



# **Business Mastery Hub**

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## **Human Design Authority Series: Ego Authority**



Worksheet made by Dana Phillips  
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# About Dana Phillips



Dana Phillips is a Human Design guide, embodiment mentor, and host of the Human Design Hive podcast.

She blends Human Design expertise with intuitive insight to help women move from self-doubt to self-trust by uncovering their natural strengths and unique way of operating. Dana specializes in guiding clients beyond simply knowing their design to fully embodying it in everyday life.

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# Ego Authority

## How It Works:

Ego Authority is about willpower and desire. Clarity comes from what you truly want and whether you have the energy and resources to sustain it.

## What to Notice:

- Do I truly want this - or am I agreeing out of obligation?
- Do I have the energy and resources to sustain this commitment?

# Journal Prompts



- ✓ Think about times you've overcommitted or said yes when your energy wasn't really there - what happened? How did your body try to tell you that you didn't have the capacity?
- ✓ What stories do you tell yourself about your own desires being "selfish"? Where did you learn that what you want doesn't matter as much as what others need?
- ✓ When you really, truly want something - not what you think you should want, but what your heart actually desires - what does that feel like in your body? Can you tell the difference between genuine desire and obligation?
- ✓ What would change if you trusted that your genuine desires are actually guidance about where to put your energy? What might you pursue differently?

# Practice



Say a current decision out loud: "I want this."  
Does your voice feel strong, weak, or flat?



# Ready to Bring Your Human Design Insights to Life?

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