

# Self-Care

## FOR EACH HUMAN DESIGN PROFILE LINE

practical self-care tips designed for each profile line to help you live with ease & alignment!



### LINE 1: INVESTIGATOR

First, understand that you are meant to dig into the how and the why before feeling a sense of true security. Allow yourself time to dig into learning & studying – how can you prioritize this time on a daily, weekly, monthly basis? Can you set boundaries and help others understand that this time alone to investigate is supportive for your overall well-being? Do you have a quiet space in your home where you can focus?

### LINE 2: HERMIT

Remind yourself daily that alone time is natural for you – this is where you find your flow and discover your unique talents and gifts. Is there a small space in your home where you can retreat and spend time doing exactly what *you* want to do? A time (even if just a few minutes) where there is no agenda? Review your daily routine and see where you can prioritize this time for yourself, and remember to give yourself permission to retreat.

### LINE 3: MARTYR

Release all false beliefs that say you should know the "how" before starting, or that there is something wrong with making mistakes. For you, "mistakes" are your most valuable tool – they are your stepping stones to success. How can you reframe your vision, goals, projects, etc., into more of a discovery process? Can you make note of and embrace what you've experimented with instead of getting down on yourself for your perceived "failures"?

### LINE 4: OPPORTUNIST

While you have this incredible gift of building your network and becoming known as a resource for the people you care about, you also need times of retreat and rest to have the energy to build your community. Do you need to create more boundaries with others? Do you prioritize alone time when you begin to feel burnt out? Make a list of all the people you love to be around – can you find new ways to bring them together?

### LINE 5: HERETIC

Know that others will look to you to provide solutions, but be sure that you aren't trying to create solutions just because others expect you to. Here is where healthy boundaries come in: is this problem truly yours to solve? How can you reframe or accept the disappointment from others' expectations? How can you create space for yourself to regroup and align with the solutions you're truly meant to deliver in life?

### LINE 6: ROLE MODEL

Your life moves in 3 distinct phases. From birth–30 years old, you're here to make 'mistakes' and learn from them. Be sure to show yourself grace. From ~30–50 years old, it's important to create space for self-discovery. What is true to you? What are you observing about your life? From ~50 on, this is your time to live aligned with the wisdom you've gained through your experiences and deep reflection. How can you show up as a Role Model for others?