



The Velocity Method

Human Design Strategy

What is Strategy in Human Design?

Strategy is the action plan to make things happen.

Manifesting Generator and Generator

Strategy: Responding

Responding to the right thing for you.

Your gut knows the answers.

Listen to your gut saying yes.

Instead of saying yes to things right away, pause.

Pausing is really important.

Check in with your gut and see if it says yes.

A yes feels like

- Expanding
- Rising
- Natural drawn to it
- Excitement

A no feels like

- Blah
- Dread

- Uninspired
- Bored

Projector

Strategy: Being Invited

Being invited is when people are interested in what you have to share.

They lean into what you are saying. This can be liking your posts, commenting, asking questions, or wanting to connect.

You are in charge of curating invitations.

- Show up with confidence, wisdom, and positive energy.
- Live your Design. Align first with yourself and then others will follow. The best way to invest your energy is recognizing yourself.
- Bring good work to the table. The table can be social media, meetings - in-person or virtual, classroom thought leadership.
- Work on your skills and don't be afraid to be vocal about it.
- A critical step is to watch for the moments that people ask you more or lean into what you have said.

Manifestor

Strategy: Communicate

Communicating what you are doing, what vision is, and what idea you have on your mind is vital.

You might think that communication will slow you down.

But, while it may take time to communicate with others, the support you create will enable the yes ideas. It can be a quick process to let people around you in life and business know what is going on.

- When you listen to the YES you need to act on it without judgement and without shutting yourself down.
- Ease and flow- alignment will come as your practice. Practice by doing.

Reflector

Strategy: Timing

Timing is aligning is your motto. You are spontaneous and open to the idea that life is bringing you things. It is carrying good things toward you. Your job is to wait for the timing to be right. You will feel it.

It will nudge you.

It will keep coming towards you.

Then you can lean into it.

Being content with that thing you are seeking will give yourself time to feel your way into that situation.

You wont miss what is for you.