



Aligning  
*to your*  
True Energy

## Introduction:

Most of us have been taught to work really hard, to push ourselves as much as we can to be successful. From a young age, we've been told that success only comes from hard work, sacrifice, and always staying busy. We've been trained to think that if we're not tired by the end of the day, then we're not doing enough. But what if there was another way? A better way.

What if success didn't have to come at the cost of your health, happiness, and peace of mind? What if you could live a life where you reach your goals and feel fulfilled without all the stress and pressure? The truth is, there is another path to success - a path where you work with your energy instead of against it. This book will show you how to unlock that path.

Imagine waking up every day feeling full of energy and knowing exactly what to do next. Imagine making decisions easily and feeling supported by life, instead of feeling like everything is a struggle. This isn't just a dream - this is what happens when you align with your unique energy. And the best part? Every one of us can do this.

You are here because you know there is something more. You feel it deep inside, a sense that life can be different - easier, happier, and more flowing. You already have the power to live this life, but first, you need to learn what has been hidden from you: the true nature of your energy.

In the next pages, we will break down the myths that have kept you stuck in the hustle. We will look at the ways you've been taught to ignore your own inner guidance. Most importantly, you will learn how to understand your own unique energy blueprint - a personal map that will help you live in a more authentic and fulfilling way.

This journey is about more than just understanding your energy. It's about waking up to your true power - the power that comes from being truly yourself, from knowing you are enough just as you are,

and from letting life flow through you instead of always fighting against it. The time has come to wake up to your true power, let go of the struggle, and embrace a new way of living.

Let's start this journey together. It begins with being open to seeing things differently, letting go of old beliefs that don't help you anymore, and finding a new way forward. You are not alone - I'm here to guide you every step of the way. Together, we'll discover how you can go from struggling to thriving, from hustling to living in harmony, and from feeling pressured to finding peace.

Welcome to your new life.

Welcome to the journey of aligning with your true energy.

If you haven't already, get your free energy blueprint today

[Get Your Blueprint](#)

## Chapter 1: The Hidden Key to Your Success

Have you ever felt like no matter how hard you work, success always seems just out of reach? You push yourself every day, crossing tasks off your to-do list, but somehow, you never quite feel fulfilled. Maybe you feel constantly tired or like you're on a treadmill that never stops. The truth is, the way we've been taught to find success often leaves us exhausted and feeling like we're not good enough. It's a cycle that keeps us running in place, never really feeling like we're getting anywhere, and it can be incredibly draining, both physically and emotionally.

But there's a hidden key that can change all of that: your energy. It's the secret that nobody talks about but makes all the difference. Instead of fighting against yourself, what if you could work with your natural energy? Imagine how much easier things could be if you didn't have to constantly force yourself to fit into the mold of what society says success should look like. Imagine waking up and feeling like you're in sync with the world, where things fall into place naturally instead of feeling like you have to fight for every inch.

Think about it like swimming in a river. When you swim upstream, you get tired quickly. It's a struggle, and even though you might make some progress, it's hard and draining. But when you swim with the current, it's almost effortless. You're still moving, but you're not fighting against the natural flow of the water. Working with your energy is just like swimming with the current - it makes everything feel easier and more natural. You're still putting in effort, but that effort feels right, and it gets you much further without wearing you out. Life starts to feel less like a battle and more like a journey you're meant to enjoy.

The problem is, most of us have never been taught to look at our energy. We've been told that the more we push, the more we'll get. We think success means grinding, sacrificing, and always doing more. We are taught to idolise those who sacrifice sleep, relaxation, and time with loved ones in the name of success. But this way of thinking misses a key point: success isn't just about what you do, it's about how you do it. And if you're constantly fighting your own energy, you'll always feel like you're struggling. You might get some

results, but they come at a cost - your happiness, your well-being, and your joy. Real success should lift you up, not break you down.

Your energy is unique to you. It affects the way you work, the way you interact with others, and even the way you make decisions. When you understand your energy and how to use it, everything starts to shift. You find that you can make better choices, be more productive, and feel happier - all without working yourself into the ground. It's not just about being busy; it's about being effective in a way that feels good to you. When you're aligned with your energy, you're able to tap into a sense of ease and flow that makes everything more enjoyable.

## **Why Energy is So Important**

Energy is the foundation of everything we do. It affects not only how much we can get done, but also the quality of our work and how we feel about it. When your energy is low or out of alignment, even simple tasks can feel like a heavy burden. On the other hand, when your energy is high and aligned, you find that you are capable of more than you imagined - and you feel good doing it. By understanding your energy, you can make sure that you're working in a way that matches your natural strengths. Instead of fighting against yourself, you'll be moving with your own current, making everything you do more powerful and fulfilling.

When you are in alignment with your energy, you experience less resistance. Tasks that once seemed overwhelming become manageable, and you find that you have more time and space to enjoy life. Instead of ending the day feeling exhausted and drained, you can feel energised and satisfied, knowing that you've used your energy wisely. Understanding why energy is so important is the first step towards unlocking a new way of living and achieving success.

## **The Myths That Keep You Stuck in Hustle Mode**

One of the biggest myths that keeps people stuck is the belief that if you're not exhausted, you're not doing enough. We've all heard the saying "No pain, no gain," but this kind of thinking leads to burnout and dissatisfaction. Success doesn't have to come with constant exhaustion. In fact, true success is sustainable. It's about finding ways to thrive over the long term, not just pushing yourself until you collapse.

Another myth is that you need to do everything yourself. Many of us feel like we have to be constantly in control, managing every detail of our work and life. But the truth is, when you learn to align with your energy, you start to understand what truly needs your attention and what doesn't. Letting go of what isn't aligned with your energy can make a huge difference in how you feel and how effective you are.

The final myth we'll cover is the idea that success is a one-size-fits-all formula. We often look at successful people and think that we need to copy their exact routines, habits, or strategies to achieve similar results. The problem with this thinking is that it ignores the uniqueness of each individual's energy, strengths, and circumstances. What works wonderfully for one person could be exhausting and ineffective for another. For example, some people thrive when they wake up early and start their day at 5 AM, while others find their creativity peaks later in the evening. Trying to force yourself into a model that doesn't fit your natural energy will only lead to frustration and burnout.

Success looks different for everyone because everyone has their own path. By embracing your own energy, you can find what truly works for you, whether that means adjusting your schedule, prioritising different tasks, or simply listening to your body's needs. When you stop comparing yourself to others and start honouring your own way of doing things, you create a version of success that feels fulfilling and authentic. By tuning into your energy, you can discover what's best for you and let go of the pressure to fit into someone else's idea of success.

## Listening to Your Body and Mind

Your body and mind are constantly giving you signals about your energy. The problem is that many of us have been conditioned to ignore these signals. We drink another cup of coffee when we're tired instead of resting. We push through stressful situations instead of stepping back and taking a break. To truly align with your energy, you need to start listening to what your body and mind are telling you.

One way to do this is to pay attention to how different activities make you feel. Do certain tasks leave you feeling drained, while others make you feel alive and excited? Start taking notes on how you feel before, during, and after different activities. This will help you see patterns in your energy and identify what fuels you versus what drains you.

## Practical Ways to Notice Your Energy Patterns

To start noticing your energy patterns, it's important to take a step back and observe your daily routine. Here are some practical steps you can take:

**Keep a Daily Energy Journal:** Spend a few minutes each day writing down how you felt during different activities. Note when you felt energised and when you felt tired or drained. Over time, you'll start to notice patterns that can help you make better decisions about how to spend your time.

**Check in with Yourself Regularly:** Set a timer to go off a few times a day as a reminder to check in with yourself. Ask yourself how you're feeling physically, mentally, and emotionally. Are you feeling energised or depleted? Are you focused or scattered? This regular check-in will help you stay aware of your energy throughout the day.

**Identify Your Energy Boosters and Drainers:** Make a list of activities that boost your energy and a list of activities that drain it. This will help you be more intentional about how you schedule your day. Try to balance draining tasks with activities that recharge you, so you can maintain a steady level of energy.

**Notice the Time of Day:** Pay attention to when you feel most energised. Some people feel their best in the morning, while others hit their stride in the afternoon or evening. By understanding your natural energy peaks, you can plan your most important tasks for those times.

## **Moving Forward**

Get ready to unlock the hidden key to your success. It's not about doing more - it's about doing what's right for you and finding the flow that will carry you to where you want to be. This is your time to stop struggling and start thriving, to move from exhaustion to empowerment, and to let go of the idea that success always has to be a struggle. It all begins with understanding your energy and allowing yourself to work in harmony with it. Together, we're going to discover how to make your life feel less like a fight and more like the adventure it's meant to be.

## **Chapter 2: Understanding Your Internal Compass**

Everyone has an internal compass - a guiding force inside that helps us find our way in life. This compass is made up of our instincts, emotions, and energy. When we listen to it, it points us toward what feels right, what makes us happy, and what brings us peace. But many of us have been taught to ignore this compass. We've been told to always think logically, follow rules, and ignore those gut feelings. The truth is, when we start to understand and use our internal compass, life becomes much easier and more enjoyable.

Your internal compass is connected to your unique energy blueprint. Each of us has an energy blueprint that works like a map, guiding us toward choices and actions that match who we truly are. Built into this blueprint is a special guidance system that knows what is right for us and what isn't. Imagine if you could make decisions based on your own inner wisdom instead of just doing what society tells you. It's like having a personal map designed just for you - a map that shows you the best path, making life less of a struggle and more of a smooth journey.

In this chapter, we're going to learn more about how your internal compass works. We'll explore the different signals your body and emotions give you and how they can guide you to live a more aligned life. We'll also talk about why ignoring these signals can lead to feeling burned out, unhappy, and stuck. By the end of this chapter, you'll have a better idea of how to tune into your internal compass and use it to create a life that feels right for you.

### **How to Recognise Your Internal Compass**

Your internal compass speaks to you in different ways. It could be a gut feeling, a strong emotion, or even a sense of excitement or fear. Often, it shows up in small, subtle ways - like a gentle nudge or a quiet whisper. The challenge is that these signals can be easy to miss, especially if you're used to ignoring them. Here are some of the ways your internal compass might be trying to communicate with you:

1. **Your Gut Feelings:** Have you ever had a feeling deep down that you should or shouldn't do something, even if you couldn't explain why? This is your gut instinct. It's a powerful part of your internal compass, and it often knows what's right for you before your mind does. Learning to trust this feeling is important for understanding your energy blueprint.
2. **Your Emotions:** Emotions are also a big part of your internal compass. Positive emotions like joy, excitement, and enthusiasm often mean you're on the right track, while negative emotions like frustration, anxiety, or dread can mean something is out of alignment with your energy blueprint. Instead of ignoring your emotions, try to see them as signals that can guide you.
3. **Physical Sensations:** Your body is always giving you clues about your energy. If you feel tense, tired, or drained, it might be a sign that you're going against your natural energy. On the other hand, if you feel light, energised, and comfortable, it's a sign that you're in alignment with your energy. Pay attention to how your body feels, especially when you're making decisions.

## **Why We Ignore Our Internal Compass**

Even though our internal compass is powerful, many of us have been taught to ignore it. We're taught from a young age to follow rules, think logically, and do what others expect of us. We learn that being practical is more important than following our instincts, and we start to doubt our own inner wisdom. This kind of thinking runs deep, and it can take time to unlearn these habits.

For example, think about a time when you made a decision that didn't feel right, but you did it anyway because you thought it was what you were "supposed" to do. Maybe you took a job that didn't excite you or agreed to help someone even though you were already overwhelmed. Ignoring your internal compass might have led to stress, exhaustion, or regret. This happens because when we go against our natural energy blueprint, we create resistance, and that makes everything harder.

## Learning to Trust Your Internal Compass

Your energy blueprint is a real, unique plan - created just for you based on your journey and your birth into the world. It's like a guide that helps you understand your personal way of moving through life.

Once you have your blueprint, you can start making choices that align with who you really are and see the difference it makes. Reconnecting with your internal compass takes practice, but it's worth it. Here are some steps to help you build trust in your internal compass using your energy blueprint as your guide:

**Start Small:** Once you have your energy blueprint, begin by making small decisions based on your unique way of deciding things as outlined in your blueprint. It could be as simple as deciding what to eat for dinner or whether to go for a walk. Notice how it feels when you make decisions that align with your blueprint - your special way of making choices.

**Pay Attention to Your Emotions:** Your blueprint will help you understand your emotions better. Are the emotions you're feeling really yours, or are you picking up on the emotions of other people? Instead of ignoring them, ask yourself what they are trying to tell you. If something feels good, pay attention. If something feels off, try to figure out why and how it relates to your energy blueprint. This can help you know the difference between your true feelings and the feelings you may be absorbing from others.

**Practice Mindfulness:** Spend time each day checking in with yourself. Mindfulness is a helpful tool for staying connected to your internal compass and your energy blueprint. Notice how your body feels, what emotions are present, and what thoughts are in your mind. This helps you stay aligned with your blueprint, even when life gets busy, and it reinforces your natural way of moving through the world.

## **Using Your Internal Compass to Make Aligned Decisions**

Once you start listening to your internal compass, you can use it to make decisions that feel more aligned with who you are. When faced with a choice, take a moment to tune into your body, emotions, and instincts. Ask yourself: Does this decision feel light or heavy? Does it make you feel excited or anxious? Your internal compass, rooted in your unique energy blueprint, will guide you toward what feels right and away from what doesn't.

For example, if you're considering taking on a new project but feel a sense of dread whenever you think about it, that's a sign it might not be aligned with your energy. On the other hand, if you feel a spark of excitement, that's your internal compass telling you to go for it. Learning to honour these signals will help you create a life that feels fulfilling and true to who you are.

## **Moving Forward with Confidence**

Your internal compass is a powerful tool that can guide you toward a life of ease, joy, and alignment. The more you practice listening to it, the stronger it becomes. By tuning into your instincts, emotions, and physical sensations, you'll find that you can make decisions with more confidence and clarity. Instead of constantly doubting yourself or wondering if you're on the right path, you'll be able to trust that you're exactly where you need to be.

In the next chapter, we will explore how to create your personal energy blueprint - a unique map that will help you understand your energy on a deeper level. This blueprint will show you which parts of your life are in alignment and which might need some adjustment. Together, we'll keep moving forward to understand, align, and thrive in a way that works uniquely for you.

## **Chapter 3: The Blueprint to Your Authentic Life**

Imagine having a map made just for you - a map that shows you how to live a life full of happiness, ease, and purpose. That's what your energy blueprint is. It's a special guide that helps you understand how your energy works and how you can use it to make your life better. In this chapter, we're going to learn about how to create and understand your energy blueprint. This will help you live in a way that feels more true to who you are.

Your energy blueprint is like your fingerprint - totally unique to you. It is based on your journey and the exact moment you were born. This blueprint can tell you about your strengths, your challenges, and the best way for you to move through life. When you understand your energy blueprint, you can see why some things come easily to you and why other things feel harder. You can also learn how you are naturally designed to make decisions, work with others, and find success.

### **What is an Energy Blueprint?**

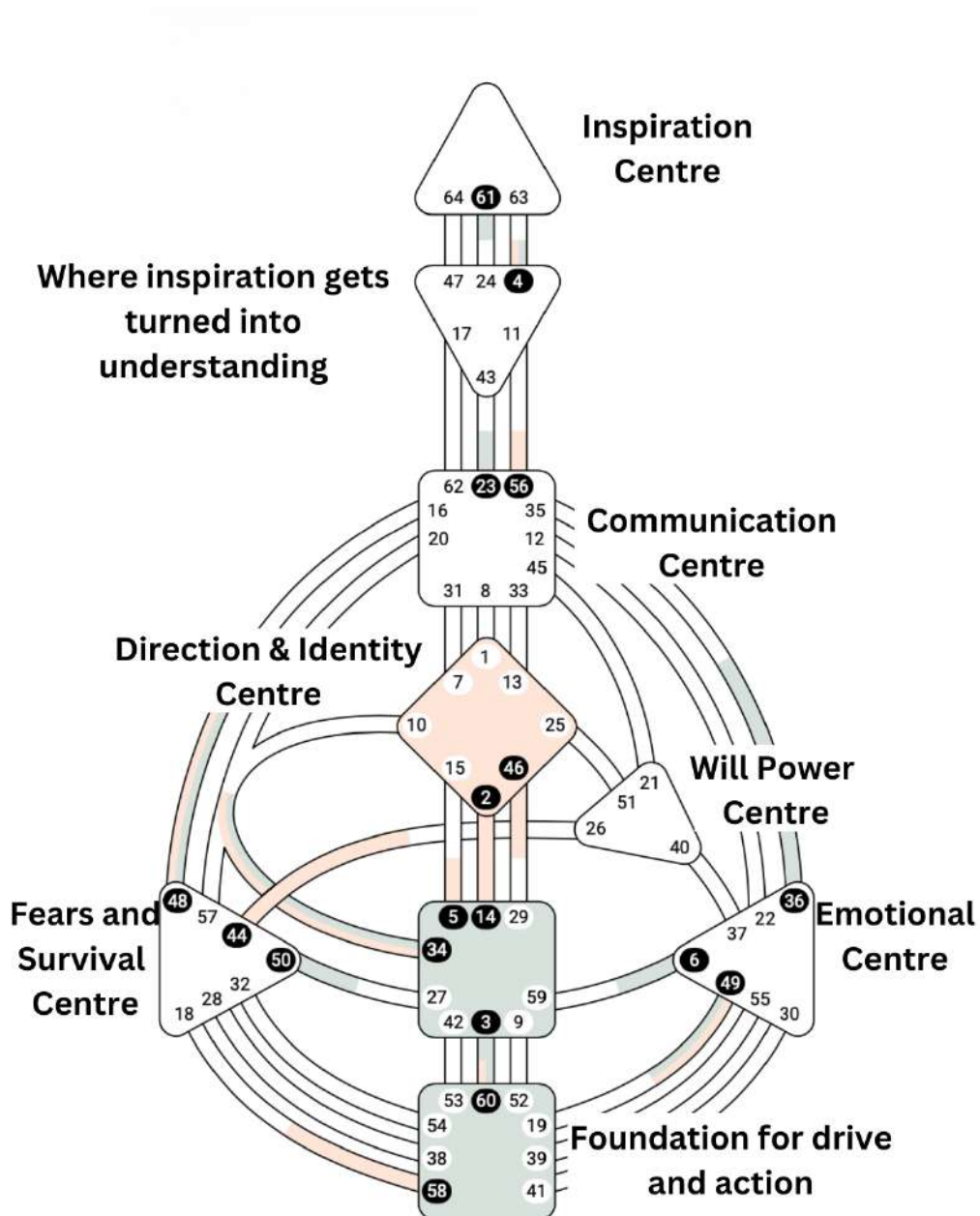
Your energy blueprint is like a map that shows how your energy flows. It includes information about your natural strengths, the best way for you to make decisions, and the areas where you are most powerful. It also helps you understand where you might be sensitive to other people's energy. Knowing this helps you stay true to yourself and avoid getting involved in things that aren't right for you.

For example, some people are naturally meant to be leaders - they feel comfortable taking charge and making big decisions. Others are meant to support and guide, offering wisdom that helps others. Your energy blueprint helps you understand what role you are meant to play and how to live in a way that feels good to you.

## Creating Your Energy Blueprint

To create your energy blueprint, you need some basic information: your birth date, the time you were born, and where you were born. This information is used to make a unique map of your energy. Once you have your blueprint, it will help you understand important parts of who you are, like your natural gifts, your challenges, and the best way for you to make decisions.

If you would like to generate a copy of your energy blueprint, you can do it for free at [www.humandesignwithkelly.com](http://www.humandesignwithkelly.com).



It can be overwhelming to see all the information at once and not know what it means, but don't worry - I am here to help. The first step is knowing you have a unique energy blueprint, just like your unique fingerprint. From there, you can begin the journey of experimenting with your blueprint and seeing how it fits into your life.

This blueprint can also help you understand why you might feel stuck in some areas of your life. Maybe you've been trying to fit into a role that doesn't suit you, or you've been making decisions based on what others expect instead of what feels right to you. Your energy blueprint helps you see where you've been out of alignment and how you can get back on track.

## **Living in Alignment with Your Energy Blueprint**

When you start living in alignment with your energy blueprint, things begin to change. Life feels less like a struggle and more like an adventure that you're meant to enjoy. You start to notice that things fall into place more easily, and you don't feel as drained or stressed as before. This happens because you're no longer fighting against your natural energy - you're working with it.

One of the most important things your energy blueprint tells you is how you are meant to make decisions. Some people make decisions quickly, while others need more time to think things through. Your blueprint can help you understand your natural decision-making process so you don't feel pressured to do things in a way that doesn't work for you.

## The Benefits of Knowing Your Energy Blueprint

Understanding your energy blueprint can help you in all areas of your life. It can help you make better decisions, improve your relationships, and feel more confident in who you are. Here are some of the ways knowing your energy blueprint can benefit you:

1. **Better Decision Making:** When you know how you are designed to make decisions, you can make choices that feel right for you. This helps you avoid stress and stop second-guessing yourself.
2. **Improved Relationships:** Your energy blueprint helps you understand how you interact with others and what you need from your relationships. When you understand your own energy, you can communicate better and build stronger connections with the people around you.
3. **More Confidence:** Knowing your energy blueprint helps you trust yourself. Instead of trying to fit into someone else's idea of success, you can create your own path. This helps you feel more confident and less worried about what others think.

## **Using Your Energy Blueprint in Daily Life**

Once you understand your energy blueprint, the next step is to start using it in your daily life. This might mean making changes to the way you work, the way you interact with others, or the way you make decisions. Here are some ideas for how to use your energy blueprint to create more alignment in your life:

**Follow Your Decision-Making Process:** Use the decision-making process that fits your energy. If your blueprint says you need time to make decisions, make sure to give yourself that time. Don't let others rush you.

**Pay Attention to Your Energy Levels:** Notice when you feel energised and when you feel tired. Your blueprint will help you understand which activities and places are best for you. Try to do more of what makes you feel energised and less of what makes you feel drained.

**Stay True to Yourself:** Your energy blueprint is a guide that helps you stay true to who you are. When faced with a choice, check in with your blueprint. Does this choice match your energy, or are you doing it because you think you "should"? Use your blueprint as a tool to help you make choices that feel right.

## **Moving Forward with Your Blueprint**

Your energy blueprint is a powerful tool for creating a life that feels right for you. It shows you how to use your natural strengths, avoid unnecessary struggles, and live in a way that feels fulfilling. The more you understand your blueprint, the easier it will be to make decisions, build relationships, and find success on your own terms.

In the next chapter, we will look at how to use your energy blueprint to handle challenges and obstacles. Life has ups and downs, but when you know your energy and how to work with it, even tough situations become easier to deal with. Together, we will keep exploring how to align with your true self and create a life that is both meaningful and joyful.

## **Chapter 4: The Power of Awareness and Experimentation**

Now that you have your energy blueprint, it's time to take the next step - using awareness and trying things out to make it work for you. Having the blueprint is like having a map, but learning how to use it is where the real change happens. This chapter is all about being curious, paying attention to how your energy works, and trying different things to see what fits you best.

The key to making your energy blueprint work is being aware. This means paying attention to how your energy feels throughout the day and noticing what activities, people, or situations make you feel good and energised versus tired and drained. The more you understand what works for you, the more you can make small changes that help you feel better and more in balance.

### **Why Awareness Matters**

Awareness is the first step to making a change. If you don't know what's going on with your energy, it's hard to make it better. Think of awareness like shining a light on your habits, routines, and choices. It helps you see what's working and what isn't. Once you know what drains your energy or what makes you feel good, you can make better choices that help you feel your best.

For example, if you notice that certain tasks at work or home make you feel really tired, take a moment to think about why. Are these tasks aligned with your energy blueprint? Are you doing things in a way that doesn't feel natural to you? By understanding where your energy is going, you can find better ways to manage it.

## **Experimenting with Your Blueprint**

Once you're aware of your energy, the next step is to experiment. Experimenting means doing things differently in a way that matches your energy blueprint and then observing the impact it has on your life. Your energy blueprint gives you the basics of how your energy works, but everyone is different, and there's no one right way to live in alignment. The more you experiment, the more you learn about how your energy flows and how doing things in alignment with your blueprint can bring more flow, joy, and purpose to your life.

Start small. You could try changing your morning routine to fit your natural energy levels better or experimenting with how you make decisions. If your blueprint says you need time to make decisions, try giving yourself that time without rushing, and see how it feels. If your blueprint says you need more pauses in your day to recharge, try scheduling purposeful breaks to support your energy levels.

## **The Importance of Being Flexible**

Experimenting isn't about getting everything perfect; it's about being flexible and open to change. It's about noticing what happens when you make choices based on your energy blueprint and seeing if it makes life feel more in flow. It's okay if things don't work out as you expect. Every experiment teaches you something, even if it just shows you what doesn't work. The goal is to keep learning and growing, not to force yourself into a strict routine. When you stay open and curious, you create space for your energy to flow more easily.

## **How to Start Experimenting**

Here are some ideas to help you start experimenting with your energy blueprint:

**Track Your Energy Levels:** Spend a few weeks tracking your energy throughout the day. Write down when you feel most energised and when you feel tired. Notice which activities, people,

or places affect your energy. This will help you make changes that fit your natural rhythm.

**Try Different Decision-Making Styles:** Your energy blueprint might suggest a certain way for you to make decisions - like trusting your gut or waiting for a clear feeling. Try making decisions in a way that matches your blueprint and observe if it brings more flow, ease, or clarity into your life.

**Adjust Your Routines:** Change your routines to match your energy levels better. If you have more energy in the morning, try doing your most important tasks then. If you need breaks to recharge, add those into your day and see how they help your energy.

## **Learning from Your Experiments**

The most important part of experimenting is learning from it. Pay attention to how different changes make you feel. Do you have more energy? Do you feel less stressed? Are you enjoying your work and life more? Use these experiments to help guide you as you keep making adjustments, noticing whether these changes bring more joy, flow, or a sense of purpose. Over time, you'll find what works best for you and how to stay in balance with your energy.

Remember, this is a journey, not a race. There will always be things to learn and ways to improve, but every step you take toward understanding and working with your energy brings you closer to a life that feels right for you.

## **Moving Forward with Experimentation**

Experimenting with your energy blueprint is one of the best ways to make positive changes in your life. It's about being aware, making choices in alignment with your energy blueprint, and noticing the difference it makes. Do you feel more flow, joy, and purpose? The

more you experiment, the more you'll understand your energy and how to work with it, not against it.

In the next chapter, we will explore the different energy types and how each type has its own unique strengths and challenges. Knowing your energy type will help you understand your role in the world and how you can best contribute. But for now, keep experimenting, keep learning, and remember that this journey is all about finding what feels good and true to you.

## Chapter 5: Energy Types - The Foundation of Alignment

Now that you've started experimenting with your energy blueprint, it's time to take a closer look at energy types. Your energy blueprint comes from Human Design, which combines ancient wisdom with modern science to help you understand yourself better. Human Design is built on knowledge from astrology, the I Ching, the Kabbalah, the chakra system, and quantum physics. It creates a unique map of your energy that can guide you toward living in alignment with who you really are.

Understanding your energy type is one of the most important parts of living in alignment because it gives you insight into your natural strengths and how you're meant to interact with the world. Your energy type is like the foundation of your energy blueprint. It's the starting point that helps you understand how you are designed to use your energy and how you can best make a difference in the world.

In this chapter, we'll explore the different energy types and how each one has its own unique strengths, challenges, and ways of working. We all have different energy types, and knowing yours can make a huge difference in how you understand yourself and others. It can help you figure out how to make choices, when to take action, and when to rest. When you work with your energy type instead of against it, life starts to feel more natural and enjoyable.

### The Different Energy Types

In Human Design, there are five main energy types, each with its own way of interacting with the world. Let's go through each type and see what makes them unique. These types include Generators, Manifestors, Projectors, Reflectors, and the hybrid type known as Manifesting Generators.

**The Builders (Generators):** Generators are the people who have steady, powerful energy. They are great at creating things and getting things done. Generators have a natural ability to take action and make things happen. Their energy is like a battery that

recharges when they are doing work they love. The key for Generators is to make sure they are doing work that lights them up. When they are doing something they enjoy, they can keep going for a long time without getting tired. But if they are doing work they don't like, they can quickly feel drained and frustrated.

**The Hybrid: Builders & Initiators (Manifesting Generators):**

Manifesting Generators are a hybrid of Generators and Manifestors. They have the powerful energy of Generators to create and build, combined with the initiating energy of Manifestors. Manifesting Generators are fast-paced and love having a lot of things to do. They are great at multitasking and often skip steps to get things done quicker. The key for Manifesting Generators is to make sure they are responding to what excites them and using their energy in a way that feels right for them. When they are aligned, they can move mountains, but if they try to force things without feeling right about them, they can easily feel frustrated or burnt out. They have the same kind of steady energy as Generators, and they are also able to initiate in response to what lights them up.

**The Guides (Projectors):** Projectors are here to lead and offer wisdom. They don't have the steady energy of Generators, but they are very good at seeing the big picture and guiding others. Projectors are great at giving advice and helping others figure out the best way forward. Their role is not to do all the work themselves, but to guide the process. For Projectors, it's important to wait for the right opportunities to share their wisdom. When they are invited to share what they know, they can have a big impact. But if they try to push their advice on others without being asked, it can lead to frustration.

**The Initiators (Manifestors):** Manifestors have a unique kind of energy that is all about starting things. They are the ones who get the ball rolling and bring new ideas into the world. Manifestors are here to make an impact and create change. Their energy works best when they are following their inner urge to do something

different. For Manifestors, it's important to take action when they feel inspired. They aren't meant to wait for others - they are meant to initiate and lead the way.

**The Evaluators (Reflectors):** Reflectors have a special ability to sense what is right for them and what isn't. They are very connected to their environment and can feel when something is off. Reflectors are here to reflect on what is happening around them and offer insights. They have a unique perspective that helps others see things in a new way. For Reflectors, it's important to spend time in places and with people that feel good to them. Their energy is very sensitive, and being in the wrong environment can make them feel out of balance.

## **Working with Your Energy Type**

Once you know your energy type, you can start to make changes that align with it. For example, if you are a Builder, you might focus on doing work that excites you and gives you energy. If you are a Guide, you might focus on waiting for the right opportunities to share your wisdom instead of trying to force things. Understanding your energy type can help you make better decisions, communicate more effectively, and find more joy in your everyday life.

## **The Challenges of Each Energy Type**

Each energy type has its own challenges. For Builders, the challenge is to avoid burnout by doing work they don't enjoy. For Guides, the challenge is to wait for the right invitations instead of trying to push their ideas on others. For Initiators, the challenge is to take action even when others might not understand their vision. And for Evaluators, the challenge is to stay in environments that feel good and avoid places that drain their energy.

By understanding the challenges of your energy type, you can be more aware of when you are out of alignment and take steps to get back on track. It's not about being perfect - it's about learning how to work with your energy instead of against it.

## **Using Your Energy Type to Find Alignment**

Your energy type is the foundation of your energy blueprint, and understanding it can help you find alignment in all areas of your life. When you understand how your energy works, you can make choices that feel good and avoid the things that drain you. This helps you create a life that feels more balanced and fulfilling.

For example, if you are a Builder, you might decide to focus on projects that excite you and let go of the things that don't. If you are a Guide, you might focus on helping others in a way that feels natural, without forcing yourself into situations where your advice isn't wanted. By using your energy type as a guide, you can start to create a life that feels true to who you are.

## **Moving Forward with Your Energy Type**

Understanding your energy type is a powerful way to create more alignment in your life. It helps you understand your natural strengths and how you are meant to interact with the world. The more you work with your energy type, the more you will find that things start to fall into place more easily. You will feel more energised, more fulfilled, and more connected to your true self.

In the next chapter, we will explore how to move from hustle to flow by using your energy blueprint. We'll look at how you can let go of the need to constantly push yourself and instead find a way to work that feels natural and enjoyable. But for now, take some time to reflect on your energy type and think about how you can start making changes that align with it. The journey to alignment starts with understanding who you are and how your energy works.

## **Chapter 6: Moving from Hustle to Flow**

Most of us have been taught that success only comes from hard work, long hours, and constant hustle. Society often praises people who push themselves to the limit - working all the time, giving up sleep, and staying busy. But this way of living can leave you feeling burned out, disconnected, and questioning if all that hustle is really worth it. The truth is, there's another way - a way that isn't about working harder but about working with your natural energy to find ease and flow.

Flow is the opposite of hustle. Instead of pushing yourself until you're exhausted, flow is about aligning with your energy so that work feels almost effortless. It's about doing the right thing at the right time and knowing when to act and when to rest. Moving from hustle to flow means understanding your energy blueprint and using it to create a life that feels balanced and fulfilling.

In this chapter, we're going to talk about how you can shift from hustle to flow by aligning with your energy type, recognising when you need rest, and understanding that sometimes doing less can actually lead to more success. We'll look at how to let go of the pressure to always do more and how to trust your inner guidance to lead you toward a happier and more productive life.

### **The Problem with Hustle Culture**

The events of 2020 changed the world in ways we never imagined. When everything suddenly stopped, it gave us time to reflect on our lives. Many people started questioning the constant hustle and realised they wanted something different - something more meaningful, balanced, and fulfilling. This break allowed us to rethink what really matters and to find new ways to live and work.

Hustle culture tells us that working harder will help us achieve more. But the problem is, constant hustle has a price. It causes stress, burnout, and makes you feel like you're never good enough. When you're always hustling, it's easy to forget why you're working so hard in the first place. You might reach some of your goals, but

you're left feeling tired and disconnected from what's truly important.

The truth is, hustle isn't sustainable. We're not designed to be "on" all the time. Just like the natural world has seasons of growth and rest, we also need times of action and times of recovery. If we ignore this natural cycle and keep pushing ourselves, we eventually burn out. That's why moving from hustle to flow is so important - it's about respecting your energy and understanding that rest is just as important as action.

## **Understanding Flow**

Flow is when you're working in alignment with your energy. It's when you feel focused, creative, and energised instead of tired and drained. When you're in flow, you can get things done without feeling like you're forcing it. You know when to take action and when to take a break, and everything feels more natural.

Flow doesn't mean you stop working hard - it means you work smart, in a way that honors your energy. It's about knowing when you're at your best and using those times to be productive. It's also about knowing when you need rest and taking that time to recharge. Flow is about balance - knowing there's a time for everything and trusting your energy to guide you.

## **How to Move from Hustle to Flow**

Moving from hustle to flow starts with understanding your energy type and making choices that fit it. Here are some ways to start shifting from constant hustle to a state of flow:

**Recognise Your Natural Rhythms:** Each energy type has its own natural rhythm. Some people have steady energy throughout the day, while others have bursts of energy followed by the need for rest. Pay attention to your natural energy levels and plan your work accordingly. If you're a Generator, for example, make sure you're doing work that excites you - this will keep your energy flowing. If you're a Projector, don't try to keep up with others who have more

energy. Instead, focus on using your time wisely and rest when you need to.

**Listen to Your Body:** Your body is always giving you signals about your energy. If you're feeling tired or overwhelmed, it's a sign you need to slow down. Instead of pushing through, take a break and give yourself time to recover. Flow is about listening to these signals and trusting that it's okay to rest.

**Let Go of the "Shoulds":** One of the biggest reasons we stay stuck in hustle mode is because we feel like we "should" be doing more. We compare ourselves to others and think we're not working hard enough. But everyone's journey is different. What works for someone else might not work for you. Let go of the pressure to meet unrealistic standards and focus on what feels right for you.

**Follow What Feels Good:** Flow is all about feeling good. When you're in flow, work doesn't feel like a chore - it feels rewarding. Pay attention to the activities that make you feel energised and excited. Do more of what lights you up and less of what drains you. When you follow what feels good, you'll find that you're able to get more done without feeling worn out.

**Trust the Timing:** Flow is about trusting that everything happens at the right time. Sometimes we feel like we have to force things to happen, but often, the best results come when we're patient and wait for the right moment. Trust your inner guidance and know that it's okay to wait for clarity before taking action.

## **The Benefits of Flow**

When you move from hustle to flow, you'll notice some big changes. You'll feel less stressed and more energised. You'll be able to get things done without constantly pushing yourself. You'll also find more joy in your work because you're doing things in a way that feels natural and aligned with your energy. Flow brings a sense of ease and allows you to enjoy the journey instead of always focusing on the next goal.

Flow also helps you be more productive. When you're in alignment, you're able to focus better, be more creative, and work more

efficiently. Instead of wasting energy on things that don't matter, you can put your energy into what truly matters and make a bigger impact.

## **Moving Forward with Flow**

Moving from hustle to flow is a journey, and it takes time to make this shift. It's about being patient with yourself, listening to your body, and making choices that honour your energy. The more you practice moving into flow, the easier it will become. You'll start to notice when you're out of alignment and be able to bring yourself back to a state of ease.

In the next chapter, we'll explore how aligning with your energy can help you build deeper relationships. Whether it's with family, friends, or coworkers, understanding your energy type and working in flow can help you connect with others in a more meaningful way. But for now, focus on letting go of the hustle and embracing a new way of working - one that feels natural, balanced, and full of joy.

## Chapter 7: Aligning for Deeper Relationships

Now that you've started to embrace flow in your life, it's time to see how this can affect your relationships. When you align with your energy type, it doesn't just change how you work - it also changes how you connect with others. Whether it's family, friends, or coworkers, being in tune with your natural energy can help you build stronger and more meaningful relationships.

When we understand our own energy, we become more aware of how we interact with others and what we need from our relationships. We can also understand why some connections feel easy and good while others feel draining. By using your energy blueprint, you can learn how to communicate better, build deeper connections, and support the people you care about in a way that works well for everyone.

### Understanding Your Energy Type in Relationships

Each energy type has its own way of connecting with others. Knowing your energy type helps you see the strengths you bring to your relationships and the areas where you might need more help. Let's take a closer look at how each energy type interacts with others:

**Generators and Manifesting Generators:** Generators and Manifesting Generators have lots of strong, lasting energy. When they are doing what they love, they bring a warm and positive vibe to their relationships. They are great at creating a happy atmosphere and lifting others up. But they need to be careful not to say yes to too many things, especially if they aren't excited about them, because this can lead to burnout and frustration. Generators and Manifesting Generators should focus on saying yes only to the things that feel right for them to keep their connections positive.

**Projectors:** Projectors are natural guides. They are good at giving advice and helping others see the best path forward. They thrive in relationships where they feel recognized and invited to share their guidance. Projectors need to be careful not to give advice unless

they are asked, because this can lead to feelings of frustration or rejection. When Projectors wait for the right invitations, they can create deep and fulfilling connections where their insights are valued.

**Manifestors:** Manifestors are here to start things and lead, and they need a sense of freedom in their relationships. They don't like being controlled or told what to do. Manifestors are happiest when they can be themselves and follow their urges. In relationships, it's important for Manifestors to clearly communicate their plans so others understand what they're doing and why. This helps avoid misunderstandings and builds trust.

**Reflectors:** Reflectors are very connected to the energy around them and to the people in their lives. They are like mirrors, reflecting the energy of their surroundings. Reflectors need relationships that feel safe and supportive because they are very sensitive to other people's energy. It's important for Reflectors to take their time when making decisions about relationships and to choose people who make them feel good. When they are in the right environment, Reflectors can create very deep and meaningful connections.

## **Communicating Based on Your Energy Type**

One of the most important parts of building stronger relationships is learning how to communicate in a way that feels natural for you and respects the energy of others. Here are some tips for communicating based on your energy type:

**Generators and Manifesting Generators:** Respond to others from a place of excitement and real interest. If something doesn't feel right, it's okay to say no. It can also be helpful to teach others to ask you yes/no questions - this allows your sacral or gut energy to respond naturally. Manifesting Generators, in particular, benefit from informing the people who will be affected by their actions, and they also appreciate being informed by others. Your energy shines brightest when you're doing what you love, so let that guide how you interact with others.

**Projectors:** Wait for an invitation before giving advice or sharing your guidance. When you're invited, your insights are very valuable. But offering advice without being asked can lead to misunderstandings. Trust that the right people will recognise your wisdom and invite you to share it.

**Manifestors:** Be clear about your intentions. Let the people around you know what you plan to do and why. This helps build trust and makes sure others don't feel left out or confused by your actions. When you inform others, your relationships will be smoother and more cooperative.

**Reflectors:** Take your time before making decisions or committing to relationships. You need to feel out the energy of the people around you. Trust your feelings and make sure the people in your life are supportive and positive. Being in the right environment is key to your well-being, so choose your relationships wisely.

## **Aligning for Mutual Growth**

When we align with our energy and understand the energy of others, relationships can help both people grow. Instead of trying to fit into roles that don't feel right or forcing others to be something they're not, we can appreciate each person's unique gifts. This kind of alignment helps everyone in a relationship grow and thrive.

For example, a Generator in a relationship with a Projector can appreciate the Projector's guidance and insights, while the Projector can benefit from the Generator's steady and powerful energy. A Manifestor and Reflector can work well together, with the Manifestor starting new ideas and the Reflector giving valuable feedback on how those ideas are affecting others.

When both people understand their energy types, they can support each other in ways that feel natural and fulfilling. This creates a deeper connection and makes the relationship feel more like it flows rather than feeling forced or exhausting.

## **Letting Go of Conditioning**

Many of us have been taught to act in ways that don't match our true energy. Maybe you've learned to always say yes, even when you're tired, or to give advice even when no one asked. Letting go of this conditioning is important for building better relationships. When you honour your own energy and let others do the same, you create space for real, authentic connections.

This means being honest about what you need, setting boundaries when you need to, and respecting the energy of others. It's okay to say no, take time for yourself, or wait until the right moment to share your thoughts. Letting go of conditioning helps you build relationships that feel genuine and supportive.

## **Moving Forward with Aligned Relationships**

Aligning with your energy type doesn't just improve your work life - it also helps you build stronger, deeper relationships. By understanding your energy and the energy of those around you, you can communicate better, set healthy boundaries, and create connections that feel balanced and fulfilling.

In the next chapter, we'll explore how to build the courage to trust yourself. Trusting your own energy and inner guidance is key to creating a life that feels good to you. It's about letting go of doubt and learning to follow your own path. But for now, focus on aligning with your energy in your relationships and notice how it changes the way you connect with others.

## **Chapter 8: The Courage to Trust Yourself**

One of the hardest but most important things you can do is trust yourself. In a world that always tells us what we should do, how we should act, and who we should be, it takes real courage to listen to your own voice. Trusting yourself means believing that you have the answers inside you and that your energy is guiding you toward what is right for you. It's about letting go of doubt, fear, and the need to be perfect, and instead choosing to follow your own path.

In this chapter, we're going to talk about what it means to trust yourself and how to find the courage to do it. Trusting yourself isn't about ignoring others or never accepting help - it's about finding a balance between listening to others and following your own inner wisdom. We'll explore why trusting yourself can be hard and how your energy blueprint can help you build that trust step by step.

### **Why Is It So Hard to Trust Ourselves?**

Most of us have been taught from a young age to look to others for answers. We learn to listen to teachers, parents, and experts. While their advice can be helpful, it can also make us doubt our own inner guidance. Society often tells us there is a "right" way to do things, and that if we just follow the rules, everything will be okay. But life isn't the same for everyone. What works for one person might not work for you. This is why trusting yourself is so important - because only you know what is truly right for you.

Another reason trusting yourself is hard is fear. We're often scared of making mistakes, scared of being judged, or scared that we might fail. But making mistakes is part of learning, and trusting yourself means being willing to learn from those mistakes. It's about understanding that failure isn't the opposite of success - it's actually part of getting there.

### **How Your Energy Blueprint Helps You Trust Yourself**

Your energy blueprint is like a map that shows you how to make decisions that fit who you are. It helps you understand your natural way of making choices, and when you follow it, life feels easier and

more in flow. Trusting yourself becomes easier when you understand how your energy works. Let's see how different energy types can use their blueprint to build self-trust:

**Generators and Manifesting Generators:** For Generators and Manifesting Generators, trusting yourself means listening to your gut. Your sacral response is your guide. It tells you what's right by giving you a feeling of excitement or a sense of "yes" in your body. Learning to trust that feeling, even if it doesn't always make sense, is key to living in alignment. Practice listening to your sacral response by paying attention to how your body feels when making choices - does it feel light and exciting, or heavy and uncomfortable?

**Projectors:** For Projectors, trusting yourself means knowing that your value is in your wisdom, not in how much you do. Society often values being busy, but Projectors are here to guide, not hustle. Trusting yourself means waiting for the right invitations and knowing that you don't have to prove your worth by working harder than others. Practice trusting your value by waiting for recognition and invitations, and see how much more powerful your contributions become when you do.

**Manifestors:** Manifestors are here to start things and lead, but trusting yourself means following your inner urges, even if others don't understand. Manifestors often face resistance from people who want them to fit in or play it safe. Trusting yourself means being brave enough to act on your ideas and lead the way. Practice informing others about your plans to make relationships smoother, but don't let others' doubts stop you from following your own path.

**Reflectors:** For Reflectors, trusting yourself means taking your time. Reflectors are connected to the cycles of the moon, and they need time to think through big decisions. Trusting yourself means not rushing and giving yourself space to reflect. It's okay to take your time to decide what feels right. Practice paying attention to your environment and notice how different places and people affect your energy. Trust that you will know what's right when the time comes.

## **Building the Courage to Trust Yourself**

Trusting yourself takes courage, especially if you've spent a lot of time doubting your own instincts. Here are some steps to help you build that courage:

**Start Small:** Trusting yourself doesn't mean you have to make huge, life-changing decisions right away. Start small by trusting yourself in everyday choices. What do you want for dinner? How do you want to spend your free time? The more you practice trusting yourself in small ways, the easier it will be to trust yourself with bigger decisions.

**Quiet the Noise:** We live in a world full of opinions - social media, friends, family, and experts all telling us what we should do. To trust yourself, you sometimes need to quiet that noise. Spend time alone, meditate, or journal to listen to your own thoughts and feelings. The more you hear your own voice, the easier it will be to trust it.

**Reflect on Past Successes:** Think back to times when you trusted yourself and it worked out well. Remember those moments when you followed your gut and things went right. Reflecting on past successes can help remind you that your inner guidance is worth listening to and that you are capable of making good choices.

**Be Okay with Mistakes:** Trusting yourself doesn't mean you'll always be right. Sometimes you'll make mistakes, and that's okay. Mistakes are part of learning and help you grow. When you make a mistake, try not to see it as a failure but as a chance to learn more about yourself and your path.

## **The Power of Trusting Yourself**

When you trust yourself, you become more confident and more at peace. Life feels less like a struggle and more like an adventure. You stop looking to others to tell you what to do and instead follow your own inner guidance. Trusting yourself allows you to create a life that feels good - a life that is uniquely yours.

The more you trust yourself, the more others will trust you too. People are drawn to those who are confident in their own path. When you trust your energy and follow your blueprint, you set an

example for others, showing them that it's possible to live in alignment and be true to yourself.

## **Moving Forward with Self-Trust**

Trusting yourself is a journey, and it won't happen overnight. It's about taking small steps every day to listen to your own inner voice and follow what feels right. The more you practice, the easier it will become, and soon you'll find that trusting yourself feels natural.

In the next chapter, we'll look at how aligning with your energy can help you make the most of the present moment and take action that feels right. But for now, focus on building the courage to trust yourself. Remember, you have everything you need within you - you just have to believe it.

## **Chapter 9: The Time is Now**

You've come a long way on this journey, learning to understand your energy, trust yourself, and align with your true nature. Now, it's time to put everything into action. Life is not about waiting for the perfect moment; it's about making the most of the present. The only moment you have control over is now, and it's time to use all that you've learned to create the life you want.

This chapter is all about taking inspired action. It's about stepping out of your comfort zone, using your energy blueprint as your guide, and trusting that you're ready to move forward. There is no "right time" to begin - there is only now. When you align with your energy and take action that feels right, you'll find that the path forward starts to open up, one step at a time.

### **Letting Go of Waiting**

Many of us spend too much time waiting. We wait until we feel ready, until circumstances are perfect, or until we get a sign from the universe that it's time to act. But waiting can keep us stuck, and often, that perfect moment never comes. The truth is, you'll never feel completely ready, and that's okay. Growth happens when you take action even when you feel uncertain. The time to start is now, with what you have and where you are.

Think about all the things you've wanted to do but have been putting off. Maybe you've wanted to start a new project, make a big decision, or make changes in your relationships. Instead of waiting for the right time, ask yourself: "What can I do today to move in that direction?" Even small actions can create momentum and start to shift your life in big ways.

### **Using Your Energy Blueprint to Take Action**

Your energy blueprint is your guide to making the most of this moment. Life isn't meant to be just about working to live - we are all here for something more. Your energy blueprint shows how you are

uniquely designed to bring your gifts into the world. If you're reading this, I know you have something inside that wants to come to the surface. It's been bubbling up, maybe for years, but other things have always taken priority. You've put it on the back burner because life got busy, but now the energy is shifting. The time has come to trust yourself to make a change and make a difference.

There's a desire for more - a pull to do something that really matters. Your energy blueprint is a key to unlocking that potential. It's about allowing what's inside of you to come out and make an impact. It might feel scary, but remember, you are meant for this. The world needs your unique gifts, and now is the time to step forward. Trust yourself, trust your energy, and start making the changes that will bring you closer to the life you know you're capable of living.

## **Taking Small Steps Toward Big Change**

Taking action doesn't always mean making huge, dramatic changes. It's often the small, consistent steps that create the biggest shifts. Each day, ask yourself, "What small step can I take today that will bring me closer to the life I want?" These steps might be as simple as making a phone call, writing down your ideas, or even resting when you need it. Small actions add up over time, and before you know it, you'll be moving in the direction of your dreams.

When you take small steps, you also build confidence. You start to see that you are capable of change and that each choice you make matters. You don't have to have it all figured out - you just need to keep moving forward, one step at a time.

## **Embracing the Present Moment**

The present moment is all you ever truly have. It's easy to get caught up in worrying about the future or regretting the past, but the power to create change lies in the now. By focusing on what you can do today, you bring your energy into the present, and this is where transformation happens. When you align your actions with

your energy and take inspired steps, you create a ripple effect that brings you closer to the life you want.

Embracing the present also means letting go of the need to control every outcome. Trust that when you take action in alignment with your energy, things will fall into place. You don't have to know every step of the journey - just focus on the next one. When you trust yourself and the process, life starts to flow, and the right opportunities will come your way.

## **The Time Is Now**

There is no better time to start than now. You have everything you need within you. You've learned about your energy, how to align with it, and how to trust yourself. Now, it's time to put that knowledge into action. Take a step today, no matter how small, and watch how the universe responds. The journey of a thousand miles begins with a single step, and the time to take that step is now.

## **Moving Forward**

You've come a long way, from letting go of hustle to aligning with your true energy. This journey has been about discovering who you are, embracing your natural gifts, and learning to trust yourself. Now it's time to fully embrace your power. You have everything within you to create a life filled with purpose, joy, and alignment.

Keep exploring your energy. Life is about experimentation, growth, and learning from mistakes. Embrace each step - whether it feels like progress or a lesson - and know that every experience brings you closer to your true self. Your energy blueprint is here to guide you, helping you make choices that feel right and aligned. Don't be afraid to make mistakes; they are just steps on the path to growth.

The time to start living from your true energy is now. Trust in the gifts you have and take that first step, no matter how small. Each inspired action brings you closer to the life you desire. If you're ready to dive deeper into your energy blueprint and make meaningful changes, I invite you to schedule a call. Together, we

can discuss how to move forward with your unique gifts and create a life that reflects your true potential. The time is now - let's take that next step together.

If you're ready to lean into your energetic blueprint and make the changes that will bring your gifts into the world, I invite you to schedule a reading. Let's get to know your blueprint and look at how you can move forward and make the most of your gifts. The time is now - let's take that next step together.

**Next Steps:**

[Schedule your reading](#)

Lets connect:



## About Kelly

I'm Kelly Slattery - Human Design specialist, coach, and creator of the Human Design Experiment Planners.

I help ambitious women like you reconnect with your energy, lead your life and business with clarity, and finally feel the ease you've been craving.

I believe Human Design should be simple, practical, and something you can actually live - not just learn.

If this e-book sparked something in you, I'd love to support you further.

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