



Business Mastery Hub

by Bodygraph.com

The New Era of Business: Embodying Human Design to Create Authentic Success



Worksheet made by Vanessa Naja
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Part 1

Reflection on the Global Shift

1

Where do I still see myself relying on external structures, institutions, or “proven formulas” to feel secure in my business?

2

How am I already noticing that these old systems are no longer working for me or my clients?

3

Where in my business am I relying on logic or external formulas, even when my emotional awareness tells me something different?

Exercise: Create a two-column list. On the left, write down “Old Era Practices” you’ve been holding onto. On the right, list “New Era Possibilities” that feel more authentic and aligned.



Part 2

Purpose in Entrepreneurship

1

Does my current business model reflect my true gifts and natural energy, or is it relying on “shoulds” from the old paradigm?

2

When do I feel most alive and energized in my business? When do I feel drained or out of alignment?

3

How do I currently experience emotional awareness in decision-making (regardless of solar plexus definition)? Do I honor it, or override it? Be sure to watch my series on “Making Emotionally Intelligent Business Decisions” if you haven’t already to help you understand how this ties in with your Human Design Authority)

Exercise: Circle one offer, service, or piece of your business that feels the most aligned. Underneath, write why it feels aligned with your design. Then circle one that feels heavy or forced and write down what might need to shift.



Part 3

Marketing with Authentic Frequency

1

Where am I still using marketing strategies that feel manipulative or forced? What results are they bringing? Are they actually bringing in aligned clients?

2

When have I shared something from a place of true alignment, and how did people respond differently?

3

What shifts when I imagine marketing from emotional and spiritual awareness rather than from pressure or productivity alone?

Exercise: Write a short post or outline a piece of content straight from your lived experience (not theory, not a formula). Notice how it feels in your body as you write it.



Part 4

Embodying Your Design

1

Where am I intellectualizing Human Design instead of practicing it? (For example: knowing my authority, but not using it in decisions.)

2

What's one small way I can commit to living my strategy and authority this week?

3

What would it look like to build my business around honoring emotional and spiritual awareness?

Exercise: Track your decisions for one week. Each time you make a decision, pause and ask: Did I use my strategy and authority here? Did I honor my emotional awareness? Jot down a few notes about the outcome.

Part 5

Integration & Vision

1

In this transition into the new era, what kind of entrepreneur do I want to be?

2

What does my most aligned business look and feel like in 2027 and beyond?

3

How do I want my clients and community to feel when they interact with my business in the new era?

Exercise: Write a vision statement for your business in the new era. . Describe how you work, who you serve, and how you feel in your ideal and aligned day-to-day business.





This shift isn't about overnight change.

**It's a process of continuous
deconditioning, experimenting, and
embodying your design more and more
over time.**

**Keep this worksheet nearby and revisit
your reflections as you grow.**



Hi, I'm Vanessa Naja and welcome to Business Mastery Hub by Bodygraph.com

I help heart-centered entrepreneurs create meaningful success and work-life balance by building businesses that feel as good as they look.

Through combining tools like Human Design and Emotional Intelligence work with supportive tech systems, we design business models that work with their natural energy.

The repetitive, draining work runs quietly in the background so they can stay in their zone of genius, grow sustainably, and enjoy the freedom they set out to create in the first place.



Learn more about Vanessa Naja

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