

BLUEPRINTER

Your Human Design Career Snapshot

How your design works at work

Sample report · fictional client · personal details redacted

Prepared for: [REDACTED]

Date of birth: [REDACTED]

Time of birth: [REDACTED]

Place of birth: [REDACTED]

Report generated: October 12, 2026

Methodology: Swiss Ephemeris, Human Design (88° solar arc), Gene Keys

Your Chart at a Glance

Item	Value		
Type	Manifestor		
Strategy	To Inform		
Authority	Emotional (Solar Plexus)		
Profile	3/5 (Martyr / Heretic)		
Definition	Single		
Defined centres	Throat, Solar Plexus		
Open centres	Head, Ajna, G, Heart, Spleen, Sacral, Root		
Channels	12-22 (Throat - Solar Plexus)		
Incarnation cross gates	36/6 11/12		
Birth time	Known		
Sphere	Key.Line	Shadow	Gift
Life's Work	36.3	Turbulence	Humanity
Evolution	6.3	Conflict	Diplomacy
Radiance	11.5	Obscurity	Idealism
Purpose	12.5	Vanity	Discrimination

Your Energy at Work

You are a Manifestor, so your work energy is made for initiating rather than for keeping a steady pace from morning to night. What is consistent in you is a defined Throat and a defined Solar Plexus, joined by the 12-22 channel. In practice that means your impact tends to move through speech and through emotional tone. You are not designed to wait for a green light the way many workplaces quietly expect. Your strategy is to inform. Before you begin something that will touch other people, tell them what you are about to do, who it affects, and when it starts. Informing is not asking permission. It is a clear notice that lets others adjust. When you skip it, you often meet resistance, and the work costs more energy than the task itself required.

Your rhythm will not look even, and that is not a flaw in your discipline. The Sacral centre is undefined, so you do not have a built-in motor for all-day output. You work best in pulses: a real urge to start, a stretch of visible impact through what you say and set in motion, then a genuine need to pull back and restore. Roles that measure you by constant availability, endless meetings, or hours logged will exhaust you even when the content is interesting. A healthier pattern is fewer, cleaner initiations. Inform the people involved, do the piece of work that is actually yours, and then step out of the buzz. Rest is part of how your energy works, not a prize you earn after everyone else is finished. If you borrow the room's pace and stay on too long, the slump that follows is information, not a personal failure.

Anger is your feedback signal at work, and it is useful when you treat it as data rather than as a personal defect. It often rises when you were blocked, interrupted, or pushed to ask instead of inform, or when you moved without telling the people your move would affect. It can also rise when you have been hurried by

pressure that is not yours. You do not need to perform endless calm, and you also do not need to let anger drive the next email. Pause. Ask what was not communicated, and who was left outside the loop. Then wait until the feeling is less sharp before you decide what to change. Used this way, anger points you back to your strategy. Ignored, it wears down the trust your working reputation depends on. Informing will not make every workplace easy. It simply gives your energy a cleaner path.

How You Decide

Your inner authority is emotional, rooted in the defined Solar Plexus. For job offers, projects, partnerships, and resignations, that means there is no reliable truth in the moment the choice first appears. Clarity comes by travelling the emotional wave: the high, the low, and the quieter stretch in between. A yes that still feels like a yes after the excitement fades is more trustworthy than a yes born in a spike. A no that remains after a good mood returns is more trustworthy than a no born in irritation. This is not indecision, and it is not a lack of courage. It is how your decisions come into focus. Fast cultures will pressure you to lock an answer on the call. You can be direct about your timing without apologizing for the way your authority works.

Keep strategy and authority distinct, because they do different jobs. Informing is how you engage people before you act. The Solar Plexus is how you decide whether to act at all. If you initiate from a rush of enthusiasm, or from anger, you may start something your later clarity does not want. The repair is not a long self-critique. It is a shorter next cycle: feel, wait, and only then inform and begin. When someone needs a response, tell them you do not decide in the moment, and name when you will come back. Then actually wait. Sleep on it. Notice whether your feeling about the offer swings, and what is still standing when the swing settles. Large commitments deserve more than one night. Smaller ones still deserve enough time to leave the peak or the trough.

Use a simple check before you commit, and keep it in ordinary language. Name the decision in one sentence so you are not secretly deciding five things at once. Notice where you are on the emotional wave, high, low, or in between, and do not lock the choice at either extreme. Give it at least one full night, and longer if the stake is a role, a contract, a public promise, or a resignation. When the feeling has settled, ask whether you still want to inform people and begin, or whether the urge has drained away. If you proceed, inform the people affected before you move, in plain words, with enough time for them to adjust. If you cannot yet inform with a steady voice, you are probably not ready to decide. None of this guarantees a perfect result. It keeps the decision inside your authority instead of inside the room's urgency.

Your Working Style

Your profile is 3/5, the Martyr/Heretic, and the third line is how you learn. You find out what works by trying it, meeting what does not work, and adjusting. At work that can look untidy to people who want a finished plan before any contact with the real problem. It is not carelessness. It is your method. You are built to discover through contact: a pilot, a draft, a conversation that reveals the snag, a process you improve after it breaks. Environments that punish the first imperfect attempt will make you cautious in a way that dulls your gift. Environments that let you test, report what failed, and change the next version will use you properly. It helps to say this out loud. A failed trial is information. It is not a verdict on whether

you belong in the role.

The fifth line lives with other people's projections. Colleagues and clients often cast you as the one who can fix it, lead it, or rescue it, sometimes before you have agreed, and sometimes before you have tested anything. Reputation can form quickly, and it can run ahead of what you have actually lived. When the projection matches work you have genuinely bumped through, your practical perspective can shift a team. When you accept a role because of their hope rather than your own emotional clarity, the disappointment is public, and it can linger. Be selective about which problems you allow to stick to your name. Inform people of what you will take on and what you will not. A clean limit is not aloofness. It is how trust stays accurate instead of mythical. You do not have to fulfill a fantasy to be valuable.

You can work with a team, but you do not need other people to feel internally complete. Your definition is single, so your process is self-contained. You are not waiting for someone else to finish your inner weather before you know what you feel. Even so, your impact runs through the Throat, so work that stays entirely private can stall. A practical rhythm is a stretch of independent trial, then a clear informing conversation, then another stretch on your own. You are not here to be the person who holds the group together through constant collaboration. You are here to learn by doing, then offer a correction once you have earned the right to speak. Trust builds when your words match what you have tested. It thins when you perform certainty you do not have, or when you let a projected reputation speak louder than your actual experience.

Your Reliable Strengths

One consistent strength is initiation through language, and it belongs to your defined Throat. When you speak from a settled place, you do more than comment. You start things. A well-timed sentence can open a project, reset a tense room, or put a stalled idea into motion. This is not the same as being the loudest voice, and it is not a demand that you talk all day. It is the capacity to make contact that changes what happens next. The strength lands cleanly when you inform first, then say the thing you are actually beginning. Without that notice, the same gift can feel abrupt, even when your content is sound. Protect this strength by using it on purpose. Do not spend it on constant updates that are really other people's anxiety looking for a voice.

A second strength lives in your defined Solar Plexus. You have a reliable emotional wave, which means feeling is not random noise in your career. Over days, not minutes, you can sense whether a commitment is alive or merely flattering, whether a team climate is workable, and whether your own yes is still true after the mood changes. That is valuable in client work, creative direction, leadership, and any role where tone and human stakes matter as much as the task list. The strength is not instant certainty, and it is not drama. The strength is staying with the feeling long enough for it to become information. Workplaces that mock emotion, or that demand a permanent upbeat mask, ask you to abandon a centre that is actually defined and dependable.

The 12-22 channel, connecting your Throat and your Solar Plexus, is where those two strengths become one working craft. You can give emotion a voice, and you can sense when the mood means this is not the moment to speak. In ordinary terms, you often know how to say a sensitive thing so people can hear it, or how to hold a silence that keeps a relationship intact. That mix of feeling and articulation is easy to underestimate in cultures that treat emotion as unprofessional. You do not have to become cold to be

effective. Your effectiveness includes timing, tone, and the courage to let feeling inform the words without pouring the whole wave onto your colleagues. When this channel is respected, your influence is precise. When you are rushed to speak before the wave settles, the gift of the 12-22 turns muddy.

Because the Throat and the Solar Plexus, linked by the 12-22 channel, are your defined centres, your reliable zone is concentrated. You are not built to be everyone's engine of output, the keeper of a fixed identity, or the person who proves worth by outlasting the room. Your consistent contribution is impact through expressed emotion: starting, naming, shaping tone, and then letting the work move. When a job asks you to be endlessly certain, endlessly available, or endlessly productive, it is asking you to perform from places that are not your steady strength. Return to what is defined. Wait for the Solar Plexus to clarify, then use the Throat to inform and, if it is still true, to begin. That sequence is the shape of your reliability. It does not guarantee a particular role, but work that needs this sequence will feel less like a costume.

Where You Take On Pressure

Several centres are undefined, and each can become a workplace pressure if you try to make it consistent. The undefined Head pulls you toward other people's questions until you feel you must solve every open loop in the building. The undefined Ajna pressures you to sound certain, to lock an opinion so you look decisive, even though fixed thinking is not your reliable gift. You may leave a meeting mentally louder than you entered, still turning over problems that were never yours to close. Or you may argue a position mainly so you do not look unsure. Those are signals to step back, not cues to research harder or speak with more force. You are allowed to say you are still in process. Certainty is something you can sample from the environment. It is not something you owe on demand.

The undefined G centre can make identity and direction feel urgent. In a new role you may try on the culture's version of who a successful person is, or chase a title because it seems to promise a self. You can be shaped by a workplace without fusing with it. The undefined Heart centre adds a different squeeze: the pressure to prove worth, to compete, to promise more than you can deliver so you look solid. Promises made from that squeeze are costly later, especially with a fifth-line reputation that people already project onto. If you feel a push to demonstrate value before your emotional authority has agreed, pause. Your worth is not on trial every quarter. Inform people of a realistic scope instead of performing a bigger one. The relief you feel after an honest limit is a better guide than the applause that follows an overpromise.

The undefined Spleen does not give you a steady in-the-moment instinct, so you may hold roles, clients, or habits longer than they serve, or you may distrust timing that others seem to feel instantly. Do not fake a snap instinct you do not have. Use time and emotional clarity instead. The undefined Sacral is especially easy to misuse at work. You can amplify other people's energy and mistake the buzz for your own fuel, then agree to a pace you cannot sustain. The undefined Root adds hurry. Deadlines, messages, and other people's urgency can feel like your emergency even when they are not. Together, Sacral and Root pressure often looks like a heroic week followed by a flat one. When the push to finish is louder than any clear urge to initiate, you are likely carrying someone else's motor and someone else's clock.

None of these open centres are defects, and none of them need to be fixed by becoming rigid there. They are places you take in the environment: questions, opinions, identities, worth contests, instincts, work fuel, and urgency. The skill is recognition, not correction of your nature. When pressure spikes, name it simply to yourself. This is mental noise. This is a demand to sound sure. This is a worth contest. This is borrowed energy. This is rush. Then return to what is defined. Feel the wave in the Solar Plexus. When it settles, use the Throat to inform and, if the choice is still true, to begin. You do not owe the workplace a permanent identity, a permanent opinion, or a permanent pace. Noticing the pressure early is what keeps your real strengths available.

Your Career Gift

Your Life's Work key is 36. Its shadow is Turbulence, and its gift is Humanity. At work, turbulence can look like emotional whiplash, crises that seem to follow you, or a habit of stirring intensity so you feel awake. Because this key is on line 3, some of that weather is how you learn. You meet the difficult passage by going through it, not by standing safely outside it. The risk is identifying with the chaos, or treating every calm week as a sign that nothing real is happening. The gift is different. Humanity here is the capacity to stay present with what people actually feel, including you, without making the feeling the whole plan. When you have moved through a hard stretch and can speak from it without inflaming the room, you offer colleagues something a person who has never been tested cannot fake. That is a working strength, not a promise of ease.

Your Evolution key is 6. Its shadow is Conflict, and its gift is Diplomacy. Conflict at work may show up as friction in alliances, as boundaries that are either too thin or too harsh, and as the same misunderstanding catching again in a partnership or a team. You are not required to become someone who never disagrees. Line 3 on this key suggests you discover cleaner relating by contact with what does not work: the note that escalated, the collaboration that soured, the meeting where tone buried the content. Diplomacy is not polite avoidance, and it is not winning. It is naming what is emotionally true in a way that keeps the working bond usable. Paired with your strategy, it becomes concrete. People are less defensive when they are not surprised. You are less reactive when you have waited out the wave before you speak. Inform early, and choose the moment.

Together, these keys describe a gift that matures through emotional weather rather than around it. Turbulence, met honestly, can become Humanity. Conflict, met with timing and clear speech, can become Diplomacy. Nothing here promises a title, an income, a smooth reputation, or a particular result. What you can practice is the passage itself. When work feels stormy, ask whether you are amplifying Turbulence, or moving toward Humanity by staying precise and kind. When a working relationship keeps snagging, ask whether you are feeding Conflict, or practicing Diplomacy by informing before you act and speaking after the wave has settled. Over time, that passage is how your influence deepens. Compassion and Peace are the further names on these keys, not targets to force. They are what can grow when Humanity and Diplomacy have been lived often enough to feel like ordinary craft.

Five Experiments for the Next 30 Days

Experiment 1: For the next 30 days, before you start any visible piece of work that affects someone else, send a brief informing note first. Say what you are about to do, who it touches, and when you will begin.