

DISCOVERY PLAYBOOK

Look, I'm not going to sugar coat it - there's **no** magic wand for life. In our "one-size-fits-all" world - it's *easy* to feel misunderstood and stretched thin.

The latest advice for routine and wellness worked for your bestie - but why does it feel like **chaos** in your world? The day to day practices you need to feel like the real you are as *unique* as your fingerprint.

You can't control when you get a flat tire, the scary medical diagnosis or the unexpected phone call. All you can control is the choices you make - your reaction.

All the tools in the world without action won't make a difference - if it's a tool that doesn't work for **you**. You want to - wake up at peace, feel fulfilled and seen and be connected to your purpose, but where do you even **start**?

You've tried the routines and rituals that work for everyone else - but it doesn't stick. Why would *this* be different?

Because it's specific to your **whole** self. You're not broken or flawed. Even if you can't see your whole self now from layers of conditioning - self-doubt, fear, people pleasing. You're still whole and worthy.

You don't have to suffer to thrive - to live a life of pleasure - without the guilt. Imagine what it would feel like to *fully trust* yourself.

No more -

- pre-rehearsing hard conversations, building up your overwhelm
- ignoring your non-negotiables to take care of everyone else and stay silent
- playing small out of fear that you don't have what it takes

Born as your *true* self - your map interprets the most **authentic** you with distinctive keys to live with more freedom, ease and purpose - including day to day tips and high level insights.

With a new perspective - the view of your own life changes. A person with your combination of wisdom, skills and life experience has *never* been here before - and the world will *never* get to experience you again.

The world *needs* the **fullest** version of you.

WHAT IS HUMAN DESIGN?

Human Design combines *ancient wisdom* and *modern science* - such as the Hindu chakras, Chinese iChing, astrology, the Tree of Life, quantum physics - together to create a bio-individual system of self-discovery.

You hear “Human Design” and think It sounds too hokey and woo woo. Or pull up your chart and just get confused. **I hear you.** That was me at first, too.

Essentially, it's a tool to be *reminded* of your whole self - to help you see all of what makes you incredible, and at the same time understand what's holding you back.

YOUR HUMAN DESIGN MAP

To access your map - you'll need your birth date, exact birth time and birth city.

[GET YOUR ORIGINAL HUMAN DESIGN MAP HERE](#)

There's **five Energy (Aura) Types** in HD- Manifestors, Generators, Manifesting Generators, Projectors and Reflectors.

- **Reflectors** are the *most rare* (approximately 1% of the population).
- **Manifestors** are the second most rare type - around 8% of the population.
- **Projectors** are the third most common, while **Generators** and **Manifesting Generators** make up most of the population.

STARTING POINT

With your chart - take note of your **ENERGY TYPE** - the entry point of your design. Your Energy Type illustrates how you make decisions, find clarity, and exchange your special sauce with the world. Next, check out what's listed for **AUTHORITY** and **PROFILE**.

AUTHORITY is your inner compass and breaks down how to best make decisions and find clarity according to your design.

PROFILE is your personality and breaks down your learning style and how you connect with others. These three elements - **Energy Type, Authority, and Profile** - are the starting foundation of your design.

Let's break the energy types down.

// MANIFESTOR // THE TRAILBLAZER

With the **biggest** aura, Manifestors are *trailblazers* - naturally create a whole new world in this world.

As the energetic leader - they are meant to **initiate, inform** and get things moving.

With urges that naturally come up of what to go after - Manifestors are meant to spark the match - start something new.

With **inconsistent energy levels**, they experience bursts of energy within an urge - able to accomplish more in less time than most people - but once the project is complete and the urge has passed, they need a period of rest.

When Manifestors take care of themselves according to their rhythm (i.e rest, recovery, alone time, quality food and environments, etc.) - they're more connected to their urges and unique expressions.

Manifestors may feel like they have to make themselves small, please everyone else and apologize for their big energy, but please don't!

The world needs Manifestors to live out their truth with all of their bigness.

Love a Manifestor?

Don't tell them what to do.

Encourage their individual expression.

// GENERATOR // THE LIFE FORCE

Ruled by their desires - Generators *naturally* create **energy, lift up** and **inspire** others when doing what they *love*.

Choices for a Generator are a FULL-BODY YES or it's a no.

When Generators trust their gut and respond to anything in life that gives a FULL-BODY YES feeling - it energizes them, everyone around them, and attracts more of it into their life.

If it's not a full-body yes, it's a **no**. **What's a FULL-BODY YES?**

A response from the body showing them the way their Soul wants to go - even if the mind can't understand yet. It shows up as a- **squeal, jump, chills, that all over turned on feeling, a pull**.

It's not always loud - a full body yes can be a *whisper*.

The feeling of hesitation, shoulds, heaviness, doubt, or even a neural "take it or leave it" feeling is a no.

Be sure to check in with your emotions - are you in a place of cool and calm? Clarity lives in neutral.

Love a Generator?

Use **yes + no questions** instead of open-ended questions with them.

For example - instead of asking a Generator - what's for dinner? - try this - would you like tacos for dinner? Or how about sushi?

// MANIFESTING GENERATOR // MULTI-PASSIONATE MAVEN

Multi-passionate, limitless thinker and being - a *hybrid* of a **Manifestor** and **Generator**,

ManGen's *thrive* when doing what they **love**. With passions and interests changing regularly - they may feel caught between two different speeds - wanting to act on impulses and wait for their gut.

ManGens thrive when they *reserve* the right to **change their mind!** As the square peg in the round hole - saying yes to anything that doesn't turn on a ManGen is a waste Of their limitlessness.

When they trust their gut and respond to anything in life that gives a **FULL-BODY YES feeling** - it energizes them, everyone around them, and attracts more of it into their life.

They show others how to blend worlds together in a new way by how they *live* their lives. Success isn't *linear* for a ManGen. Instead, it comes when they *trust* their interests are leading the way.

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What's a FULL-BODY YES?

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The feeling of hesitation, shoulds, heaviness, doubt, or even a neural "take it or leave it" feeling is a no. Be sure to check in with your emotions - are you in a place of cool and calm? Clarity lives in *neutral*.

Love a Manifesting Generator?

Use **yes + no questions** instead of open-ended questions with them.

For example - instead of asking a ManGen - what's for dinner? - try this - would you like tacos for dinner? Or how about sushi? And don't give them a hard time when they change their mind.

// PROJECTOR // THE SEER

Born with a **unique perspective** on the world - Projectors have a gift for improving and making things more efficient - a guide - able to easily tweak, improve,

Able to see something in a way others can't - their niche - they're gifted at noticing new perspectives - reading into people, devising systems, or designing new ways of doing things.

With **inconsistent energy levels**, Projectors aren't designed to overwork, hustle or push themselves to success.

True success comes when they manage energy levels - especially how much energy they're giving to others. If they consult with others all day, they'll be burnt out and end up in adrenal fatigue.

Projectors aren't lazy - they're *efficient*.

Being the go-to person in their field is *how* others discover their insight. They have to be seen as the go-to person in their niche - AND others have to *want* to hear what they're sharing - **the invitation** - the ideal way for Projectors to share.

Without it - their gifts won't land and the Projector will likely feel misunderstood.

The path to success? Projectors need to recognize their own wisdom for others to recognize it. Investing into themselves and becoming the go to person in their niche is their path to success.

Love a Projector?

Never hesitate to ask their insight when you see them as the go to person for what you're brainstorming

// REFLECTOR // THE SHAPE-SHIFTER SAGE

As the most *rare* type - Reflectors easily see the hidden and unseen through their body and by how they *feel*. It's essential to curate an environment for how they want to **feel**, and be in the places and with people that feel like a breath of fresh air.

Reflectors thrive when they come back to a *blank slate* each day, **reset** as often as possible, and empty out everyone else's energy.

The quality of every aspect of their life affects their day to day experience (i.e quality of food, music, people, environment, daily practices, etc).

When they prioritize the quality of every aspect of life - they benefit and everyone around them does too.

Unlike the other 99% of the population - Reflectors have a completely **open** design - able to deeply sense the world around them in every sense of the word.

They can be anyone and no one.

Sensitive to their environment, they easily sense others' emotions, fears, stress, desires, instincts, opinions, thoughts, and more.

Most see sensitivity as a bad thing - but for a Reflector - sensitivity is a **gift** and **strength**. The more they embrace their own sensitivity - the more others will as well.

The wisdom of a Reflector is meant to be in the center of our communities. Their commitment to high quality self-care amplifies their success.

Love a Reflector?

Don't take their disappointment personally, and support shifting environments and alone time when they need a reset.

WHY DO I NEED THIS? WHAT WILL I LEARN?

In sessions - we explore how you're built to make aligned decisions, your relationship to emotions, your desires, your relationship to fear, your instincts, your self-expression and identity, ideal movement practices, health practices, day to day routines, personality, relationships, and endless rabbit holes.

It's a space to be validated and seen - like you've been given a permission slip to be who you've always been on the inside.

This amazing tool is for you to connect deeper to your purpose and bring more of your gifts to the world.

Stick with me and I'll show you how to go from overwhelmed and frustrated in life and business to a life of ease you love.

// NEXT STEPS //

LET'S CONNECT!

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TikTok: @taylorkhoury

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// OFFERINGS //

PRIVATE SESSIONS

- Individual and Partnership Sessions (60-Minute and 90-Minute) // [BOOK HERE](#)

GIFT CARDS

- Gift Cards for Personalized Individual and Partnership Sessions // [GET HERE](#)

SIGNATURE COURSE

- Live Human Design Group Training Program // Join the Waitlist [HERE](#)

Here's to living fully -

A handwritten signature in black ink that reads "- Taylor". The signature is written in a cursive, flowing style.