



# **Business Mastery Hub**

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## **Visibility Blocks for Human Design Readers Interactive Workbook**



Workbook made by Nicoline Huizinga  
<https://nicolinehuizinga.com/>



# About This Workbook

This workbook is your companion for the course  
Visibility Blocks for Human Design Readers.

Inside, you'll find the core teachings from each module, along with reflection exercises and space to make the lessons your own. Use it as your safe place to explore your fears, capture insights, and commit to small steps toward visibility.

# About Nicoline Huizinga



I'm Nicoline Huizinga, Human Design business mentor, coach, international speaker and author. I help coaches, mentors, and healers use Human Design to attract aligned clients, earn more, and grow a business they love, without burnout or fake marketing.

Together, we'll make you visible in a way that feels natural - no tricks, no fake performance - so the right clients do find you, and your business finally starts to grow.

<https://nicolinehuizinga.com>

# Part 1

## Why visibility feels hard (especially for readers)

Visibility often feels scary for Human Design readers, and you're not alone in that. There's a big difference between knowing the system and sharing your voice about it. Knowing feels safe, private, and contained - while sharing feels exposed and vulnerable. Common reasons readers hide include fear of being wrong, feeling like they don't know enough yet, comparing themselves to others, fear of judgment (especially from peers), and perfectionism. But here's the gentle truth: clients don't need encyclopedic knowledge - they need connection and relevance.

### Reflection exercise

- What's the fear that holds me back the most when I think about visibility?
- How realistic is this fear?

Write your thoughts here:

## Part 2

# The energy of visibility: Use your own design first

Visibility isn't one size fits all - it starts with alignment to your own energy.

Each Human Design Type has a natural style of being visible:

- Generators: follow what excites you; your joy attracts.
- Manifesting Generators: allow variety, share pivots openly.
- Projectors: wait for invitations, share insights when recognized.
- Manifestors: visibility grows when you inform and initiate.
- Reflectors: share reflections in timing that feels right.

When you lean into your Strategy and Type, visibility stops being a marketing trick and becomes an authentic expression of who you are.

### Practical exercise

Pick one small action of visibility that matches your Type.

My micro-action:

## Part 2

# The energy of visibility: Use your own design first



### Reflection prompt

How can I make visibility feel like my energy, not someone else's system?

# Part 3

## Simple first steps into visibility

The myth of visibility says you need to be everywhere, all the time. But you don't need to be omnipresent - you can pick one platform to start with.

Don't compare yourself to others who seem to be everywhere. Instead, begin with simple, low-pressure actions:

- Share a quote or thought that resonates.
- Share a short personal story or experience.
- Comment meaningfully on someone else's post.

Visibility grows from consistency of small actions, not from big launches or one-time pushes.

### **Practical exercise**

Choose one small visibility action to do this week.

My chosen action:

# Part 3

## Simple first steps into visibility



### Reflection prompt

What's the easiest, most natural step I can take to be seen this week?

## Part 4

# How your design shapes your visibility blocks

## Simple first steps into visibility

Visibility struggles look different for everyone. It's not just mindset - your design influences what feels natural or challenging.

### Energy Types & visibility

- Generators/MGs: fear of bothering people or guilt when pivoting.
- Projectors: fear of being ignored or not invited.
- Manifestors: fear of backlash when initiating.
- Reflectors: fear of inconsistency.

### Profile lines & visibility

- Line 1: hides until they feel expert enough.
- Line 2: feels exposed when called out.
- Line 3: afraid of looking like a failure.
- Line 4: worries about tiring their network.
- Line 5: feels the weight of projections.
- Line 6: fears visibility in early phases.

## Part 4

# How your design shapes your visibility blocks

## Simple first steps into visibility

### Centers & visibility

- Open Throat: "I don't know what to say."
- Defined Throat: "Am I too much?"
- Open Heart: "Who am I to claim expertise?"
- Defined Heart: fear of being judged for self-promotion.
- Open Head/Ajna: overwhelm by too many ideas, fear of not being original.
- Defined Head/Ajna: fear of being too rigid.

When you see your design clearly, you can soften your blocks instead of fighting them.

### Reflection exercise

- Where in my design do I notice my biggest visibility block?
- How can I experiment with my strategy, profile, or centers to soften this block?

# Part 5

## Building a gentle visibility rhythm

Visibility isn't about perfection - it's about rhythm. Think of it as a practice, not a performance.

### Try this 3-step rhythm:

1. Share → post, story, or comment.
2. Pause → let it breathe, avoid overchecking.
3. Reflect → what felt easy, what felt draining?

Consistency matters more than volume. One aligned share per week is more powerful than five forced posts. Your voice matters, and someone out there is waiting for it.

### Practical exercise

Experiment with the 3-step rhythm this week.

My experience:

# Part 5

## Building a gentle visibility rhythm



### Reflection prompt

What rhythm feels sustainable  
for me right now?

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