



The Velocity Method

Human Design Types

Manifester

Gifts

They are action starters.

- They go from 0-100 miles an hour- seemingly out of nowhere.
- They are born to ignite, create, and start things.

They have this urge and direction to do something that creates movement and waves.

- They tap into this urge as an inkling, sense, or pull to go towards something.

They are born leaders.

- They are a catalyzing force.
- They make things happen.
- They inject tremendous focus into any project.
- They have the biggest aura, distinctive atmosphere surrounding a given source, out of all the energy types.
- They are movement starters.

Challenges

They can appear to be pushy, forceful, and even intimidating.

- They have this need to show up in a big way.
- They can receive feedback that they talk too much, demand too much, lead too much, ect.

They don't like to be told what to do.

- They rebel against micro-managing. It squelches freedom to create.
- They need freedom to blaze trails and speak freely personally and professionally.

They do not have endless amounts of energy.

- They must create support personally and professionally.
- They will burn out trying to do everything on their own.
- Their energy comes in bursts.

Decondition-They transform red flag thoughts that don't serve them

They mistakenly believe other people's ideas are better than theirs.

- They need to share their insights and thoughts out loud.
- They need to be vocal.

They don't want to stir the pot or create waves.

- They need to release people pleaser or apologizing for who they are.
- They need to release judgment of themselves so they can play big.

They believe they are suppose to work and be on the go all the time.

- They need rest. It is vital they they don't do a half work half rest states.
- They need to build support so they are not doing everything.

Reflector

Gifts

They are sensitive to people, places, and things.

- They possess this special power. It gives them a greater depth of understanding to utilize personally and professionally.
- They have a healthy sensitivity to creating change, support, and love.

They receive others' energy and reflect back to them.

- They reflect back to others what is going on.
- They have a unique awareness that others don't see.
- They are wise observer.

They are extremely empathetic.

- They have insights and great wisdom about others.
- They are a soothing and calming influence.
- They are wise beyond their years.

Challenges

They carry others people's energy and junk too.

- They need to own their own feelings and take time to separate that from others.
- They can be overwhelmed so it is necessary to secure solitude and to release others' energy.

They struggle when to engage with others and want to detach.

- They find creating boundaries is helpful.
- They sometimes find that a frantic pace of life, crowded places, and strong energetic people can be too much.
- They can get overstimulated which can drain their ability to stay grounded.
- They need consistency with life, support, transitions.

They sometimes find that do not have endless amounts of energy.

- They must create support personally and professionally.
- They will burn out trying to do everything on their own.
- Their energy comes in bursts.

Decondition- They transform red flag thoughts that don't serve them

They have a sensitivity which could be a weakness.

- They need to learn to not view and not carry others people's burdens.
- Their viewpoint brings so much to the table!

They have a chameleon ability to fit in anywhere - even if it means not being true to themselves.

- They find that art reflects life and life reflects art. They are living art.
- They know their true selves when they are alone, thinking, resting, ect.

Projector

Gifts

They are a new amazing coach, guide, and mentor.

- They are a new version of a CEO. One who points others to use their strengths and gifts. You care about the success of each person on your team.
- They have an innate understanding of how to manage people
- They have innate wisdom and deep insights into how others can use energy more wisely.

They feel people's needs and challenges deeply and clearly.

- They feel the unsaid story that others are not saying but feeling.
- They feel the energy of others in deep ways.

They have a bird's eye view of situations and solutions.

- They can see how you can get from point A to point Z doing the fastest path.
- They can see how others can harness their gifts the best during this process to make the path even faster.

Challenges

They need to watch out for burnout.

- They are not meant to work 60-hour weeks.
- They can feel physically and emotionally exhausted.

They need to watch out for feelings of low self-worth.

- They need to recognize their own accomplishments and value.
- They need to feel a sense of belonging.

They do not have endless amounts of energy.

- They must create support personally and professionally.
- They will burn out trying to do everything on their own.
- They have energy that comes in bursts and waves.

Decondition- They transform red flag thoughts that don't serve them

They feel they should be able to work a lot and make things happen just like everyone else.

- They are not less than because they can't work all the time.
- They are steady and consistent.
- They are not lazy.

They believe they don't have a lot to offer the world, career, or others.

- They have a viewpoint that is needed. It is a viewpoint that others do not have.
- They sometimes need to be challenged in their thoughts with proof of their design's strengths and past experiences where they have felt aligned and successful.

Manifesting Generator

Gifts

They are a multi-tasking master.

- They are good at having a lot going on at the same time. They focus more when they have lots of things on their plate.
- They find the quickest way to get to the end result and it is not necessarily a linear path.
- They are speedy creators

They have immense sustainable energy.

- They are a workhorse with an abundance of energy.
- They have the energy and stamina to finish tough projects and goals.
- They find joy in their whole-hearted work it doesn't feel like work. They don't feel like they are being used.

They have a BOGO deal of the Manifestor urge/vision and the Generator energy.

- They are a powerhouse bundle of energy combined with an ability to see what you need to do next.
- They need freedom and flexibility to pivot and change directions.

Challenges

They need to be able to change lanes and course corrections.

- They need to see things, life or business, as it evolves.
- They don't need you to give them details of how to reach their goals.
- They need the freedom to pivot.

They need to watch out for overthinking.

- They have a brain that can easily override their gut saying YES!
- They need to yield to their gut! It has the answers.

Decondition- They transform red flag thoughts that don't serve them

They sometimes think they should stop bouncing around from one thing to the next. They should focus!

- They process things nonlinearly. Their speed comes from bouncing.
- They are here to show the rest of us that all over the place is a really good thing.

They can't quit. They need to see things through.

- They pivot - it is part of life and business. It is a good thing for them.
- They need you to help them see that pivoting is not quitting - it is part of their creation process.
- They can work magic when they can change course and have freedom.

Generator

Gifts

They have immense sustainable energy.

- They are an energizer bunny with an abundant flow of energy.
- They have the energy and stamina to finish tough projects and goals, and to cheer others at the same time.
- They work a whole-hearted work and it doesn't feel like work. It energizes and refuels them.

They have an energy that is magnetic and impressive.

- They do what they love and what lights them up and they become a magnetizing force. Others are inspired by their energy and vibe.
- They naturally draw people toward them because others are in awe of what they do and how they do it.

They make their thing better and better and better.

- They hone in on their thing, personally and professionally, and find ways to improve it.
- They raise the bar over and over and over again. Perfecting their thing.

Challenges

They need to freedom.

- They need to be more than the dependable person that always gets things done.
- They need to be able to say no so they can follow their gut and say yes to the right things.

They need to watch out for overthinking.

- They have a brain that can easily override their gut saying YES!
- They need to yield to the gut! It has the answers.

They often do not take care of themselves and burn out.

- They need restorative care like working out and hobbies to be part of their routine.

Decondition- They transform red flag thoughts that don't serve them.

They frequently think I should do this and I should do that.

- They commit to a lot because they can do a lot. This can lead to feeling used and worn out due to all the things they have signed up for.
- They have a list of to-dos that is long and grows.
- They say yes but sometimes they mean no. They can be detouring the very thing they need to say yes to.
- They need to anchor in the yes to their gut.