



# **Business Mastery Hub**

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## **Human Design Authority Series: Sacral 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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# Sacral Authority

## How It Works:

Sacral Authority is immediate, in-the-moment response. It is non-verbal, felt in the body and often expressed as an “uh-huh,” “uhn-uh,”. It tells you what is a correct use of your considerable energy, and what isn’t.

## What to Notice:

- Did I feel energy rise (yes) or drop (no)?
- Did I override my Sacral by thinking it through?
- Do I tend to ignore a “no” and push anyway?

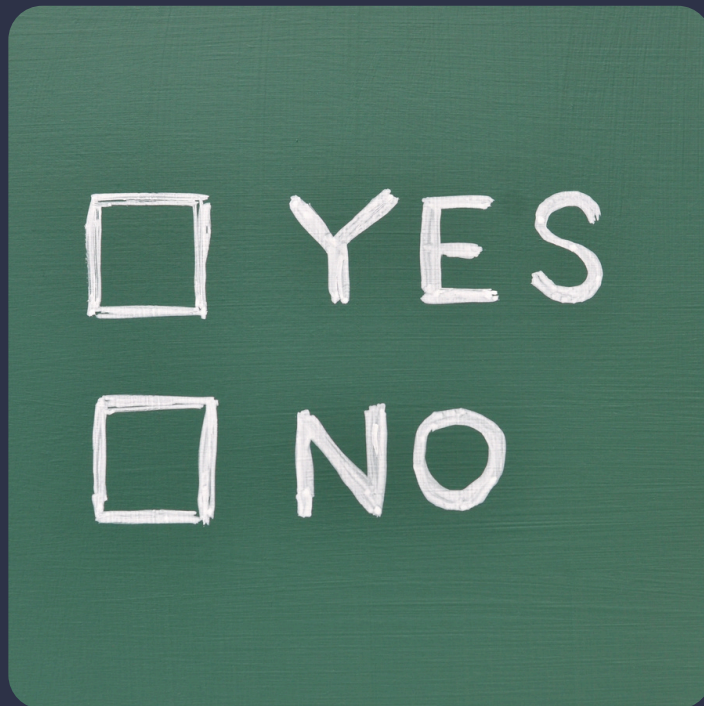


# Journal Prompts



- ✓ Can you remember what your gut response felt like as a kid, before you learned to think everything through? What did that "uh-huh" or "uh-uh" feel like in your body?
- ✓ Think about the last time you ignored a clear "no" from your gut - what happened? How did you feel afterward, and what did you learn?
- ✓ What stories do you tell yourself when your sacral says yes to something but your mind thinks it's "not logical"? Where did you learn to distrust your gut?
- ✓ If you trusted your sacral response completely for just one week, what might you do differently? What would you say yes to? What would you finally say no to?

# Practice



**Sacral Response Log** - have someone to ask you 10 yes/no questions today. Make it easy, obvious things to say yes or no to. Note the gut response, what it feels like to you. As you get familiar, have them ask you more important questions about decisions that have been a struggle for you. Notice if the response is as "clear" or if you are trying to respond with the mind.





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