



Business Mastery Hub

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Human Design Authority Series: Emotional 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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Emotional Authority

How It Works:

With Emotional Authority, your clarity takes time. Your emotions move in waves, and decisions made at the peak or the low often feel off later. True clarity shows up after reaching a neutral emotional space.

What to Notice:

- Consistent energy for daily content creation
- Ability to maintain the same approach year-round
- Unlimited capacity for constant action



Journal Prompts



- ✓ Think about a time you made a decision when you were really excited or really down. How did that turn out? Looking back, can you see how your emotional state influenced that choice?
- ✓ When someone pressures you to "just decide already," what happens in your body? Notice if you feel rushed, anxious, or like you want to people-please your way out of it.
- ✓ What would change in your life if you truly believed that taking time to decide was your superpower, not a flaw? What decisions might you approach differently?

Practice



Daily Wave Tracker - Record how you feel morning/midday/evening for one week. See if you notice any patterns or shifts in emotional energy throughout the day or week. Make note if anything was happening to cause this shift in mood, or if it just “happened”.



Ready to Bring Your Human Design Insights to Life?

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