



*Human Design*  
EXPLAINED



# Hello!

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I'm **Chelsie Kenyon** and **I LOVE Human Design!** I have been in my experiment since 2018 and have learned so much about myself, that I am on a mission to share the system with everyone I meet so that they too can have a deeper understanding of who they are, and how they can navigate through life in full alignment with their *natural-born energetic type*.

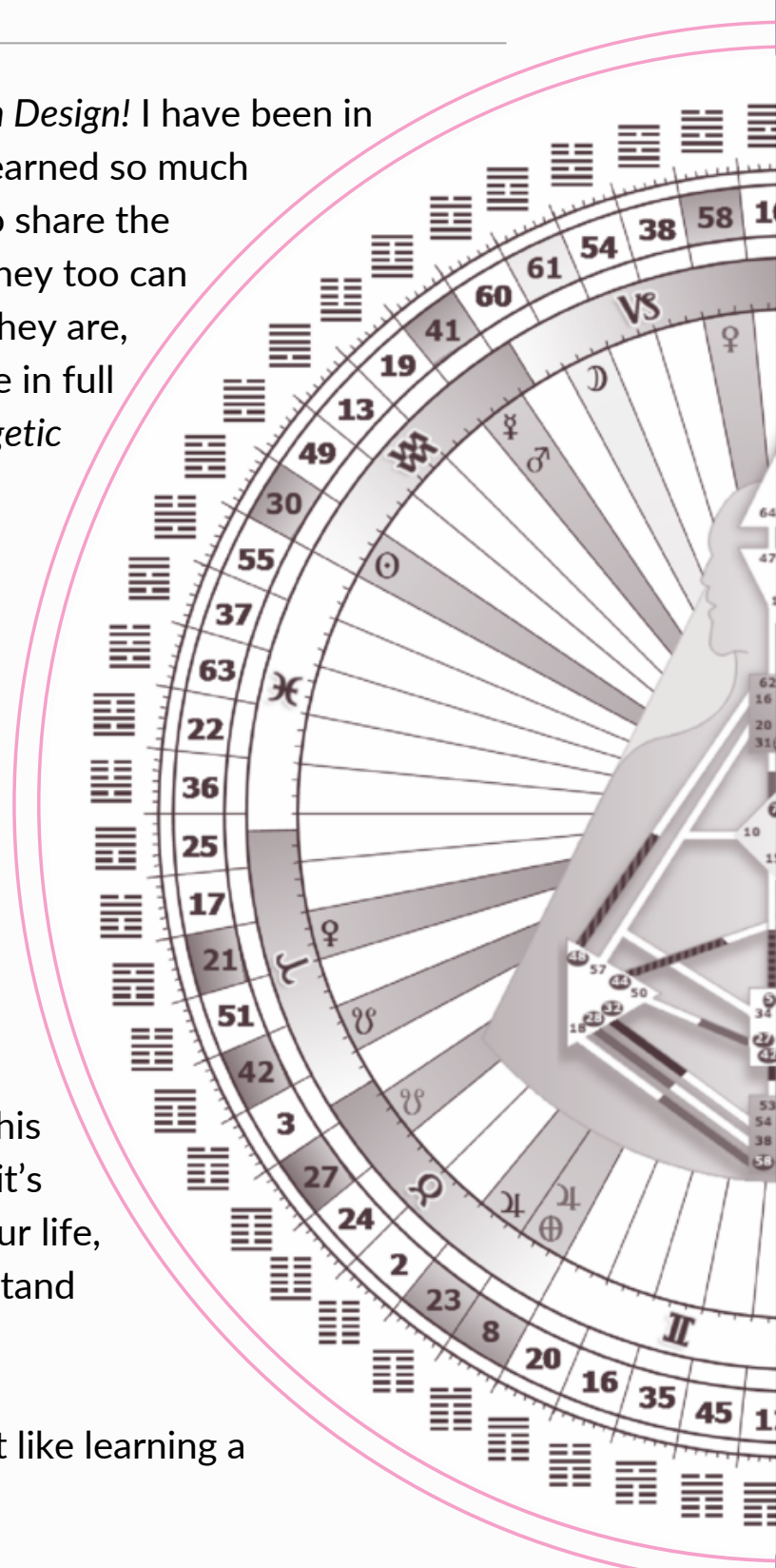
Learning your unique design is the equivalent of learning about your own personal blueprint for life. You will finally understand why you do the things you do, and what kind of effect you have on those around you, and you will finally understand your true self so that *you can finally let go of all the things you think you "should" be*.

I'm excited to show you the ropes of this amazing system, (even though I know it's going to feel like I'm peeking inside your life, I promise I'm not) and help you understand yourself a lot better!

And remember - *one step at a time*, just like learning a new language.

XO Chelsie ✨ ✨ ✨

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# Human Design EXPLAINED

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*Please fill in the workbook as you go through the training, to help you understand your own personal blueprint.*

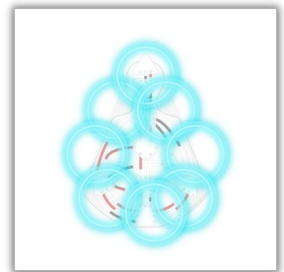
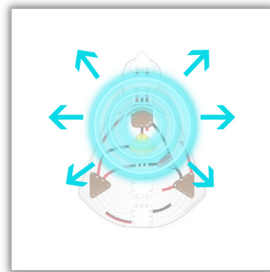
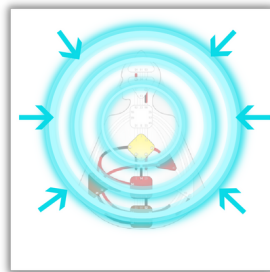
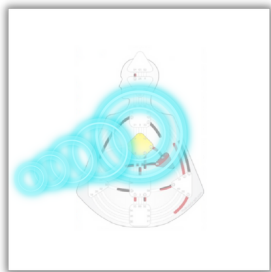
**MY TYPE:**



All about that


*Aura!*

 Circle your aura below:



 2-3 Words that describe my aura are:

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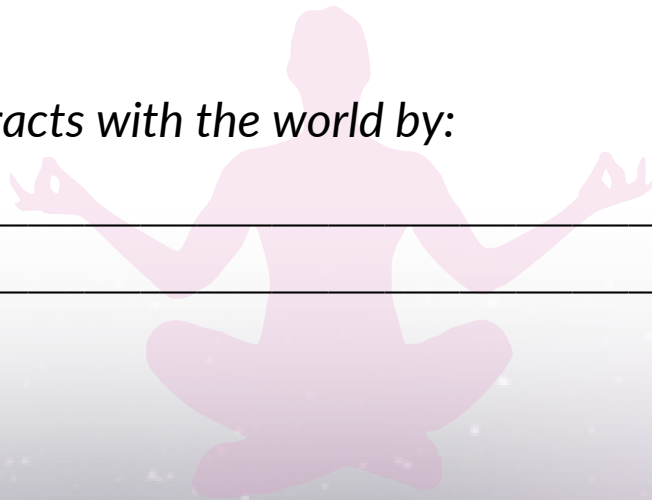
 The best thing about my aura is:

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 My aura interacts with the world by:

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All about that

*Strategy!*



*My strategy is:*

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*How my strategy works:*

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*What do you love about your strategy?*

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*Thinking to the past, when have you made a decision NOT using your strategy, and it backfired?*

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All about that

*Authority!*



*My authority is:*

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*How my authority works:*

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*How long might it take me to make the correct decision using my authority?*

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*What do I need to trust in order to use my authority?*

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# All about that

*Signature & Not-Self theme!*



*Am I capable of feeling all the feelings?*

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*What single feeling is my personal red flag that I'm out of alignment?*

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*What single feeling is my personal red flag that I'm in alignment? (My signature)*

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*What can I ask myself to help me get back into alignment?*

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## So, what's next?

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So now that you fully understand your aura, your strategy, and authority - now you need to become aware of this energy in your everyday life and begin using it to help you navigate the world around you and step closer into alignment.

If you would like to take the next step with me, I recommend “**Centers Exposed**” which will help you achieve the next level of clarity in your design and the nuances of your unique blueprint. This will help you take things to the next level.



[www.chelsiekenyon.com/centersexposed](http://www.chelsiekenyon.com/centersexposed)

And if you want to know it all, you can grab “**Human Design Decoded**” where I walk you through the entire system step-by-step with quizzes and worksheets to help make sure you understand each concept. If you are a coach, then this is the course you need to help your clients with their own human design. This is likely the only Human Design course you will ever need.



[www.chelsiekenyon.com/decoded](http://www.chelsiekenyon.com/decoded)



# **THANKS SO MUCH**

...for coming on this  
**HUMAN DESIGN**  
adventure with me, and  
I can't wait to dive deeper  
into your design with you!

XO Chelsie ✨ ✨ ✨

Your Human Design Mentor