Chat GPT Prompts

Main Prompt

The following prompt can be used to create pre session assets and in session information as well as post session assets.

I am a clarity and mindset reframe coach, I am an expert in Human Design and internal family systems. I created a new type of coaching that combines both modalities that provides people a step by step framework called the insight mapping system on how to integrate and take action to move the needle now. I help people clarify what is in the way of them reaching their goal by referencing internal family systems parts work and naming the protective parts specific to their goal and limiting belief.. I do this by having people list their goal or manifestation, List out their limiting beliefs and reasons they feel stuck, their Human Design energy type, profile, strategy and authority, undefined and defined centers,

The main sections should fall into 3 categories: Become self led, detach from internal parts running the show to then follow a roadmap of intention.

The below prompt will be used as a template with the intake form the client fills out with the following client description. Create a framework I can use with all my clients and once the client description is filled out the, all 16 steps will be given using the client description.

Client Description :My client is this energy type (insert), this profile (insert) , has this strategy (insert), has this authority(insert), has these defined centers (insert) and these undefined centers (insert). My client's goal is (insert)to . What's in the way of this goal is (insert)a.

Key highlight: Based on their Human Design ( use all of the categories given above, do not skip any) that was just given and what is in the way of their goal that was stated, do the following:

1. Give a one sentence description of what Human Design is and the benefit
2. give a brief summary of who their authentic self from human design blueprint
3. list out how to practice stepping into their human design blueprint to become self led
4. give a brief summary of how their specific human design blueprint plays into the reason they feel stuck or lack of clarity on getting to their goal
5. Give a one sentence description of what IFS is and why integrating the internal roles is beneficial
6. list out the possible protector roles within internal family systems
7. Give a specific name for the type of manager who is proactive and a specific name for the type of firefighter who is reactive.
8. What questions would the client ask each protector role to work through their limiting belief?
9. Give examples of questions to ask based on defined and undefined centers.
10. Give examples of how the defined or undefined centers play into the limiting belief given.
11. Use their human design, energy type, profile,authority and strategy to curate the questions to ask and how best to ask questions to their protectors.
12. List out how they're limiting belief is holding them back from their goal
13. List out 2-3 possible fears that may be showing up based on all of the information given in client description
14. List out 2-3 worst case scenarios that the client can journal through
15. Give action steps to take today to move the needle to get closer to their goal
16. Summarize how the insight mapping system is about getting out your own way and how becoming self led as their human design persona will allow this roadmap to be accomplished. Add any other tips that will allow this client to meet their goal by becoming self led through their human design blueprint, meeting their protector parts,shifting from the protector parts being in the driver's seat to the authentic self running the show.

Goal setting prompts

[Action to insight questions from EIF](https://docs.google.com/document/d/1z3ajauFt-82pJac_TWjJgwjwLKCwbCE_UgY_F64Fv7Y/edit?tab=t.0)

The following prompt can be used for post session goal setting and action planning for a detailed roadmap.

I am a clarity and mindset reframe coach, I am an expert in Human Design and internal family systems. I created a new type of coaching that combines both modalities that provides people a step by step framework called the insight mapping system on how to integrate and take action to move the needle now. I help people clarify what is in the way of them reaching their goal by referencing internal family systems parts work and naming the protective parts specific to their goal and limiting belief.. I do this by having people list their goal or manifestation, List out their limiting beliefs and reasons they feel stuck, their Human Design energy type, profile, strategy and authority. Use this template

**Dream/goal/manifestation**

* **Specific**:
* **Measurable**:
* **Actionable**:

### **Integrating Human Design (HD) and Internal Family Systems (IFS) into a specific, measurable, and actionable plan involves using the insights from both systems to create a personalized and aligned path toward achieving goals.**

### **Leverage Human Design for Clarity**

* **Energy Type**: Align actions with your HD type (e.g., Generators focus on gut responses, Projectors wait for invitations, etc.).
* **Authority**: Use your decision-making authority to guide which steps feel aligned and correct.
* **Strategy**: Incorporate your strategy to reduce resistance (e.g., responding, informing, or waiting for clarity).
* **Action Plan Example**:
  + **Specific**: A Manifesting Generator wants to launch a coaching program.
  + **Measurable**: Commit to identifying 3 opportunities to respond to per week (e.g., social media posts, potential collaborations).
  + **Actionable**: Use sacral authority to check in daily with gut responses to opportunities.

### **Use IFS to Address Emotional and Mental Blocks**

* **Identify Parts**: Recognize the parts (e.g., Managers, Firefighters) creating resistance or fear.
* **Unblend and Release Burdens**: Work with protective parts to uncover limiting beliefs and release emotional burdens.
* **Action Plan Example**:
  + **Specific**: A person struggles with self-doubt about public speaking.
  + **Measurable**: Meet the inner "Perfectionist" part in weekly journaling sessions to understand its protective role.
  + **Actionable**: Schedule one small speaking opportunity each month while reassuring the "Perfectionist" that mistakes are okay.

### **Integrate HD & IFS into Measurable Progress**

* **Daily Practices**:
  + HD: Use your strategy and authority to decide which tasks to prioritize.
  + IFS: Journal or meditate to connect with your inner Self and parts for clarity on daily actions.
* **Tracking Progress**:
  + Track how aligned actions (based on your HD) feel and how parts respond.
  + Example: A Generator tracks satisfaction/frustration levels as they follow gut responses over 30 days.
* **Reframing Resistance**:
  + Use IFS to dialogue with resistant parts and adapt plans if needed.

### **Tailor the Plan to Align Both Systems**

* **Clarify the Goal**:
  + **Specific**: Define the goal based on your HD profile and authentic desires.
  + Example: For a 6/2 Projector, focus on creating mentoring opportunities to model leadership.
* **Overcome Obstacles**:
  + Use IFS to explore fears holding you back (e.g., the "Critic" part fearing judgment).
* **Aligned Actions**:
  + Combine HD and IFS insights to create actionable, step-by-step goals (e.g., a Reflector checks in with their lunar cycle before committing to a major action).

Client Description :My client is this energy type (insert), this profile (insert) , has this strategy (insert), has this authority(insert), has these defined centers (insert) and these undefined centers (insert). Based on their Human Design ( use all of the categories given, do not skip any) that was just given and what is in the way of their goal that was stated, do the following: Add any additional clarifying questions to the list below. The end result should be a detailed list of question to assist in goal setting, how they want to feel, give examples of what roadblocks may arise from their IFS parts and undefined centers or defined centers.

1. How do I want to feel this year?
2. What goals will bring me closer to those feelings?
3. How can I set a goal for a feeling versus an item?
4. Use these 9 steps to guide me into feeling (insert) ( identify the feeling you desire, understand why you want the feeling, visualize the feeling, identify actions that support that feeling, set your goal as a guiding statement, Measure your progress, design supporting habits, anchor the feeling in your daily life, be flexible and reflective.)
5. Give examples of setting goals versus living them with human design blueprint (energy type, profile, authority, strategy and defined centers)
6. Give me a list of aligned actions to take based on my authority and strategy.
7. How can I gain clarity on what I want using my human design blueprint?
8. What are the 5 steps I need to take in the next couple of months to move closer to my goal of [insert goal]?”
9. “What are the potential obstacles I might face while working toward [insert goal], and how can I overcome them?”
10. “What are the small daily habits I can incorporate into my routine to achieve my goal of [insert goal]?”
11. “How can I stay motivated and consistent in my pursuit of [insert goal], even when I face challenges or distractions based on my undefined and defined centers?
12. “What mindset shifts do I need to make to feel confident and capable in achieving [insert goal] based on my HD and IFS.
13. How do my centers influence your decision-making?

Getting to know your IFS parts based on your limiting beliefs ,goals and human design blueprint.

The following prompt can be used to create post session reflections based on IFS

I am a clarity and mindset reframe coach, I am an expert in Human Design and internal family systems. I created a new type of coaching that combines both modalities that provides people a step by step framework called the insight mapping system on how to integrate and take action to move the needle now. I help people clarify what is in the way of them reaching their goal by referencing internal family systems parts work and naming the protective parts specific to their goal and limiting belief.. I do this by having people list their goal or manifestation, List out their limiting beliefs and reasons they feel stuck, their Human Design energy type, profile, strategy and authority. Add any additional clarifying questions to the list below. The end result should be a detailed list of question to get to know their specific manager and firefighter and examples of what fears may show up.

Client Description :My client is this energy type (insert), this profile (insert) , has this strategy (insert), has this authority(insert), has these defined centers (insert) and these undefined centers (insert). My client's goal is (insert)to . What's in the way of this goal is (insert)a. Based on their Human Design ( use all of the categories given, do not skip any) that was just given and what is in the way of their goal that was stated.

1. I want to dive deeper into IFS parts. This (insert) manager or (insert) firefighter is present all day. How can I get to know her? What additional questions can I ask her and give examples of what answers might be based on the information I’ve given.
2. Give me detailed exercises and possible answers that I may find to work with my manager (insert name) or firefighter (insert name) around detaching from the limiting belief (insert).. List out the strategies to address the fears with my manager and firefighter. List out how I will know I have become detached from my parts and have become self led. keeping in mind my human design blueprint
3. GIve me detailed steps in how unblend and how I know when I am unblending.
4. Give me detailed examples of how my HD plays into becoming self led, what does being self led look like. Give examples.

Limiting belief patterns

1. Let’s explore looking for patterns more. I’d like to work on those patterns. I want to work on them with my HD self and IFS parts

Cheat Sheet Prompts

Topic: Perfectionism

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Client Description :My client is this energy type (insert), this profile (insert) , has this strategy (insert), has this authority(insert). perfectionism is a current obstacle.Based on their Human Design that was just given and what is in the way of their goal that was stated, do the following:

1. give a brief summary of how their specific human design blueprint plays into the reason they are stuck in perfectionism tendencies
2. list out the possible protector roles within internal family systems
3. Give a specific name for the type of manager who is proactive and a specific name for the type of firefighter who is reactive.
4. What questions would the client ask each protector role to work through their perfectionism?
5. Use their human design, energy type, profile,authority and strategy to curate the questions to ask and how best to ask questions to their protectors.
6. List out how perfectionism is holding them back from their goals
7. List out 2-3 possible fears that may be showing up based on all of the information given in client description
8. List out 2-3 worst case scenarios that the client can journal through
9. Give action steps to take today to move the needle to get closer to detaching from perfectionism

Topic: Overwhelm

I am a clarity and mindset reframe coach, I am an expert in Human Design and internal family systems. I created a new type of coaching that combines both modalities that provides people a step by step framework called the insight mapping system on how to integrate and take action to move the needle now. I help people clarify what is in the way of them reaching their goal by referencing internal family systems parts work. I do this by having people list their goal or manifestation, List out their limiting beliefs and reasons they feel stuck, their Human Design energy type, profile, strategy and authority.

Client Description :My client is this energy type (insert), this profile (insert) , has this strategy (insert), has this authority(insert). perfectionism is a current obstacle.Based on their Human Design that was just given and what is in the way of their goal that was stated, do the following:

1. give a brief summary of how their specific human design blueprint plays into the reason they may feel easily overwhelmed
2. list out the possible protector roles within internal family systems
3. Give a specific name for the type of manager who is proactive and a specific name for the type of firefighter who is reactive.
4. What questions would the client ask each protector role to work through their overwhelm?
5. Use their human design, energy type, profile,authority and strategy to curate the questions to ask and how best to ask questions to their protectors.
6. List out how perfectionism is holding them back from their goals
7. List out 2-3 possible fears that may be showing up based on all of the information given in client description
8. List out 2-3 worst case scenarios that the client can journal through
9. Give action steps to take today to move the needle to get closer to detaching from overwhelm