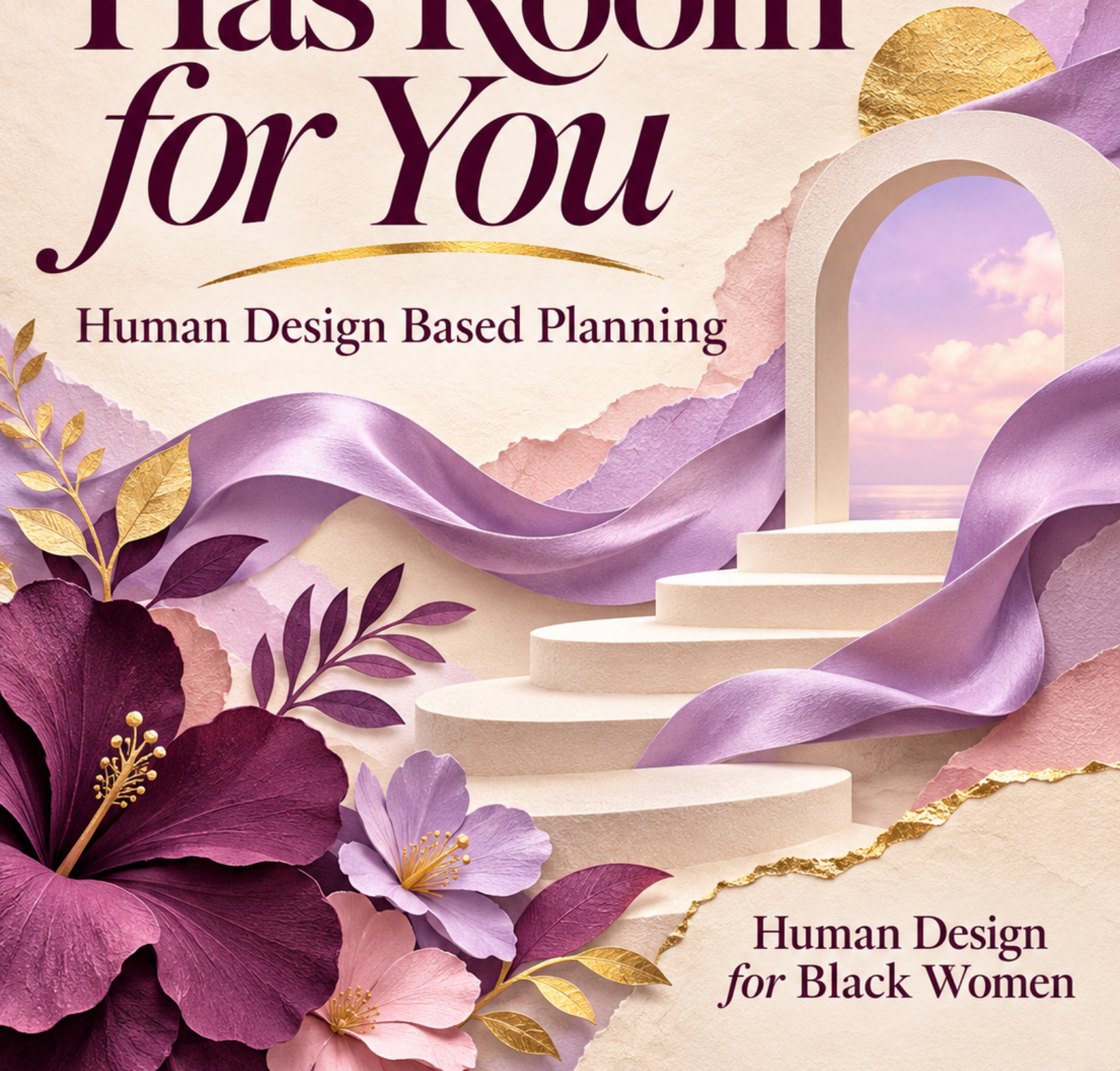
A FREE WRITTEN GUIDE

A Routine That Has Room *for You*

Human Design Based Planning



Human Design *for* Black Women

01 / BEGIN HERE

Your life is not the problem.

You don't need to earn the right to use a planner by becoming a perfectly organized person first. A planner should help with the life you're living: the school run, the work that pays, the idea you don't want to lose, the appointment you really do need to remember. Not just the imaginary week where nobody interrupts you.

Bring your current calendar and your Human Design chart if you have one. You can complete the practical experiment without a chart.

Three moves. No personality overhaul.

1 Find the facts

Read what your chart actually says, without guessing.

2 Try a different page

Use the same real-life task to compare structure and space.

3 Keep what supports you

Choose a planning approach you can return to, not a rule to obey.

Use this guide your way

Print the writing pages, annotate the PDF, or type into the shaded fields in a PDF app that supports forms. Save your copy before closing it.

02 / CHART FACTS

Find the facts. Skip the guessing.

A Human Design chart uses your birth date, birth time and birthplace. Use the most reliable recorded time available. Check AM/PM and location carefully. If the time is unknown, say so. Advanced details can be sensitive to time accuracy.

Copy these details from your chart. A missing field is a question to explore, not an invitation to choose the description you like.

Type: the broad category named in your report

Strategy: the approach associated with your Type

Authority: the decision process named in your chart

Profile: the pair of numbers, such as 1/3 or 4/6

Birth-time source, or write “uncertain”

If arrows are missing, your report may not include Variable. You do not need to buy an advanced report just to decide whether you want more writing space.

03 / UNDERSTAND THE ARROWS

A lens. Not a life sentence.

In Human Design, Variable uses four arrows to describe different areas of the system. On a conventional chart layout, the left pair concerns Determination and Environment; the right pair concerns Motivation above and Perspective below. Follow your provider’s labels if its layout differs.

DETERMINATION

How the system describes taking in nourishment.

ENVIRONMENT

The setting in which the body is considered supported.

MOTIVATION

A framework for noticing the mind’s underlying orientation.

PERSPECTIVE

A framework for exploring what comes into view.

Left and right are often introduced as focused or strategic, and receptive or peripheral. They are not diagnoses of attention, intelligence or follow-through. Arrow direction derives from Tone in the system, not from choosing a personality description.

Four arrows create sixteen combinations. These four planners are creative planning approaches inspired by the two right-side arrows, not four kinds of woman or a substitute for Strategy and Authority.

Human Design is a reflective framework, not an established scientific test of how you should organize your life. Use it to ask better questions, then notice what actually helps.

04 / LOCATE THE FRICTION

One situation. Not your whole life.

Where does your routine ask more of you than it gives back?

“I need discipline” does not tell you much about a page. “I need to see the one task due today before I look at the rest” does.

The moment I want support with is...

What currently happens is...

The part that costs me the most effort is...

The responsibility that cannot move is...

The support I wish the page offered is...

05 / TRIAL A

A little more structure.

Try this on one ordinary day. Use a real task, not an imaginary perfect schedule.

Date + one priority

The next three concrete actions

Fixed appointments or commitments

What can wait without creating a problem?

06 / TRIAL B

A little more room.

Try a similar task on another ordinary day. Notice whether the page helps, not just whether the day was easier.

Date + fixed commitments

One anchor for today

Room for observations, ideas and reminders

After writing, circle or name your next useful action. You may need structure for appointments and open space for thinking. That is a useful answer.

07 / NOTICE THE DIFFERENCE

Which page helped you move?

Better sleep, fewer interruptions or unexpected help can change the result, too.

Could I find the important information quickly?

Did this help me begin, or give me another thing to maintain?

What happened when the day changed?

What did I need that the page did not offer?

Which part would I genuinely use again?

08 / YOUR PLANNING SUPPORT

Four approaches. Room to choose.

Choose by the support you want to try, not by which label sounds impressive.

01

Focused

Clear priorities + next actions.

Can I find the next useful action without rewriting my entire list?

02

Expansive

An anchor + room for ideas.

Can I capture connections without losing the practical thing that needs attention?

03

Intentional Flow

Notice first. Organize second.

Does a short reflection help me make a more realistic plan?

04

Receptive

Gentle reminders + open space.

Can I keep commitments visible without overfilling the day?

Two may appeal to you. That does not mean you read your chart incorrectly. Start with the support that addresses your current friction.

09 / CHOOSE A STARTING POINT

You are allowed to try it.

You can enjoy structure and still need rest. You can be receptive and still have deadlines.

The approach I would like to try

The specific reason it fits my current situation

The part of the page I expect to use most

The part I can leave blank

No arrow removes your responsibilities, preferences or access needs. Your experience matters alongside the framework.

10 / BUILD THE RETURN

A plan you can come back to.

Try three ordinary days. The number is not a Human Design rule; it is a small observation window.

My experiment starts / the situation I am testing

What I will keep the same

What I will change

What would count as useful

If the day gets interrupted, I will return by...

A return plan can be “copy the appointment and one next action onto a fresh page.” Or “leave the missed day blank and begin with today.” You do not owe your planner a beautiful explanation.

11 / KEEP WHAT WORKS

Review the support. Not your worth.

Keep

Change

Stop

Something I still need to understand

If you want a ready-made place to continue, compare Focused, Expansive, Intentional Flow and Receptive. Begin with one approach, not the pressure to master all four.

The planner digital editions are PDFs for printing or annotation, not fillable forms or editable design templates. Paperback editions are separate formats. Check the individual product description before choosing. No Society membership is needed to use this guide.

Let the planner support your life.

Framework reference: Jovian Archive, “Variable: The Blueprint of Brain, Body, and Mind.” Planning experiments are original coaching applications.