



# **Business Mastery Hub**

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## **Human Design Authority Series: Spoken Authorities**



Worksheet made by Dana Phillips  
[www.humandesignhive.com](http://www.humandesignhive.com)

# 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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# Spoken Authorities –

## Self-Projected Authority, Mental Authority, or No Inner Authority

### How It Works:

For these Authorities, clarity doesn't come from inside the mind. It comes from speaking your thoughts out loud and listening to yourself as you process. Trusted people are essential. Not to give you advice, but simply to hold space so you can hear your own truth in your words.

### What to Notice:

- How do I feel as I speak about this decision - lighter, heavier, clearer, more confused?
- What do I hear in my own tone of voice? Conviction? Hesitation?
- Am I choosing people who will listen without directing or advising me?

# Journal Prompts



- ✓ Notice when you've talked something through and suddenly realized "Oh, I actually don't want this" - what shifted in that moment? How did hearing yourself change your perspective?
- ✓ When you're processing a big decision, what does it feel like to have trusted people just listen while you think out loud? Do you need them to respond, or is it enough for them to witness?
- ✓ Who are your most trusted sounding boards, and what makes them good listeners for you? Are these people who let you think out loud without trying to fix or advise?

# Practice



Set up a "decision buddy" system. Find someone who's good at listening without giving advice. When you have something to work through, schedule 15-20 minutes to talk it out.

If they aren't available, use voice memos for solo processing. Record yourself talking through a decision like you're explaining it to a friend. Play it back and notice what sounds right or off.



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