



Business Mastery Hub

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Human Design Authority Series: Splenic 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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Splenic Authority

How It Works:

Splenic Authority is quick, quiet, and subtle. It's a flash of intuition or instinct that speaks once and doesn't repeat itself.

What to Notice:

- How does intuition show up in my body (chill, tension, whisper, pull)?
- Am I overriding it by waiting too long or letting my mind argue?

Journal Prompts



- ✓ Think about a time you had a "gut feeling" about someone or something that turned out to be right - what did that knowing feel like? Was it subtle, or did it grab your attention?
- ✓ How often do you realize in hindsight that you "knew" something but didn't trust it in the moment? Start keeping track of those "I should have listened to myself" moments.
- ✓ What happens to your intuition when you're stressed, tired, or overwhelmed? Do you notice it gets harder to access that subtle knowing?
- ✓ What would it look like to honor those quiet inner nudges more often? What small daily decisions could you start trusting your spleen with?

Practice



Start small with low-stakes decisions. When choosing between two options (coffee shops, routes home, what to eat), notice your first impulse before your mind kicks in with reasons. Honor one small splenic hit per day. If you get the impulse to call someone, leave early, or avoid something - try following it and see what happens.



Ready to Bring Your Human Design Insights to Life?

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