



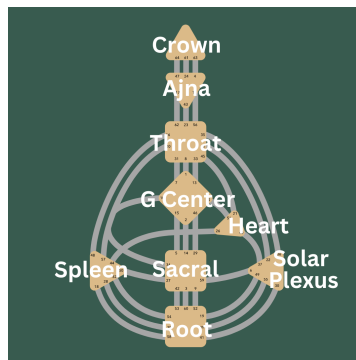
The Velocity Method

Human Design Defined Centers

What is a Defined Center?

There are nine Human Design Centers. These centers are displayed on all human design charts - although they may be presented slightly different based on the chart . On Courtney's charts and her website they are displayed as green triangles, diamonds, and squares.

Each center has a gift or job that it does. When the center is defined it means you have this gift with you all the time.



Crown

My inspiration opens up powerful possibilities.

The Crown's gift is inspiration.

You are filled with inspiration, ideas, and possibilities.

You think, review, and gather insights.

Serenity Action- Use your inner authority to know what to act on. It is not that you need to do everything, just the ones that settle with your inner authority. Do a hobby or take a walk that

allows your mind to focus and relax.

Ajna

I am full of brilliant and unique ideas.

The Ajna gift is ideas.

You have lots of ideas coming all the time.

You have a unique point of view.

Your superpower is bringing ideas to life.

Serenity Action- You mind may feel like a monkey going after every shiny thing. Release the need and shame around trying to quiet your mind. Release the need to control the flow of your ideas. You don't need to chase each idea, just observe and be grateful for them. Use your Inner Authority to decide what idea(s) to pursue.

Throat

I speak power and purpose.

The throat's gift is communication and speaking.

You can land on the meaning of the messages that you are speaking.

You are able to communicate with power and purpose.

Serenity Action- Are you putting yourself in positions to speak? What can you do more to put yourself in those positions personally and professionally?

G Center

I know where I am going.

The gift G Center is direction.

You have a solid sense of self.

You are compass knowing the direction to go towards.

You have a giving heart with a love others and life.

Serenity Action- Trust yourself more. Trust your inner compass. You got this! Journal out when you have trusted your direction, what happened?

Heart

I can accomplish anything.

The heart's gift is willpower.

You have the willpower to get what you want.

You don't let things stand in your way.

The phrase "I am going to crush it" really resonates with you.

Serenity Action- Journal or voice message these questions:

What walls have you crushed through?

What tough goals have you accomplished?

Solar Plexus

My emotions gift me connection and perspective.

The solar plexus' gift is emotion.

You can fly go high and then go low like a roller coaster.

Just know that things can shift quickly.

Await the calm and content moments that will show you a different perspective.

Serenity Action- Tap into those content moments to ground you. Do you have a practice that brings in calm and contentment into your life. What is it and how can you make that a routine in your life?

Sacral

My energy helps me accomplish great things.

Sacral gift is energy.

You have the energy to accomplish a lot.

This energy is like an internal fire gifting you the ability to do a lot personally and professionally.

Serenity Action- Are you celebrating all that you accomplish or are you jumping into the next thing? Create a ritual where you celebrate all that you do.

Root

My drive allows me to achieve my goals.

The root gift is drive.

You have intense drive to achieve your goals.

You can handle high stress.

You will go over, through, or around roadblocks.

Serenity Action- Make sure that what you are working on is really what you want to do. Check in with your Inner Authority. You also need to nurture yourself on a routine basis. Find something that fills you up and schedule or make space to do it.

Spleen

I trust my intuition to lead me in the right direction.

The spleen's gift is instinct and intuition.

You are highly intuitive.

You get intuitive hits that don't make sense in an analytical way.

Serenity Action- Tap into these hits, they are your super power. Challenge your mind when it overthinks and use your intuition to guide you instead.