheet for how to get out of your own way and perform at your peak.
* **Do we provide an infographic with human design, their goal, and the IFS parts???**
  + **This freebie is showing a high-level roadmap. Visually it shows from left to right their human design type strategy and authority, the limiting belief which leads to naming of the manager and the firefighter, the word un blending with the end result of their goal.**
* **This freebie would essentially give an example of how being self lead with your human design could help connect with your parts to detach from their protection to allow you to get to your goal. Getting out of your own way means your parts are in the way, your parts are part of yourself. So the idea is seeing your goal-**

**recognizing your true self through human design and meeting your parts. This freebie introduces the human design self and the parts based specifically on their limiting beliefs with their goal and their human design.The freebie gives the example of what maybe their manager would be or their firefighter and how it's in the way. to truly be able to remove the obstacles, you have to join the self inventory lab.**

What questions do we need in the intake form to generate this freebie?

* Step one: they need to go to [www.humandesign.com](http://www.humandesign.com) to get there human design information
* Step two: fill out this intake form with these questions:
* Name and email address.
* *What’s one goal you’re currently working toward?*
* *What’s a limiting belief or thought that’s holding you back?*
* *List your Human Design type, strategy, and authority*

[ChatGPT](https://chatgpt.com/c/673fc25c-a318-8004-ac21-e8d46bf31c2e)

Here’s a refined version of the freebie where **you provide potential names** for their Manager and Firefighter roles based on their **limiting belief**, **Human Design**, and **goal**:

### **Freebie Title: "Meet Your Inner Protectors: Clarify Your Manager and Firefighter Roles to Break Through Your Blocks"**

### **Goal:**

Help potential clients identify and **understand their Manager and Firefighter parts** by providing pre-defined examples of possible names based on their specific **limiting belief**, **Human Design**, and **goal.**

This approach clarifies their internal dynamics and introduces the idea that their protectors have unique, predictable patterns.

### **Content Outline**

#### **1. Welcome: Meet Your Protectors**

**Overview**:

* Briefly explain the roles of the Manager and Firefighter:  
  + **Managers**: Proactive protectors that plan, organize, or control to prevent failure or harm.
  + **Firefighters**: Reactive protectors that step in to soothe or distract when things feel overwhelming.
* Tie this concept to **Human Design**:  
  + Managers and Firefighters adapt their roles based on your Human Design type, strategy, and authority.
  + When they don’t align with your design, they can create resistance, keeping you stuck.

#### **2. Step 1: Define Your Goal and Limiting Belief**

**Prompts**:

1. *What’s one goal you’re working toward that feels out of reach?* *(Example: “I want to grow my business,” or “I want to say no without guilt.”)*
2. *What’s the belief or thought that holds you back?* *(Example: “I’ll fail if I try,” or “I have to do everything perfectly.”)*

#### **3. Step 2: Add Your Human Design Insights**

**Reflection Prompt**:

* *Do you know your Human Design type, strategy, and authority? If yes, write it down. If not, use [this link] to discover it.*

#### **4. Step 3: See Your Protectors in Action**

Based on their **limiting belief, Human Design type, and goal**, offer examples of what their Manager and Firefighter might be named and how these roles show up.

### **Examples of Manager and Firefighter Names**

#### **Scenario 1: Manifesting Generator**

* **Goal:** “I want to grow my business.”
* **Limiting Belief:** “I need to say yes to everything to succeed.”

**Manager Name**: "Busy Betty"

* *Role*: Pushes you to overcommit, fearing missed opportunities if you slow down.

**Firefighter Name**: "Impulse Irene"

* *Role*: Reacts to overwhelm by making impulsive, scattered decisions to feel in control.

#### **Scenario 2: Projector**

* **Goal:** “I want to set boundaries without guilt.”
* **Limiting Belief:** “I have to prove my worth to be valued.”

**Manager Name**: "The Prover"

* *Role*: Urges you to over-deliver, fearing rejection if you don’t meet impossible standards.

**Firefighter Name**: "Escape Artist"

* *Role*: Pulls you away from uncomfortable emotions by retreating into isolation or consuming information endlessly.

#### **Scenario 3: Generator**

* **Goal:** “I want to start a new career aligned with my purpose.”
* **Limiting Belief:** “I’ll fail if I make the wrong choice.”

**Manager Name**: "Planner Penny"

* *Role*: Keeps you stuck in endless planning and researching, avoiding the risk of making a "wrong" decision.

**Firefighter Name**: "Netflix Nina"

* *Role*: Distracts you with entertainment when the fear of failure becomes too loud.

#### **Scenario 4: Manifestor**

* **Goal:** “I want to create more balance in my life.”
* **Limiting Belief:** “If I stop taking action, I’ll lose control.”

**Manager Name**: "Action Annie"

* *Role*: Demands constant initiation and productivity, fearing that slowing down leads to failure.

**Firefighter Name**: "Rebel Rachel"

* *Role*: Reacts to burnout by quitting abruptly or avoiding tasks entirely.

### **5. Step 4: What Does This Mean for You?**

Provide guidance for their next steps:

* Reflect on which of the examples resonates most with their situation.
* Encourage them to consider how their Manager and Firefighter might be protecting them, even when it feels counterproductive.

### **6. Next Steps: Take Aligned Action**

Encourage clients to:

1. **Book a clarity session** to explore how to align their protectors with their goals using Human Design.
2. **Join your email list** or community for more resources.

### **Visuals for the Freebie**

* **Icons** for Managers and Firefighters (e.g., a clipboard for the Manager, a fire extinguisher for the Firefighter).
* **Simple charts or tables** showing the connection between **goal, belief, Human Design, and protector roles.**
* Include plenty of space for notes so clients can write down what resonates most.

### **Sign-Up Form Questions**

* Name and email address.
* *What’s your goal right now?*
* *What’s one limiting belief you feel is holding you back?*
* *Do you know your Human Design type, strategy, and authority? If yes, share it below.*

This version keeps the freebie concise and leaves room for interpretation while showing your expertise in both IFS and Human Design. Would you like help designing the visuals or worksheets?

**BELOW IS THE FLOW ON HOW THE FREEBIE WAS CREATED**

**Prompt:**

act as if you are a clarity and mindset reframe coach, you are looking to create a freebie for lead generation. This freebie is called how to get out of your own way, it's an introduction to how human design and internal family parts can help you get to your goal. Give me some examples of what this freebie would entail and the questions we would need from a potential client to create this freebie

Answer:

**Freebie Title: "How to Get Out of Your Own Way: Unlock Your Path to Progress with Human Design & Parts Work"**

### **Freebie Content Outline**

This freebie should be a bite-sized yet actionable introduction to how Human Design and Internal Family Systems (IFS)-based parts work can help someone break through their inner blocks. Here’s what it could include:

#### **1. A Warm Introduction**

* **Purpose**: Explain how inner conflict and misalignment often create the feeling of "being stuck."
* **Personalization**: Highlight that everyone has unique internal and external dynamics influenced by their Human Design chart and internal parts.

#### **2. Quick Overview of Human Design & Parts Work**

* **Human Design**: A simplified explanation of how understanding your type, strategy, and authority helps you make aligned decisions.
* **Parts Work**: Introduce the concept of "inner parts" (e.g., Inner Critic, Perfectionist, Caregiver) and their role in influencing behavior and mindset.

#### **3. Identify What's Blocking You**

A guided exercise with reflection questions, such as:

* What is a goal you’ve been struggling to achieve?
* What do you believe is stopping you? (e.g., fear, self-doubt, overthinking)
* If you could remove one obstacle, what would it be?

#### **4. Your Human Design Snapshot**

Help the client begin to understand their design with a short prompt like:

* "Are you a Manifestor, Generator, Projector, or Reflector? Not sure? Here's a link to discover your design."

#### **5. A Step-by-Step Method to “Unblock” Yourself**

**Sample Framework for the Freebie:**

1. **Step 1: Notice Your Inner Voices** Use a simple exercise to name the loudest "part" stopping them right now (e.g., "My Overthinker").
2. **Step 2: Tap Into Your Design Strategy** Guide them to consider:  
   * How might their Human Design strategy help them navigate the situation differently?
   * Example prompts for each design type:
     + *Generators*: "What excites or energizes you about your goal?"
     + *Projectors*: "Who could recognize your value and help you move forward?"
3. **Step 3: Take the First Aligned Step** Prompt actionable steps they can take today by asking:  
   * “What’s one thing this part of you fears would happen if you took this step?”
   * “What does your authority (Sacral, Emotional, etc.) say about this choice?”

#### **6. An Invitation for Next Steps**

Close the freebie by inviting the client to:

* **Book a clarity session** (free or discounted) to explore how their design and parts can align for success.
* **Join your newsletter or community** for more insights.

### **Client Questions to Create the Freebie**

When offering the freebie, collect information to customize your follow-up and provide immediate value. Include these questions in your sign-up form:

1. **Basic Personal Information**
   * Name
   * Email
2. **Human Design Awareness**
   * "Do you know your Human Design type? (Yes/No)"
   * "If yes, what is your type, strategy, and authority?"
   * "If no, do you want help discovering it?" (Provide a link to a chart generator)
3. **Goals and Challenges**
   * "What is one goal you’re currently working toward?"
   * "What’s been holding you back from achieving it?"
   * "What does progress toward this goal look like for you?"
4. **Inner Dynamics**
   * "Have you noticed any recurring thoughts, fears, or behaviors stopping you?"
   * "If you could remove one internal obstacle, what would it be?"
5. **Preferred Support Style**
   * "How do you learn best? (e.g., worksheets, videos, 1:1 coaching)"

By creating a compelling freebie with personalized follow-ups based on these questions, you'll demonstrate your expertise and offer tangible value, priming potential clients for deeper work with you.

**Next question to add onto it:**

Let's redefine this freebie. The goal of this freebie is to meet the IFS parts, specifically the manager and the firefighter. Taking the goal, they're limiting belief and their human design to be able to identify what role the manager has taken, and what role the firefighter has taken.

**Answer**

**Redefining the Freebie: "Meet Your Inner Team: Understanding Your Manager and Firefighter Roles to Overcome Blocks"**

This freebie would introduce clients to their **Internal Family Systems (IFS) parts**, specifically focusing on the **Manager** and **Firefighter** roles, and integrate their **Human Design** insights to give a personalized roadmap for overcoming limiting beliefs and achieving goals.

### **Freebie Content Outline**

#### **1. Introduction: "Your Inner Team and Their Roles"**

* Briefly explain the **Manager** and **Firefighter** parts in relatable, non-clinical terms:  
  + **Manager**: The planner, protector, or perfectionist that tries to keep you "safe" by maintaining control or avoiding failure.
  + **Firefighter**: The reactive part that steps in to put out emotional "fires" through distraction, numbing, or overindulgence.
* Tie this to **Human Design** by explaining how their type, strategy, and authority can help them align with their goals instead of being derailed by these parts.
* **Big Idea:** These parts aren't the enemy; they’re trying to help—but sometimes in ways that keep you stuck.

#### **2. Discover Your Goal and Limiting Belief**

Provide a worksheet or guided reflection to identify:

1. **The Goal**:
   * *“What’s one goal you’re striving for that feels out of reach?”*
2. **The Limiting Belief**:
   * *“What’s the belief or thought that keeps showing up and making you doubt yourself?”*
   * Examples: "I'm not good enough," "I’ll fail," "I need to do everything myself."

#### **3. Identify Your Manager’s Role**

Help them uncover the **Manager's strategy** in relation to their goal:

* **Reflection prompts**:
  + *“What does this part of you believe will go wrong if you take action toward your goal?”*
  + *“What strategies does this part use to keep you in control? (e.g., over-planning, procrastinating, perfectionism)”*
  + *“How does this part feel about failure or mistakes?”*

**Connection to Human Design**:

* Offer an example for each **Human Design type**:
  + *Manifestors*: The Manager might demand constant initiation and resist slowing down for rest.
  + *Generators*: The Manager might fear saying "no" to opportunities, even if they feel wrong.
  + *Projectors*: The Manager might overcompensate by "proving" their worth instead of waiting for recognition.

#### **4. Meet Your Firefighter**

Guide them to recognize the **Firefighter's reactionary behaviors**:

* **Reflection prompts**:
  + *“When you feel overwhelmed or stuck, what do you tend to do to escape the discomfort?”*
  + *“What emotions or situations trigger this part to step in? (e.g., frustration, rejection, fear)”*
  + *“What does this part believe it’s protecting you from?”*

**Connection to Human Design**:

* Illustrate how their design influences Firefighter behaviors:
  + *Manifestors*: Firefighters might rebel against routine by impulsively quitting or starting something new.
  + *Generators*: Firefighters might distract with endless busyness or mindless tasks.
  + *Projectors*: Firefighters might retreat into isolation or overconsume information instead of acting.

#### **5. Reframe Your Inner Team's Roles**

Help the client see how the **Manager** and **Firefighter** parts can work *with* their Human Design:

* **Reframe Exercise**:  
  + *“What is one thing your Manager might need to feel safe letting go of control?”*
  + *“How could you acknowledge your Firefighter’s protective role while choosing a healthier coping strategy?”*
* Include examples for Human Design:  
  + *Manifestors*: Managers might need to learn that not every action must have immediate results.
  + *Generators*: Firefighters might be reassured that slowing down won’t mean giving up.
  + *Projectors*: Managers might shift from "doing it all" to trusting their natural wisdom and guidance.

#### **6. Next Steps: Take Aligned Action**

Wrap up with actionable next steps:

1. **Aligned Action Plan**:  
   * *“What’s one step you can take today toward your goal that feels supportive to your Manager and Firefighter?”*
2. **Self-Check with Authority**:  
   * *“What does your Authority say about this step? (Sacral, Emotional, etc.)”*
3. **Ongoing Support**:  
   * Invite them to book a session to explore their full Human Design and dive deeper into parts work.

### **What to Collect from Clients in the Signup Form**

1. **Name and Email** (Basic contact information for follow-ups)
2. **Goal and Limiting Belief**
   * *“What’s a goal you’ve been struggling to achieve?”*
   * *“What’s one belief or thought that feels like it’s holding you back?”*
3. **Human Design Awareness**
   * *“Do you know your Human Design type? (Yes/No)”*
   * If yes: *“What’s your type, strategy, and authority?”*
4. **Inner Dynamics Awareness**
   * *“How do you typically respond when something feels overwhelming or out of your control?”*
   * *“What’s one thing you feel your inner ‘critic’ or ‘manager’ is trying to protect you from?”*

This version of the freebie is designed to deliver powerful, personalized insights while priming potential clients to take the next step in their journey with you! Would you like help drafting the specific content, exercises, or visuals for this freebie?

Here’s a detailed draft of the **freebie content**, including exercises, examples, and visuals suggestions:

### **Freebie Draft: "Meet Your Inner Team: Understanding Your Manager and Firefighter Roles to Overcome Blocks"**

#### **Cover Page**

* **Title:** "Meet Your Inner Team: Understanding Your Manager and Firefighter Roles to Overcome Blocks"
* **Subtitle:** "A guided introduction to uncovering how your internal parts and Human Design work together to help you overcome limiting beliefs and achieve your goals."
* **Visuals:** Minimalist illustration of a team dynamic (e.g., gears, puzzle pieces, or people collaborating). Include your logo and tagline.

### **Page 1: Welcome and Overview**

**Headline:** *"What If the Parts of You That Hold You Back Were Actually Trying to Help?"*

* **Welcome Message**:
  + Explain that this guide will help them uncover the hidden roles their inner team is playing, specifically focusing on their Manager and Firefighter parts.
  + Reassure them that all parts have good intentions, and aligning these roles with their **Human Design** can unlock clarity and progress.

**Key Takeaways**:

1. Identify the roles of your **Manager** and **Firefighter**.
2. Learn how these parts influence your actions, beliefs, and goals.
3. Use your **Human Design type and strategy** to take aligned steps forward.

### **Page 2: Step 1 – Discover Your Goal and Limiting Belief**

**Headline:** *"Start with What Matters Most to You"*

**Exercise:**

1. *What is one goal you’ve been struggling to achieve?* *(Example: “Starting my own business” or “Having more time for myself without guilt.”)*
2. *What’s one belief or thought that feels like it’s holding you back?* *(Example: “I don’t have enough time” or “I’ll fail if I try.”)*

**Visual:** Include a worksheet-style space for them to write their goal and belief. Use simple icons (a goal flag and a thought bubble).

### **Page 3: Step 2 – Meet Your Manager**

**Headline:** *"What’s Your Manager’s Role?"*

**Description**:

* The Manager’s job is to protect you from failure, pain, or overwhelm. It plans, organizes, or avoids risks to keep you "safe."
* Sometimes, this protection leads to overthinking, perfectionism, or procrastination.

**Reflection Prompts**:

* *What does your Manager believe will go wrong if you take action toward your goal?*
* *What strategies does your Manager use to stay in control?* *(Examples: “I plan endlessly,” “I avoid starting,” or “I make sure everything is perfect.”)*
* *What emotions does this part feel about your goal? (e.g., fear, doubt, urgency)*

**Visual:** A friendly illustration of a clipboard, calendar, or a person holding a checklist.

**Connection to Human Design**:

* Offer Manager insights based on design type:
  + *Manifestors*: The Manager might push you to initiate everything, fearing inaction leads to failure.
  + *Generators*: The Manager might keep you saying “yes” to tasks that don’t excite you, fearing you'll lose momentum.
  + *Projectors*: The Manager might demand you prove yourself, fearing others won’t see your value.

### **Page 4: Step 3 – Meet Your Firefighter**

**Headline:** *"What’s Your Firefighter’s Role?"*

**Description**:

* The Firefighter’s job is to step in when things feel overwhelming, providing quick relief or escape.
* Sometimes, these actions can lead to unhelpful patterns like distraction, numbing, or avoiding emotions.

**Reflection Prompts**:

* *When you feel stuck, how does your Firefighter respond?* *(Examples: “I scroll social media,” “I eat or binge-watch TV,” or “I avoid the situation entirely.”)*
* *What does your Firefighter believe it’s protecting you from?* *(Example: “Feeling like a failure” or “Being judged by others.”)*

**Visual:** A fire extinguisher with thought bubbles or a cartoon figure running with a bucket of water.

**Connection to Human Design**:

* Examples of Firefighter behavior by design type:
  + *Manifestors*: Might rebel by quitting or starting something impulsively.
  + *Generators*: Might get stuck in "busywork" that feels productive but doesn’t matter.
  + *Projectors*: Might isolate or consume too much information to avoid action.

### **Page 5: Step 4 – Reframe Your Inner Team**

**Headline:** *"Shift the Roles: From Conflict to Collaboration"*

**Exercise:**

* *What does your Manager need to feel safe loosening control?* *(Example: “A clear plan with space for flexibility.”)*
* *How can you acknowledge your Firefighter while creating healthier coping strategies?* *(Example: “Instead of avoiding discomfort, I’ll set small, doable goals that feel safe.”)*

**Visual:** A Venn diagram labeled “Manager’s Needs” and “Firefighter’s Needs” with overlap labeled “Aligned Actions.”

**Tip for Alignment Using Human Design**:

* *Manifestors*: Reassure your Manager and Firefighter by creating intentional pauses and giving yourself permission to rest.
* *Generators*: Use your sacral authority to focus on what energizes you, quieting both parts.
* *Projectors*: Lean into waiting for recognition; remind your inner team that timing is your ally.

### **Page 6: Step 5 – Take Aligned Action**

**Headline:** *"Put It All Together: One Small Step Toward Your Goal"*

**Action Plan Worksheet**:

1. *What’s one aligned step you can take toward your goal?* *(Example: “Write the outline for my business plan,” or “Set boundaries for one hour of self-care.”)*
2. *Check with your Authority:*
   * *“Does this step feel right based on my strategy and authority?”*
3. *What can you tell your Manager and Firefighter to reassure them?* *(Example: “This is just one step; I don’t have to do everything perfectly today.”)*

**Visual:** A blank action plan template with prompts and a calming visual of a path or road.

### **Page 7: Next Steps – Work With Me**

**Headline:** *"Ready to Align Your Inner Team?"*

* Invite them to book a free clarity session to dive deeper into their Human Design and parts work.
* Include a **link to schedule** and encourage them to join your community for continued growth.

This freebie combines reflection exercises, relatable insights, and practical actions, while subtly guiding them to the next step in working with you. Would you like me to create detailed templates, worksheets, or scripts for the individual sections?

**Next Prompt**

This is giving too much away. Rewrite a simpler version of this freebie. The idea is to identify the personalized names of the manager and the firefighter based on their goal, they give us, the human design type strategy and authority. They provide, as well as limiting belief. This freebie provides the identification and clarification of their protector roles based on human design their goal, and they're limiting belief.

Answer:

### **Freebie Title: "Name Your Inner Protectors: A Personalized Guide to Clarify Your Manager and Firefighter Roles"**

### **Purpose of the Freebie**

The goal of this freebie is to provide clients with a **simple, personalized tool** to identify and name their **Manager** and **Firefighter** parts based on three key factors:

1. Their **goal**
2. Their **limiting belief**
3. Their **Human Design type, strategy, and authority**

The focus is on **identification and clarification**, setting the stage for deeper exploration in a future session or program.

### **Freebie Content Outline**

#### **1. Introduction: Meet Your Protectors**

* Briefly introduce the **Manager** and **Firefighter** roles:  
  + **Manager**: The proactive planner that seeks to protect you by preventing potential harm, failure, or discomfort.
  + **Firefighter**: The reactive problem-solver that steps in to put out emotional fires when things feel overwhelming or out of control.
* Explain that understanding these parts helps you align your goals and actions by working with them instead of against them.
* Connect this to Human Design:  
  + Your **type, strategy, and authority** add an extra layer of insight into how these parts may show up for you.

#### **2. Step 1: Identify Your Goal and Limiting Belief**

**Reflection Prompts**:

1. *What is one specific goal you’re currently working toward?* *(Example: “I want to start a business,” or “I want to set boundaries without guilt.”)*
2. *What’s the belief that feels like it’s holding you back?* *(Example: “I don’t have enough time,” or “I’m not capable of succeeding.”)*

**Worksheet:**

* Provide a space for them to write their goal and limiting belief.

#### **3. Step 2: Connect to Your Human Design**

Ask them to share their **type, strategy, and authority**:

* Example Form Question:
  + *“Do you know your Human Design? If yes, what’s your type, strategy, and authority?”*
  + If they don’t know, provide a **link to a free Human Design chart generator** so they can find out.

**Connection to Protectors:**

* Explain how Human Design influences the behavior of their protectors:
  + *Manifestors*: Managers may push for constant initiation, fearing inaction, while Firefighters may act impulsively to regain control.
  + *Generators*: Managers may keep them overly busy with tasks that don’t excite them, while Firefighters may use numbing behaviors to escape burnout.
  + *Projectors*: Managers might push them to over-deliver to prove their worth, while Firefighters may retreat into isolation to avoid rejection.

#### **4. Step 3: Name Your Protectors**

Guide them to create **personalized names** for their Manager and Firefighter roles.

**Example Exercise:**

1. *What does your Manager feel like?*
   * *“What name would you give to this part based on how it shows up for you?”* *(Example: “Perfectionist Polly,” “Taskmaster Tony”)*
2. *What does your Firefighter feel like?*
   * *“What name would you give to this part based on how it reacts to stress or overwhelm?”* *(Example: “Escape Artist Emma,” “Procrastinator Pete”)*

**Worksheet Section:**

* Include two spaces for them to write their protector names:
  + My Manager’s Name: \_\_\_\_\_\_
  + My Firefighter’s Name: \_\_\_\_\_\_

#### **5. Step 4: Understand Their Roles**

Provide **brief clarifications** of the roles based on the data they provided (goal, belief, and design type).

**Examples**:

* **Goal:** “I want to grow my business.”  
  + *Manager’s Role:* Keeps you safe by making endless to-do lists to avoid failure.
  + *Firefighter’s Role:* Distracts you with busywork or social media when fear of failure feels overwhelming.
* **Limiting Belief:** “I’m not good enough.”  
  + *Manager’s Role:* Pushes you to overprepare and overanalyze to avoid judgment.
  + *Firefighter’s Role:* Pulls you away from uncomfortable emotions with food, TV, or withdrawal.
* Tie these to Human Design insights:  
  + *Generators*: The Manager may keep you saying yes to everything, fearing missed opportunities.
  + *Projectors*: The Firefighter may retreat into information overload to avoid the vulnerability of being seen.

#### **6. Next Steps: Let’s Go Deeper**

Encourage them to take the next step with you:

* Book a **clarity session** to:
  + Explore how to work with their protectors more effectively.
  + Understand how their Human Design influences their internal dynamics.
* Link to book a session or join your email list for more insights.

### **Visual and Design Notes**

* **Clean, minimalist design** with calming colors like blues and greens.
* Use **simple icons** or line drawings for the Manager and Firefighter (e.g., a clipboard for the Manager, a fire extinguisher for the Firefighter).
* Include space for reflection answers to make the freebie interactive.

### **Sign-Up Form Questions**

* Name and email address.
* *What’s one goal you’re currently working toward?*
* *What’s a limiting belief or thought that’s holding you back?*
* *Do you know your Human Design type, strategy, and authority? If yes, please share.*

This streamlined version keeps the focus on identifying and naming their protectors while leaving deeper exploration for your coaching sessions. Let me know if you'd like help crafting the worksheets, visuals, or signup form!

Here’s the simplified freebie outline tailored to your goals:

### **Freebie Title: "Name Your Inner Protectors: Identify Your Manager and Firefighter Roles to Break Through Your Limiting Beliefs"**

### **Goal:**

Provide a concise and actionable introduction to the **Manager** and **Firefighter** parts, guiding potential clients to personalize and name these protectors based on their **goal**, **limiting belief**, and **Human Design type, strategy, and authority**.

This freebie will clarify their inner dynamics without giving away the full methodology, creating curiosity and a desire for deeper coaching.

### **Content Outline**

#### **1. Welcome: Meet Your Inner Protectors**

**Overview**:

* Briefly explain **Managers** and **Firefighters** in simple terms:  
  + **Managers**: Proactive protectors that plan, organize, or control to prevent harm or failure.
  + **Firefighters**: Reactive protectors that step in to soothe or distract when things feel too overwhelming.
* Explain how these parts are influenced by:  
  + **Your goal**
  + **Your limiting belief**
  + **Your Human Design type and strategy**
* Set the tone: *“This guide will help you uncover the roles your protectors are playing, so you can begin to understand them and work with them instead of feeling stuck.”*

#### **2. Step 1: Define Your Goal and Limiting Belief**

**Prompts**:

1. *What’s one goal you’re working toward that feels out of reach?* *(Example: “Start my business,” or “Set boundaries with confidence.”)*
2. *What’s the belief or thought holding you back?* *(Example: “I’ll fail,” or “I don’t have enough time.”)*

#### **3. Step 2: Add Your Human Design Insights**

**Reflection Prompt**:

* *Do you know your Human Design type, strategy, and authority? If yes, write it here. If no, use [this link] to find out.*

#### **4. Step 3: Name Your Protectors**

**Guide Them to Name Their Manager and Firefighter**:

1. *What does your Manager feel like? How would you describe it?* *(Example: “Perfectionist Polly” or “The Overplanner”)*
2. *What does your Firefighter feel like? How would you describe it?* *(Example: “Escape Artist Emma” or “The Netflix Binger”)*

#### **5. Step 4: See Their Roles in Action**

**Provide Brief Examples Based on Their Goal, Belief, and Design Type**:

* *Example 1: Goal:* “Start my business.”  
  + Manager: Keeps you stuck in endless planning to avoid making mistakes.
  + Firefighter: Distracts you with busywork when fear of failure shows up.
* *Example 2: Limiting Belief:* “I don’t have enough time.”  
  + Manager: Pushes you to over-schedule or multitask to prove you’re productive.
  + Firefighter: Pulls you into avoidance activities when you feel overwhelmed.

#### **6. Next Steps: Take the First Aligned Step**

End with a call to action:

* Book a clarity session to:
  + Learn how to work *with* your protectors instead of against them.
  + Discover how your Human Design can help you achieve your goals.

**Visuals**: Include a simple action plan template, e.g.,

* My Manager’s Name: \_\_\_\_\_\_
* My Firefighter’s Name: \_\_\_\_\_\_
* My Next Step: \_\_\_\_\_\_

### **Sign-Up Form Questions**

* Name and email address.
* *What’s one goal you’re working toward?*
* *What’s a limiting belief holding you back?*
* *Do you know your Human Design? If yes, share your type, strategy, and authority.*

This simpler version focuses on identifying the protectors and their roles, leaving the deeper insights and solutions for coaching sessions. It teases the value of your expertise while creating curiosity for what’s next. Let me know if you’d like to refine further!

**Next Prompt:**

Instead of having the client name their manager and protector, give examples of possible names based on the limiting belief, the human design, and their goal

Final version of the freebie Answer:

Here’s a refined version of the freebie where **you provide potential names** for their Manager and Firefighter roles based on their **limiting belief**, **Human Design**, and **goal**:

### **Freebie Title: "Meet Your Inner Protectors: Clarify Your Manager and Firefighter Roles to Break Through Your Blocks"**

### **Goal:**

Help potential clients identify and **understand their Manager and Firefighter parts** by providing pre-defined examples of possible names based on their specific **limiting belief**, **Human Design**, and **goal.**

This approach clarifies their internal dynamics and introduces the idea that their protectors have unique, predictable patterns.

### **Content Outline**

#### **1. Welcome: Meet Your Protectors**

**Overview**:

* Briefly explain the roles of the Manager and Firefighter:  
  + **Managers**: Proactive protectors that plan, organize, or control to prevent failure or harm.
  + **Firefighters**: Reactive protectors that step in to soothe or distract when things feel overwhelming.
* Tie this concept to **Human Design**:  
  + Managers and Firefighters adapt their roles based on your Human Design type, strategy, and authority.
  + When they don’t align with your design, they can create resistance, keeping you stuck.

#### **2. Step 1: Define Your Goal and Limiting Belief**

**Prompts**:

1. *What’s one goal you’re working toward that feels out of reach?* *(Example: “I want to grow my business,” or “I want to say no without guilt.”)*
2. *What’s the belief or thought that holds you back?* *(Example: “I’ll fail if I try,” or “I have to do everything perfectly.”)*

#### **3. Step 2: Add Your Human Design Insights**

**Reflection Prompt**:

* *Do you know your Human Design type, strategy, and authority? If yes, write it down. If not, use [this link] to discover it.*

#### **4. Step 3: See Your Protectors in Action**

Based on their **limiting belief, Human Design type, and goal**, offer examples of what their Manager and Firefighter might be named and how these roles show up.

### **Examples of Manager and Firefighter Names**

#### **Scenario 1: Manifesting Generator**

* **Goal:** “I want to grow my business.”
* **Limiting Belief:** “I need to say yes to everything to succeed.”

**Manager Name**: "Busy Betty"

* *Role*: Pushes you to overcommit, fearing missed opportunities if you slow down.

**Firefighter Name**: "Impulse Irene"

* *Role*: Reacts to overwhelm by making impulsive, scattered decisions to feel in control.

#### **Scenario 2: Projector**

* **Goal:** “I want to set boundaries without guilt.”
* **Limiting Belief:** “I have to prove my worth to be valued.”

**Manager Name**: "The Prover"

* *Role*: Urges you to over-deliver, fearing rejection if you don’t meet impossible standards.

**Firefighter Name**: "Escape Artist"

* *Role*: Pulls you away from uncomfortable emotions by retreating into isolation or consuming information endlessly.

#### **Scenario 3: Generator**

* **Goal:** “I want to start a new career aligned with my purpose.”
* **Limiting Belief:** “I’ll fail if I make the wrong choice.”

**Manager Name**: "Planner Penny"

* *Role*: Keeps you stuck in endless planning and researching, avoiding the risk of making a "wrong" decision.

**Firefighter Name**: "Netflix Nina"

* *Role*: Distracts you with entertainment when the fear of failure becomes too loud.

#### **Scenario 4: Manifestor**

* **Goal:** “I want to create more balance in my life.”
* **Limiting Belief:** “If I stop taking action, I’ll lose control.”

**Manager Name**: "Action Annie"

* *Role*: Demands constant initiation and productivity, fearing that slowing down leads to failure.

**Firefighter Name**: "Rebel Rachel"

* *Role*: Reacts to burnout by quitting abruptly or avoiding tasks entirely.

### **5. Step 4: What Does This Mean for You?**

Provide guidance for their next steps:

* Reflect on which of the examples resonates most with their situation.
* Encourage them to consider how their Manager and Firefighter might be protecting them, even when it feels counterproductive.

### **6. Next Steps: Take Aligned Action**

Encourage clients to:

1. **Book a clarity session** to explore how to align their protectors with their goals using Human Design.
2. **Join your email list** or community for more resources.

### **Visuals for the Freebie**

* **Icons** for Managers and Firefighters (e.g., a clipboard for the Manager, a fire extinguisher for the Firefighter).
* **Simple charts or tables** showing the connection between **goal, belief, Human Design, and protector roles.**
* Include plenty of space for notes so clients can write down what resonates most.

### **Sign-Up Form Questions**

* Name and email address.
* *What’s your goal right now?*
* *What’s one limiting belief you feel is holding you back?*
* *Do you know your Human Design type, strategy, and authority? If yes, share it below.*

This version keeps the freebie concise and leaves room for interpretation while showing your expertise in both IFS and Human Design. Would you like help designing the visuals or worksheets?