

This is a rough transcription of The Career Contessa podcast. This transcription is for **Season 10 Episode 32**. It originally aired on Aug 12, 2025. There may be errors in this transcription, but we hope that it provides helpful insight into the conversation. If you have any questions or need clarification, please email editorial@careercontessa.com

Hi, Erin. Welcome back to the show. Hi. So happy to be here. Thanks for having me back. So, can you share a little bit about how you first discovered human design and really how it changed the course of your career, and maybe a little bit about, like, what you've been up to since the last time we chatted on this podcast?

Oh, gosh. Yeah. So I discovered Human Design back in 2015. For those that are new, it is a mythical personality assessment that reveals how you are wired to thrive in every part of your life. And I was living in New York City and went to a gathering and sat next to a stranger who read my chart, and it was, you know, I had never heard of it.

It was a very fringe system at the time, but everything you said just made so much sense. It felt so accurate and insightful, and it felt so actionable in a way that I hadn't really discovered with other previous systems. And they actually ended that conversation by saying, Aaron, I think you're meant to do this. I think you're meant to share human design, which is just a wild moment in time. You know, I was 25. I was like, didn't know what I was doing next. And there's just something about human design that made sense to me in such a deep way. So he became my first teacher. And so when it comes to how it changed my career, like dramatically, you know, I always all the ways I pivoted away from working with a number of startups, which I'd been doing, began building a business with him.

And, you know, there have been many journeys since then. I walked away from that partnership. I took another job. I built my human design practice on the side, and then I left that job when I was able to sustain myself fully on my through my work in human design. And since we last connected, what was that, 2019?

Yeah, I had to look it up. It's been a while. Been a while. I've had two children. That's probably the most meaningful change. Wow. Congratulations. Thank you so much. I've got a two and a half year old baby girl and a nine month old as of yesterday. Another girl. So. And, you know, it's been really, I think, extraordinary watching the growth of human design.

I think when I first started sharing the system and trying to get the word out, it felt like nobody was really that interested. It felt so new. And now it just, you know, I will not say it's mainstream yet. It's still nascent, but far more mainstream than it ever was before. And as you know, I just came out with a book a month ago, almost six weeks ago.

And, you know, my goal remains how to make human design the most accessible, practical, actionable. It can be, you know, to people that love mystical systems like human design, but equally to people that have never touched a mystical system like human design, that are open to anything that will help them find more flow in their relationships, careers and lives.

Yeah, I feel like you, you kind of enjoy this episode. You probably have to have a little part of you that likes the woo, if you don't like that at all. Human design as you mentioned, it's a little bit mystical. It's it might not be your thing. And I'm kind of maybe a good way to describe the differences.

Like people who like Myers-Briggs or Enneagram. How is human design different than that? Is it like astrological? Like maybe you can just kind of give us a breakdown of like, what is human design exactly? Of course. So human design, I would say, is like a mystical assessment based on your time, date and place of birth, like astrology, however, the information it gives us is so practical.

It's like, how do you make the day, like day to day decisions? How do you structure your day to day? Like how can you find your way into better opportunities? How do you best collaborate with other people? So I always say it's equal parts mystical and practical. It is obviously incredibly distinct from any grammar Myers-Briggs in that you are not kind of answering a questionnaire and you're not kind of assessing who you might be.

Your birth information will reveal it, which for me was actually incredibly useful because I was living the opposite of my design. So if I had been given a questionnaire, I probably would have been like, I'm this typer on this site. But I was just trying so hard to be that type. And then I'd also say something that really sets human design apart.

It's is that it's so specific, you know, it is not. It is. It kind of just gets down into the intricacies of things in that, like there are so many hundreds of thousands and millions of configurations, so it's not really the kind of system where you can think, oh, you and I have the exact same design, like you might share a type or you might share a profile or you might say, share a way of making decisions.

But your charts are so nuanced and so unique. And I think that often is actually what makes it the most appealing to skeptics is that they're just like, I'm sorry, how do you know this much information about me? Like, have you been following me around? So it's specific in a way that I think makes makes people feel so deeply recognized.

Yeah. Okay. So kind of describe what happened. Like, okay, Myers-Briggs things. You basically take an assessment online and then you get told, like, here's your type, right. Like, so how does it work in human design? Do you take an online test? Is it just you insert your birthday? What are the types that you get afterwards? So tell us the whole like kind of step by step process.

Of course. So you began you can go to Human Design blueprint.com and you'll enter your birth information time, date and place. If you don't know your exact time, I'd recommend going with the closest approximate that you do know. And once you do that, you will get this wild looking chart, which I would not worry about making sense of because it's not a very intuitive looking thing, but what I would look at is the list of attributes, and the first piece is the type.

And there are five types. You'll see that there, like many other attributes listed. And that just is a reminder of how deep human design goes. But highest level, kind of similar to the sun sign. In astrology there are five types manifesters, manifesting generators, generators, projectors and reflectors. Amazing. And can we break down? I mean, obviously there's probably like a we could do a whole episode on each type, but can you briefly describe like what is the difference between these types?

Of course. So generators and manifesting generators are natural doers, people that have so much energy and capacity to make things happen when they feel genuine excitement and so their energy is pretty boundless. When they're lit up by what they're doing, it lifts up a team, everybody around them. So a big lesson for them is around prioritizing their satisfaction and excitement and seeing that not as a selfish choice, but as the most generous thing they can do.

And both of these types have a lot of lessons to learn around boundaries because they're so capable, a lot can be placed on them. And so really getting clear on what they actually feel available for generators really have a kind of a very steadfast, masterful, committed energy manifesting generators tend to be quite kind of multifaceted and moving in between many different things, not really meant to have super linear careers.

And both types are really kind of meant to let life come to them and just see what naturally sparks their gut response. That you're a right, I don't know, I forget, I think you're a manifestor. We'll get into you. Okay. I'm curious. I always try to remember. Yeah. So then we've got projectors. Projectors are very natural leaders, guides, advisors, teachers.

Not here to do all the doing. You know, their gift is so much in their perspective and how they see and not how much they can do. And so their energy naturally ebbs and flows. So they do really well with building lots of moments of space and rest and paths into their days. And honestly, just like having to learn the lesson that they're worth is not how hard they work and how much they do. And not identifying as a doer, as a projector that was kind of the biggest remains the biggest challenge for me of like in a world of doers and a lot happening, really allowing my gifts to be different. And projectors are really here to be invited. And, and so really, paying attention to kind of who genuinely sees them and really invites them into share and I think when I think about all the biggest opportunities in my life, whether it's meeting human design, whether it's the job I took, whether it's the book, it's like it all came through kind of one invitation.

One person who saw me very clearly. Then we got manifestors, which I believe is, you know, and manifestors are very innovative forces, people that are really good at bringing new ideas and new ways of doing things to the world. Their gift is not always finishing everything they start, but kickstarting and bringing new ideas to life. These are people that crave a lot of freedom and autonomy to do what they want, when they want, how they want.

So whether they are working for themselves or in corporate, really ideally creating a schedule that allows that autonomy and their energy is very bursty, they might be on fire for a couple days, weeks, hours, followed by a need to kind of rest and be alone. And they're really here to kind of initiate and make the first move. That is kind of how the best things start for them.

That is really funny because autonomy, I would say, is like my number one career need, 100%. So that sounds very accurate. Okay, I want it one more time. Oh. Oh, sorry. No, no. You're good. I'm just like, before I forget. Then we've got reflectors, the rarest type. They often get left behind, but they're so, you know, so magical and so wise and so necessary.

And these are people that are just so attuned to their space and their environment, and they just kind of see, sense and feel things that most people miss. They really have a gift for observing where

things are not working and how they could be made better. And they're very fluid when it comes to a career they might find they express themselves in a bajillion different ways over the course of their life, and they're meant to.

Their gift is not being one thing, but it kind of honoring whatever feels like them in that season of life, knowing that is that is them. And I would say when it comes to work as well, really kind of curating their environment wisely, who they work with, where they work, all those things will make such a big difference in their own well-being and how they feel day to day.

I think it's interesting because we're pulling you're giving us these types, which obviously help you in life. But I think what obviously we're very focused on in this podcast is like, how does this manifest into your career? And you? I think the more you know sort of about yourself, the more you start to recognize when something's a good fit or why.

Maybe you have a conflict with another person. Maybe you don't know their type, but you can tell, like, you know, maybe based on who they are. Like they're more of a doer. And as you pointed out, like I'm not going to be able to match that energy. And that's okay. So I anyway, I just see so many good things that could come out of knowing this about yourself for your career, but as well as your personal life, how to present.

It's like it is such an amazing tool to like, not only find alignment in your own career, in your own life, but also really understanding the people around you. You know, it's like, oh, they like they make decisions at a different pace than me. They need to be communicated to differently. They might like a lot of meetings, whereas I might like very few like it just gives us so many tactical ways to respect how different we each are, because I feel like so much friction emerges, whether it's who we are working with or who are living with or partnering with when we expect others to be the same. And I think human design reminds us very clearly how different we each are. Yeah, I'm curious too. I mean, this is awesome. People can go and do this online right now, but you wanted to write a book about this. Your book is called how do you Choose? Why did you feel now is the right time to bring human design into career and decision making conversations?

I mean, is do you think that, do you think we're in a state of the world where, you know, we can kind of make decisions based on what our chart say? And, like, how do we how do we do that? You know? Yeah. I mean, I think that I had wanted to write a book for a while, but I didn't really want to write a book until I felt like I knew like there was a real gap.

It was filling. And all the human design books that exist, which are extra and airy, but they're all kind of some version of the same textbook, you know, like different people's interpretation of all the parts of the chart. So for people like me, like I love them, you know what I mean? Like, give me all them. I'll read them all day long.

However, I felt like what was missing was a more kind of commercial human design book. And what I mean by that is a, a book that is less focused on teaching somebody all the elements of the chart, and more focus on how to actually use the chart to find more flow in your career and relationships and decision making.

And yeah, I do think people are ready for it. You know, it is so interesting to me because I'm finding that people are finding the book that, you know, already love him design, but are finding so much more clarity because it's like, oh, like, this is what it actually means. Outcomes are showing up day to day at work, and this is what it means when I have like a manifest or daughter or project or partner.

But I think I would say so. I mean, simultaneously, so many people are discovering the book that have never touched human design, and the book is meant to be equally accessible to them. So all it requires is somebody who's just, like, curious about how they work, and they're open to some system that will give them more insight. I think as I share in the beginning of the book, what matters most to me is not whether human design is true, but whether it's useful.

And so I think whether or not we subscribe to mental systems like human design, I think it offers us the most interesting framework to just think about who we are and how we choose. And I think so often we move through our careers and lives on autopilot and don't take the time to step back and be like, what kind of collaboration does feel best to us?

How do I make decisions? How do I want somebody else to communicate to me? You know, like, how do opportunities find my way? How can I find me? Like, how can I use that knowledge to find the next one more intentionally so it's really kind of meant to give people those tools. And so yeah, I think that and I guess one other piece, just to your question of like, are we really ready to use our charts to make decisions?

My experience in sharing human designs, the human design chart with people is that I'm never telling them anything new. I mean, it's not like I'm sitting there. Be like, trust your gut about like what? Or like, sleep on the inside, like they're like, oh my God. Yes. Like I spent my life trying to not do that. And this is just validation that like, that is how I meant to choose.

So I think that if it didn't resonate so deeply with people and it didn't feel so familiar and they didn't have so many past experiences to look back on, I 100%. I don't think that we'd be ready for that, but I think people tend to just be like, that is how I meant to choose. Thank you for naming it.

So now I can just write. Yeah, I think the validation piece is very real. To your point, usually it's not anything new, but you feel validated in being like, oh, this is who I really am, or I was already leaning this way. And for whatever reason, this was the final piece of the puzzle to help me do that thing. I believe in validation a lot. It's something I need a lot in my own world. I'm okay. So in your book, you focus a lot on understanding your type, your strategy and authority. So what are these three elements? And, or like why are these three elements the starting points for our aligning our work lives? Well, I will say definitely one of the hardest parts of writing the book.

And, you know, this I'm sure, is like choosing what not to include and what to include. Like, I wrote hundreds of pages that never made it into the book, and I had to kind of sit back and be like, okay, do I want to write a 400 page book, you know, an introduction to human design? Or do I want to make it really accessible?

And so I choose I chose the three pieces of the chart that are immediately I find transformative in people's lives. The type speaks to how we best use our energy, what our natural gifts are, what our natural challenges are. Our strategy speaks to how we can best find our way into opportunities, as well as kind of communication needs we might have in relationships and our authority speaks to how we best make decisions.

You know, whether we're somebody who needs to sleep on things or trust our instinct in the moment, or talk things out with people that we trust. And so I do find at least my experience is that when people are integrating those three pieces of the chart, every other aspect of their design just kind of like comes into alignment, like they don't.

But if they aren't doing those three pieces and are kind of learning all these other pieces, like it's kind of impossible to make them happen. And so I really had to choose the pieces that, like I found to be the most immediately actionable in a day to day kind of way. And the pieces that went integrated again, everything else tends to fall into place.

Yeah. So I'm curious so for strategy this is something you get when you go to the Human Design blueprint.com. It will tell you this is also your strategy. This is also your authority. So you're basically given to your point a blueprint about how you do these things. And then your book and probably some of your tools on your website allow you to interpret it to your point.

Okay. I'm curious to, you know, I guess I'm trying to think of, like so many of us are taught that success means, you know, coarsely initiating and pushing. And to your point, being a doer. How does human design challenge that mindset, especially for people who are maybe projectors or reflectors, who who find out like, or maybe even feel like, okay, my human design is that I'm not the right fit for whatever I'm doing.

Like there's a misalignment here. Like, I thought success was just pushing and grinding on this thing. And I'm kind of learning, like, maybe that's not. But now what do I do? Yeah, I mean, I will say that the kind of the most common sentiment I experience in sessions is like a sense of relief where it's like, you know, and I will say, just for me as a projector, like I grew up in, like a very entrepreneurial community in New York City, I definitely found my worth in my ability to hustle.

I could totally pull it off in my early 20s, and then discovering that my gift was very much not my ability to hustle, but more in my perspective and ability to ask the right questions. It was like the most relieving feeling in the entire world. And and then I built a business around it, you know, and had to kind of integrate my design.

So I think that like, it is not a thing where you can, like, learn your chart and perhaps quit your job the next day if you discover that it's not the right fit. But I think it will help you understand what your actual gifts are and like will help you realize where maybe there's been like a friction in your current role because like, you're not seeing for your gifts, you know, or why certain roles have felt so good. You know, you might be a reflector that is expected to kind of be very consistent and show up day to day in the same way. And that might be exhausting and unsustainable for you because it's just not how you're wired. Yeah. And so I would say there's a relief, but also like there are so many day to day things that we can do to kind of start to find our way back into alignment, like even for generators, you know, as generators, they're meant to be really lit up and satisfied.

And they might be like, okay, my job sucks. I'm super frustrated every day. Like, and I can't quit tomorrow because I am financially responsible for my family. Like a recommendation for them is like, okay, how can you carve out a pocket each week, 20 minutes an hour, a weekend afternoon where you can, like, do a thing that you really enjoy just because and start to see like how much more energy you have as a result, how many more things are coming your way.

So I think the book does this and my offerings do this as well, like offering you kind of small ways to begin to experiment with it to see what happens. And that often kind of cascades into those bigger decisions and bigger changes. Yeah, I was just thinking about that, like the person who's listening to this. So one of the most popular podcast episodes we always have is about career clarity.

Everybody wants career clarity. Everybody when they're feeling stuck is like, I want to get out of this, but how do I figure out my next career move? I'm curious, do you have any specific stories of people who have used human design and like what their strategy was to then figure out the right career? Because it's not like job postings include human design like this is great for a manifesto.

This is great for a generator. Although maybe that's, you know, stage two that we need to work on. So like, how do you how do you decipher when obviously a job search is not built around human design? Yeah. And one thing I will just say kind of high level and there are some exceptions, of course, is that I really don't believe that human design is meant to limit what we can do, but simply let us know how we can do that thing best.

You know, if, like a team is looking for a new manager, like, I would actually argue that potentially any type could fill that role, but the way that they're going to structure it will look a little bit different for every type. You know, in the manifesto. You might be a little bit more like, I'm going to like really delegate.

Well, I'm also going to like maintain my independence and freedom as a leader. Like I'm not going to be in the weeds all the time. Like, who knows? But I think that. So I wouldn't I don't want you to look at it as a generator job. I can't do it. I would say that what human design lets us know how to do, and let me know if this is answering your question, is like how to actually.

Yeah, know whether an opportunity is right for us. Like as a generator, you're what you want to pay attention to is like, what is the job that shows up that just like sparks your gut, that you're like, there's like an undeniable pull I feel to this, you know? And an example, you ask for a story. I share a story in my book of somebody who came to me and she had like, her dream job.

It was a dream. She like a job she dreamed up for years. But the minute she landed, she was like totally bored and so dissatisfied. I just felt very confusing. And, you know, she was a manifesting generator. And I was like, it was just so clear that the job that she had constructed in her mind was very much like what she thought she should want, what would be impressive to others, and not the thing that actually sparked her gut and drew her towards it.

And so she had the financial flexibility to quit her job. But she actually did like the day after our session went on, I was like, whoa, like, but but it was so the right move for her. And, you know, she learned that at the Manifesting Generator. She's here to kind of pay attention to what naturally sparks her and just kind of do the things that she enjoys and kind of see what shows up in a few

weeks after a session, she was having coffee with a friend who brought up a role at a new health care startup that she had never even considered.

And our body just lit all the way up, you know? And so she ended up applying, got that job. And like, it just brought a new level of satisfaction. She built a team there like it's led to such a beautiful career journey for her. But I think for her, the lesson was very much not about needing to know where it will all take her, but what feels right at each moment.

You know, I would say for me, as a projector. Again, like I said, when I look back at all the big moments in my life, it's been somebody like being like you, you're meant to do this thing. And now that I know I'm here to be invited, I kind of pay attention to those things a little bit more. And I'm like, oh, does this actually feel true? Do I feel seen and saying yes to those opportunities have unlocked so much for me and have been far more successful than the ones I have pitched or tried to reach out to her force. And so I think it helps us know how to kind of find our way in the things in a way that feels a lot more natural to us.

Yeah, yeah, I, I mean, doing something that I, you know, again, this question comes up a lot. And one of my answers is always find the thing that gives you energy and that will also compensate you. Good. Like if you can find that, you know, middle part of that Venn diagram, I feel like you've nailed it. You have figured out the quote, find the job like you're passionate about.

When people say that I always feel like people are like, I don't have anything I'm passionate about. And really I'm like, it's the thing that gives you energy that lights you up, that will also compensate you. You know, there are plenty of things that light you up that are maybe not jobs and those are also important to have, you know, and some people maybe are fine with like having their energy light up things outside of work.

You know, because they're like, look, work as a means sooner. I'm sure this isn't really a certain type of human design where you're like, I don't care that I'm bored of my 9 to 5 because I do this really great thing at 6 p.m. and like, it's fine with me, you know? So I find that really interesting. So I know you've worked with, like, hundreds of clients. Probably thousands. Are there any, like, specific career struggles that you really consistently see when people are not aligned with their human design or like maybe some themes that come up and you're like, this is not a success problem. This is a misalignment problem. Yeah. I mean, I would say that like a big one is around, just like committing to the wrong things, just being like overcommitted, overextended, burnt out, and mostly because they don't know how to say yes to the right things.

You know, it's like a generator being like, I handle everything in my business because that's what makes me a good leader. When it's like, no delegation and freeing up space will probably make you a better leader. You know, a projector kind of saying yes to things, but I don't feel invited in. So I would say kind of the overextension and the over commitment.

But I would also just say this kind of like knowing that like something about it like, doesn't feel sustainable, you know, like, I, I don't know if you've experienced this in your work, but I just think there are people that even sometimes build things that financially work or it just like, doesn't feel good. And so I think that that's often a clear thing too, where it's like they're like, there are trappings

of success here, and there are things that look like they're working, but there's something that just doesn't feel right.

And like, I think that is one of the biggest signals of misalignment, because I think that human design lets us know how to build a thing that, like, not only is likely to be far more successful, but just feel better. Yeah. And also the last piece that I'll share is that it is also very specific to the chart.

Every chart has a signal. A misalignment for a generator can manifest the manifesting generators. It's frustration, kind of like resentment and how you're using your energy day to day for projects. It's bitterness. It's going unrecognized, unappreciated for your insights, for manifest. There's often anger to then disempower, to not free to do what you want, when you want, how you want.

And for reflectors, it's disappointment, which is often a reflection that you're in the wrong space with the wrong people. So as much as I can like speak more generally, the magic of human design is that it tells us very specifically the signal that, like, we need to look out for when of course correct is needed. I was just thinking to like, if you were a manager, it would be such a power move to have your whole team do this, because then you would know, like, you would know who on your team needs recognition, who on your team, like I, I think about that a lot.

Like we did a personality test, the desk, test when I worked at Hulu. And it was so interesting. Like, I was having a conflict with this person I worked with. And after we did that, we were realize we are just very different. But now we know how to work with each other so much better. And like, literally by the time I left, we were like, best buds.

We still stay in touch. Like genuinely really like this person were before I was like, they're, you know, sabotaging or they're manipulative or like all these things, but really it was like, no, we're just built differently. For example, I took a long time to make decisions and he would make quick decisions. And, and anyway, I'm just thinking like, yeah, this were like corporate teams would also be so interesting.

I know not everyone's into this. But I do feel bigger than you think, right? Yeah. I and I, like, look, I like to say I'm Type-A with a side of woo. Like, I believe in this kind of stuff. I mostly because I believe in, like, information as knowledge. And the more information you have about who you are, and to your point, you probably already feel this stuff.

You just like, maybe it's nice to have the validation of like, actually, yeah, this truly is, you know, and I one piece I would just add, I don't know if you remember this about your chart, but your chart does indeed say your way of making decisions is to take your time. Yeah. So like, it'd be funny in that conversation where it's like there are a lot of people that have to be super fast, instantaneous, and like, you and I are people that are meant to sleep on things and feeling the things.

And so but sometimes we can perceive that in decisiveness as like, or so I perceive that not knowing in the moment as in decisiveness, when it's just kind of the process of finding clarity. And so it is really helpful, I think, to have a framework to realize like, oh yeah, we just choose differently. And we're struggling here because we're trying to move at the same pace, but we're just meant to move differently.

You know, I tell a story in the book about a couple deciding whether or not to move to New York City, and one of them knew super fast, and the other one was really slow. And he was meant to give himself a full month before he chose. And so she was just like, he's waffling. He's not choosing, but like he just had a different way of choosing.

Yeah. And so I think Cuban design let us know those differences really beautifully. Yeah. And not to get personal. Okay. Because you know, my chart. Manifesting one thing I, I it's a challenge for me at work right now is trying to think big picture like strategy is tough for me and a really good executer like, I think of myself as a really good doer, but I have trouble with like the 30,000ft view.

Is that part of who I am? Well, you're going to love this part of your chart is actually your ability to take that higher view. So like that actually is a gift in your design. You're not meant to be like super. I would say like strategic. That's not really the point of it. Like you're somebody who's actually really good at kind of just like widening and seeing like a bigger perspective.

So I would actually say, and I'm curious how this lands and this is true for me too, is that like it's so easy for us to kind of get really caught in the details and all the things when like one of the best things that we can do is like create space in our days to just pull back and observe and witness and see, because that often just gives us that perspective and kind of brings us natural optimism.

So I would say I would be curious what would happen if you carved out some more time in your weeks just to kind of step back without the need to produce something? Yeah. And and see what emerges, because like one of your biggest challenges in your design, similar for me as a projector is overdoing. It's not knowing when to stop which is going, going, going, going.

So I think it probably requires a little bit extra effort for us both to just like big. I'm going to take a moment and just step back and observe and just see what I see, what I notice. Yeah, yeah, I, I, I that is a challenge for me because I am very much a, you know, productivity as many, however many tasks I got done in the day sort of equals like, you know, my productivity is my worth and it's a mindset shift and something I'm constantly undoing in that teaching.

But, that's really interesting. I cannot wait to do this again because I know you have it in front of you, but I don't remember where mine is. And also, I'm going to pitch this to my team. I think it would be so useful as a team exercise. Okay. Erin. Claire, everyone wants to know, like, where do we go to try this started.

Is it going to cost money? Like, tell us all the things where to get started? Yes of course. So you can look up your chart totally free at Human Enzyme blueprint.com. You'll get free insights about yourself there as well. If you want to get the book that is honestly such an amazing place, if you're interested, which this year community likely is of like, it's actually apply to my career, whether it's, you know, finding workflow in my existing job or whether it's finding my way into a new one, whether it's studying your own business.

The book is called how Do You Choose a Human Design Guide to what's best for you at work and living a life that is available anywhere books are sold? I also sell personalized guides on my chart. That's sorry, my website. That's a human Design blueprint.com/guide. We can do the discount code career if you guys want to grab a guide.

But those are, really amazing ways to kind of just get, download into every part of your chart. There are 400,000 possible variations of that. So super custom, and then I also offer courses and sessions and team readings and all that kind of stuff. And then on Instagram I'm at Aaron Claire Jones and Human Design Blueprint.

Amazing. So we'll put all the links in the show notes and nobody panic. Do your design and then come back also to this episode. We probably should have encouraged you to do that before the episode started, but whatever you're listening to, this is not going to hurt you because it's, so much good information. Anyway, Claire, thank you so much for joining us again today.

I'll also link to our first episode in the show notes for anyone who's curious. And your book is how do you choose? We'll also put that in the show notes. Thank you so much. Thanks for having me.