



Business Mastery Hub

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Content Creation by Design Worksheet



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About This Worksheet




Hi, I'm Jazze Jervis, a 5/1 Manifesting Generator business strategist who's been business coaching for over 8 years.

I specialize in helping service providers create businesses that 'love them back' by aligning their strategies with Human Design and Astrology.

This worksheet is designed to help you align your content creation with your Human Design type. Each section outlines what to avoid, what works, the benefits, and simple action prompts. Use it as a quick reference guide to create content that feels natural, sustainable, and effective for your business.

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Generator – Content Creation

What to Avoid:

- Constantly chasing new topics or pivoting too often
- Forcing daily content when energy isn't there
- Quitting too early during plateau phases

What Works:

- Repetition of your main message – mastery over novelty
- Capturing insights during client work or practice
- Breaking big topics into micro-lessons or series
- Scheduling tools and content banks to keep presence consistent

Action:

- What's your main message you want to repeat everywhere?
- Pick one topic and break it into a 5-part content series. What's your first theme?
- How can you capture insights from your daily work? (voice notes, journal, notes app)

Manifesting Generator – Content Creation

What to Avoid:

- Forcing yourself into one niche
- Over-structuring content and killing creativity
- Diluting message with 25 disconnected offers

What Works:

- One core movement message broad enough for all passions
- Using 2–3 preferred content styles (carousels, reels, podcast, etc.)
- Fast systems: Canva templates, AI drafts, scheduling tools
- Balancing structure + spontaneity

Action:

- What's your movement message that ties all your passions together?
- List your top 3 favorite content formats. How can you templatize them?
- What system could help you capture ideas instantly?

Manifestor – Content Creation

What to Avoid:

- Forcing daily consistency
- Holding back strong opinions
- Watering down bold insights to avoid resistance

What Works:

- Capturing creative urges instantly (voice notes, idea journals, AI ideation)
- Repurposing bursts of content to support rest cycles
- Pattern-interrupting, bold content that sparks curiosity
- Clear informing: tell your audience why it matters

Action:

- How can you remove friction between idea → published content?
- Write one “pattern interrupt” headline today (e.g., Why everything you know about X is wrong).
- What system will keep content flowing when you’re resting?

Projector – Content Creation

What to Avoid:

- Forcing generator-style daily posting
- Shallow content for the sake of frequency
- Ignoring your need for rest and study time

What Works:

- Depth over frequency – quality > quantity
- Dedicated study/observation as part of content process
- Repurposing long-form insights into multiple short pieces
- Using templates to reduce effort

Action:

- What topic do you want to study deeply this month?
- How can you capture your insights as they arise? (journal, AI, notes app)
- Which one long-form piece could you break into 3 posts?

Reflector

– Content Creation

What to Avoid:

- Forcing rigid schedules or fixed opinions
- Ignoring your lunar cycles or environmental influence
- Expecting content consistency like other types

What Works:

- Observational, evolving insights (“Here’s what I’m noticing now...”)
- Tracking cycles and planning content during clarity periods
- Sharing nuance and shifts instead of “final truths”
- Repurposing insights across platforms

Action:

- What environments are giving you insights right now?
- Note one observation you’ve made this week. How could you share it as content?
- How can you batch content during high-energy cycles?



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