My Path & PURPOSE

workbook



www.newearthschool.com.au

WELCOME

This workbook is going to help you discover your path and purpose in life. Please understand that the information on the chart is not going to give you an exact job description such as "You are here to aid in the discovery of how aquatic animals communicate undersea." But it will give you a good idea of what you are here to experience and then you can use your strategy and authority to help guide you deeper into that direction. This workbook will help you dive deeper into each piece of the puzzle so you can gain more clarity.



Sarah Lines

I'm so excited to guide you through this process. Deconditioning is one of the most important steps in aligning with your true self. For me, it started when I realised how much of my life was shaped by beliefs and patterns that weren't mine—ones that left me disconnected from my true essence. Through Human Design, I discovered a powerful way to shed those layers and return to my authentic self. This journey has been life-changing, and I can't wait to witness your transformation.

YOU WILL NEED YOUR HUMAN DESIGN CHART FOR THIS, SO MAKE SURE THAT YOU ARE PREPPED AND READY WITH IT.

a quick note about CONDITIONING

Sometimes when we are working through our design, we might come to a part that doesn't fully resonate. Maybe you feel like you do things the opposite way and it works for you, or you just might not see how a particular piece fits into your life. This is almost always due to conditioning. **CONDITIONING** is the process where society, parents, friends, colleagues and teachers impart upon us the way they feel that things 'should' be done. And as a child, we often will comply and do things the way they "should" be done - or risk consequences. Sometimes these 'shoulds' are to keep you safe, for example: you should cross the street using the crosswalk. But most of these "shoulds" were actually just somebody's preference and had no bearing on your safety. But nonetheless, we often follow the guidance and act according to how we 'should.' in the process of learning your Human Design, you can use the information to help you understand where you have been conditioned and where you have lived under somebody else's "should" instead of according to your own natural energetic flow. This is something you want to keep in mind while making your way through this workbook. If something doesn't feel right to you, there is a high likelihood that you have conditioning around it.

locating your

PATH & PURPOSE

activations

Each planet has its own symbol. The symbols are located within your Human Design chart to show you which planet is activating which gate.



SUN



EARTH



NORTH NODE



SOUTH NODE



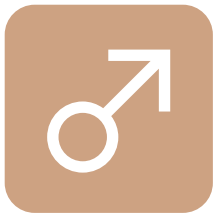
MOON



MERCURY



VENUS



MARS



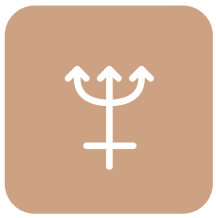
JUPITER



SATURN



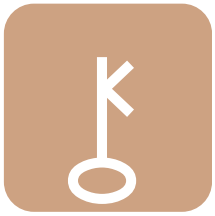
URANUS



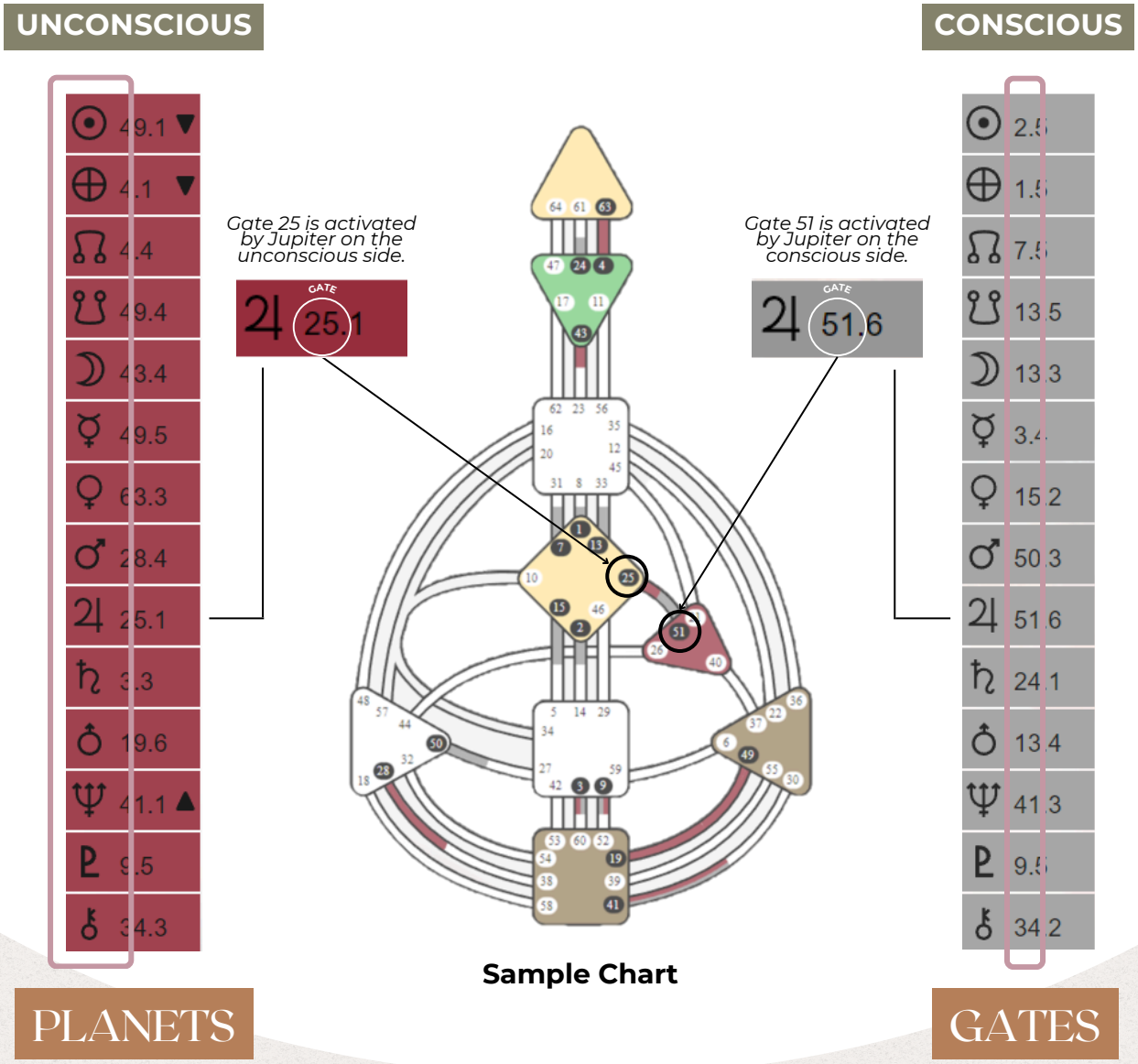
NEPTUNE



PLUTO



CHIRON



Sample Chart

Along each side of your Human Design chart are a list of the planets. You should be able to recognize the planetary symbols.

Under each planetary symbol is a number. There will be a larger number and a smaller number. What we are focusing on is the larger number which is called a '**GATE**.'

AS YOU GO THROUGH THIS WORKBOOK YOU ARE GOING TO LOCATE THE PLANETARY ICON, AND THEN USE THE CORRESPONDING GATE TO FILL OUT THE INFORMATION.

GATES

directory

GATE 1
- Independent
- Creative
- Artistic

GATE 2
- Higher-Self
- Growth
- Individuality

GATE 3
- Order
- Patience
- Innovation

GATE 4
- Logic
- Reason
- Exploration

GATE 5
- Routines
- Rhythms
- Patterns

GATE 6
- Friction
- Connection
- Boundaries

GATE 7
- Direction
- Guiding
- Leadership

GATE 8
- Contributing
- Transformation
- Actions

GATE 9
- Details
- Understanding
- Attention

GATE 10
- Individuality
- Surrender
- Fulfillment

GATE 11
- Ideas
- Expression
- Stimulation

GATE 12
- Timing
- Mood
- Self-Expression

GATE 13
- Listening
- Attentive
- Storytelling

GATE 14
- Abundance
- Wealth
- Resources

GATE 15
- Diversity
- Freedom
- Acceptance

GATE 16
- Skills
- Mastery
- Repetition

GATE 17
- Opinions
- Curiosity
- Logic

GATE 18
- Standards
- Improvement
- Responsibility

GATE 19
- Needs
- Sensitivity
- Support

GATE 20
- Present
- Now
- Spontaneous

GATE 21
- Control
- Independence
- Determination

GATE 22
- Emotions
- Attuned
- Expression

GATE 23
- Connection
- Perspective
- Communication

GATE 24
- Reflection
- Scrutinizing
- Breakthrough

GATE 25
- Spirituality
- Love
- Overcome

GATE 26
- Marketing
- Influence
- Manipulation

GATE 27
- Compassion
- Nurturing
- Support

GATE 28
- Game
- Challenge
- Strategic

GATE 29
- Overwhelm
- Opportunities
- Balance

GATE 30
- Passion
- Variety
- Inspire

GATE 31
- Guidance
- Support
- Direction

GATE 32
- Survival
- Adapt
- Discipline

GATE 33

- Retreat
- Reflect
- Integrate

GATE 34

- Power
- Energy
- Fuel

GATE 35

- Change
- Cycles
- Evolution

GATE 36

- Emotions
- Flow
- Intense

GATE 37

- Unite
- Loyal
- Belonging

GATE 38

- Persistence
- Struggle
- Purpose

GATE 39

- Provoke
- Breakthrough
- Test

GATE 40

- Solitude
- Recharge
- Respect

GATE 41

- Limitations
- Acceptance
- Resourceful

GATE 42

- Experience
- Completion
- Growth

GATE 43

- Inner-voice
- Creative
- Intuition

GATE 44

- Instinct
- Entrepreneur
- Detection

GATE 45

- Authority
- Unite
- Resources

GATE 46

- Self
- Body
- Care

GATE 47

- Analyze
- Process
- Understand

GATE 48

- Wisdom
- Deep
- Insight

GATE 49
- Beliefs
- Justice
- Fairness

GATE 50
- Values
- Traditions
- Duty

GATE 51
- Competitive
- Bold
- Confident

GATE 52
- Stillness
- Concentration
- Attention

GATE 53
- Start
- Motivation
- Completion

GATE 54
- Driven
- Success
- Achievement

GATE 55
- Emotions
- Creativity
- Melancholy

GATE 56
- Storyteller
- Engaging
- Communication

GATE 57
- Intuition
- Guidance
- Sensitivity

GATE 58
- Joy
- Enthusiasm
- Betterment

GATE 59
- Connection
- Relationships
- Intimacy

GATE 60
- Limitation
- Transformation
- Acceptance

GATE 61
- Mystery
- Contemplation
- Seeking

GATE 62
- Details
- Facts
- Analyzing

GATE 63
- Doubt
- Skeptical
- Evaluate

GATE 64
- Confusion
- Surrender
- Acceptance

SUN
(Yang)

Theme:

My life purpose is to deeply understand, embody and outwardly express

_____ / _____.

UNCONSCIOUSLY CONSCIOUSLY

How have you seen this play out in your life in the past?

Where might this take you in the future?

What do you love about this? What feels good about it?

Where might you have some conditioning around this?

EARTH
(Yin)

Theme:

I am grounded in my purpose through integrating the energy of

_____ / _____.

UNCONSCIOUSLY **CONSCIOUSLY**

How have you seen this play out in your life in the past?

Where might this take you in the future?

What do you love about this? What feels good about it?

Where might you have some conditioning around this?

NORTH NODE

Theme:

My destiny after 40 years of age is about stepping into the energy of

_____ / _____.

UNCONSCIOUSLY CONSCIOUSLY

How have you seen this play out in your life in the past?

Where might this take you in the future?

What do you love about this? What feels good about it?

Where might you have some conditioning around this?

SOUTH NODE

Theme:

I started life with the energy of

_____ / _____.

UNCONSCIOUSLY CONSCIOUSLY

How have you seen this play out in your life in the past?

Where might this take you in the future?

What do you love about this? What feels good about it?

Where might you have some conditioning around this?

MOON

Theme:

My soul and inner world is driven by
_____ / _____.
UNCONSCIOUSLY CONSCIOUSLY

How have you seen this play out in your life in the past?

Where might this take you in the future?

What do you love about this? What feels good about it?

Where might you have some conditioning around this?

MERCURY

Theme:

I am here to communicate about
or in the energy of
_____ / _____.
UNCONSCIOUSLY CONSCIOUSLY

How have you seen this play out in your life in the past?

Where might this take you in the future?

What do you love about this? What feels good about it?

Where might you have some conditioning around this?

VENUS

Theme:

What I truly value, especially
in relationships

_____ / _____.

UNCONSCIOUSLY CONSCIOUSLY

How have you seen this play out in your life in the past?

Where might this take you in the future?

What do you love about this? What feels good about it?

Where might you have some conditioning around this?



MARS

Theme:

I am passionate about

_____ / _____.

UNCONSCIOUSLY CONSCIOUSLY

How have you seen this play out in your life in the past?

_____

_____

_____

Where might this take you in the future?

_____

_____

_____

What do you love about this? What feels good about it?

_____

_____

_____

Where might you have some conditioning around this?

_____

_____

_____

4

JUPITER

Theme:

When I master things in life, I am rewarded with gifts of

_____ / _____.

UNCONSCIOUSLY CONSCIOUSLY

How have you seen this play out in your life in the past?

Where might this take you in the future?

What do you love about this? What feels good about it?

Where might you have some conditioning around this?

SATURN

Theme:

I learn lessons through the energy of

_____ / _____.

UNCONSCIOUSLY CONSCIOUSLY

How have you seen this play out in your life in the past?

_____

_____

_____

Where might this take you in the future?

_____

_____

_____

What do you love about this? What feels good about it?

_____

_____

_____

Where might you have some conditioning around this?

_____

_____

_____

URANUS

Theme:

I innovate through the energy of

_____ / _____.

UNCONSCIOUSLY CONSCIOUSLY

How have you seen this play out in your life in the past?

Where might this take you in the future?

What do you love about this? What feels good about it?

Where might you have some conditioning around this?

NEPTUNE

Theme:

My spiritual path involves the energy of

_____ / _____.

UNCONSCIOUSLY CONSCIOUSLY

How have you seen this play out in your life in the past?

Where might this take you in the future?

What do you love about this? What feels good about it?

Where might you have some conditioning around this?

PLUTO

Theme:

I am here to evolve through the energy of

_____ / _____.

UNCONSCIOUSLY CONSCIOUSLY

How have you seen this play out in your life in the past?

Where might this take you in the future?

What do you love about this? What feels good about it?

Where might you have some conditioning around this?

CHIRON

Theme:

My journey includes overcoming

_____ / _____.

UNCONSCIOUSLY CONSCIOUSLY

How have you seen this play out in your life in the past?

Where might this take you in the future?

What do you love about this? What feels good about it?

Where might you have some conditioning around this?

WRAP UP

Now you should have a really great idea of what you are here to experience and contribute during your time here on this planet. Now the next step is to use your strategy and authority to guide you through opportunities as they arise. If you continue to take action on opportunities that are correct for you, you will be going down your perfect path and learn the lessons you need to learn so that you are prepared for the next opportunity. Trust that the opportunities are like stepping stones leading you to your purpose. When you land on your purpose, you will know it. You will finally understand why everything happened the way it did so that you would be able to do what you are here to do.

Please keep me posted on your progress! Connect with me here.

Sarah Lines

