

# Human Design x Service Design Workshop

## Quick Interactive Experience

### PART 1: DISCOVER YOUR DESIGN TYPE (5 minutes)

For each question, circle the response that most accurately reflects your natural tendencies (not what you've been conditioned to do).

#### ENERGY PATTERNS

1. When working on projects, I typically: (A) Prefer to initiate independently and inform others after (B) Have sustainable energy when responding to things that excite me (C) Work in focused bursts and need recovery time between engagements (D) Need time to sample and process before reaching clarity
2. My natural work rhythm is: (A) Sporadic bursts of creativity followed by withdrawal (B) Steady, consistent engagement with what satisfies me (C) Focused guidance and direction with rest periods (D) Fluctuating depending on my environment and timing

#### DECISION-MAKING

3. I make my best decisions when: (A) I trust my independent judgment and inform others (B) I check my gut response (physical sensation) (C) I'm recognized and invited to contribute (D) I take time to reflect and gather perspectives
4. When I ignore my natural decision-making approach, I tend to feel: (A) Angry or restrained (B) Frustrated or unsatisfied (C) Bitter or unappreciated (D) Disappointed or pressured

#### INTERACTION PATTERNS

5. In groups or teams, I typically: (A) Catalyze action or inform about new directions (B) Provide consistent energy and responsive engagement (C) Offer guidance, insight, and direction when asked (D) Reflect the group's dynamics and provide perspective
6. My most natural contribution is: (A) Initiating new directions and creating impact (B) Sustaining effort and building through response (C) Seeing others deeply and guiding efficiently (D) Providing objective feedback and unique perspective

#### IF NEEDED: TIE-BREAKER QUESTIONS

(If you have equal scores between two types)

1. When starting something new, I prefer to: (A) Dive right in and figure it out as I go (B) Respond to what calls to me with sustained energy (C) Study the landscape first, then offer guidance where needed (D) Observe the environment thoroughly before engaging
2. What drains me most is: (A) Having to ask permission before taking action (B) Working on tasks that don't genuinely engage me (C) Offering my insights when no one has asked for them (D) Being pressured to make quick decisions

**SCORING** Count the number of each letter you circled:

A = \_\_\_\_ : MANIFESTOR energy  
B = \_\_\_\_ : GENERATOR energy  
C = \_\_\_\_ : PROJECTOR energy  
D = \_\_\_\_ : REFLECTOR energy

My primary design type appears to be: \_\_\_\_\_

**MANIFESTING GENERATOR NOTE:** If you scored primarily B (Generator) but also had several A responses (Manifestor), you might be a Manifesting Generator. These qualities would typically show up as:

- Faster pace and multiple interests (compared to pure Generators)
- Ability to initiate AND sustain energy (a blend of both types)
- Preference for variety and multitasking

For this workshop, Manifesting Generators should join the Generator group, but note your MG tendencies in the exercises.

**Note:** This is a simplified assessment. For a complete Human Design chart and free personalized report, visit [braveintentions.com](https://braveintentions.com) with your birth date, time, and location.

***After completing your assessment, move to your energy type corner to meet others with similar energy!***

### PART 2: DIGITAL SUPERPOWERS & KRYPTONITE (5 minutes)

In your type group, quickly discuss and identify:

**YOUR TYPE'S DIGITAL SUPERPOWER:** What unique strength does your energy type bring to digital spaces?

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**YOUR TYPE'S DIGITAL KRYPTONITE:** What common digital practice most drains or misaligns your energy?

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**GROUP HACK:** Brainstorm one creative solution to transform a kryptonite into strength

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### **PART 3: CROSS-TYPE COLLABORATION SPEED ROUND (5 minutes)**

Find a partner with a DIFFERENT energy type and complete this rapid exchange:

**Partner's Type:** \_\_\_\_\_

**In digital collaboration, I can support your energy by:**

\_\_\_\_\_

**In digital collaboration, I would appreciate if you would:**

\_\_\_\_\_

**One tool or practice that would improve our collaboration:**

\_\_\_\_\_

### **PART 4: DIGITAL REBELLION (2 minutes)**

Write down ONE digital "rule" you're going to break based on your energy type:

I will stop \_\_\_\_\_

I will start \_\_\_\_\_

**Share your rebellion:** In rapid-fire format, volunteers call out their rebellion statements!

*This workshop is part of the Brave Intentions series - where human design meets service design for business alignment. For customized strategies that honor your design type in business environments, visit [www.braveintentions.com](http://www.braveintentions.com)*