

2025 PLANNER



Courtney Koenig Coaching

"Define success
on your own
terms, achieve it
by your own
rules, and build a
life you're proud
to live."

– Anne Sweeney

Courtney Koenig Coaching



Your Human Design Blueprint

What is Human Design?

Human Design is a personal development tool.
If you love Enneagram, energy work, personal
development,
you will
love Human Design.

The secret is...

You need to know why you are a phenomenon!
Actually, your brain needs to know that!

Your Human Design gives you that information.
It tells you the gifts that you were born with.

Sometimes we need to be told why we are awesome.
Our brains don't take people's word for it.
It tries to find loopholes to discount our awesomeness.

Human Design is based on a fact.
The fact is when, where, and what time you were born at.
That is all you need to get your chart.
Your brain can't find the loopholes with Human Design.



Accelerate in 2025 with your Gifts of Your Type

Your Human Design Type is the foundation of your gifts and how you operate best.

Gifts of Each Type:

- Manifestor: Initiators. Your strength lies in starting things and inspiring others. You thrive when you follow your inner urges and inform others of your plans. Your energy ebbs and flows.
- Generator: Builders. Your energy is powerful and sustainable when you follow what lights you up. Burnout happens when you say "yes" to things that don't excite you.
- Manifesting Generator: Multi-taskers. You combine the initiation of a Manifestor with the sustainable energy of a Generator. Your gift is efficiency, but you must follow your gut.
- Projector: Guides. Your insight and wisdom are unmatched. You thrive when you wait for invitations and recognition before sharing your ideas. Your energy ebbs and flows.
- Reflector: Mirrors. Your gift is seeing what others cannot. You need time to process before making decisions. Your energy ebbs and flows.

Reflection Prompts:

- What does my type reveal about how I approach goals?
- Where have I honored my type in the past? What happened?
- Where have I ignored my type? What was the result?

Exercise:

- List three specific ways you can honor your type in 2025. Ask yourself this question How can I use the gifts of my Type?



Ignite Your Goals in 2025 with your Strategy

Strategy is how you make things happen and opportunities naturally align with you.

Strategy:

Here's how each strategy works:

- Manifestor: Inform. Let others know your plans to reduce resistance and create harmony. Be a vocal leader.
- Generator: Respond. Don't say yes right away. Tune into and listen to your gut to decide what excites you.
- Manifesting Generator: Respond. Follow your gut's response and communicate your actions for a seamless flow.
- Projector: Invitation. Your success comes when others recognize your wisdom and invite you to share it. Create a strong network.
- Reflector: Timing Take your time to process and gain clarity before making major decisions. The alignment feeling is your cue to take action.

Reflection Prompts:

- Where have I used my strategy successfully in the past year?
- Example: Did waiting to respond to an opportunity (rather than forcing one) lead to a better outcome?
- What opportunities did I miss by not following my strategy?
- What would 2025 look like if I fully trusted my strategy?

Exercise:

- Identify three goals you want in 2025. Write down how you can align with your strategy for each.



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Amplify Your Goals in 2025 with your Inner Authority

Inner Authority is how you make decisions best.

Inner Authority:

Heart Inner Authority

Motto: My heart directs me.

- Notice where your heart is guiding you—it will feel like a clear tug in the right direction.
- If your heart isn't in it, that's your no.
- When you say yes to what your heart wants, you can engage a powerful will to follow through and succeed.

Emotional Inner Authority

Motto: My emotions are valuable.

- You're in a constant emotional flow of highs and lows.
- Wait for emotional stillness before making decisions. Avoid rushing into choices during high or low points.
- Even when it's a yes, you might feel a little no due to your emotional wave—that's normal!
- Trust that a 60%-80% yes is enough.

Mental Inner Authority

Motto: My point of view is my truth.

- You have a unique and sharp perspective. Things naturally click into place for you.
- Decisions should align with what makes sense to you, even if others don't see it that way.
- Take your time to make decisions—don't rush the process.

None Inner Authority

Motto: My truth comes from inside.

- Your clarity comes through speaking and hearing yourself process.
- Talk to trusted individuals without an agenda. Hearing yourself speak will reveal what feels aligned.
- After talking it through, give yourself time to settle and make a final decision.



Amplify Your Goals in 2025 with your Inner Authority

Inner Authority is how you make decisions best.

Inner Authority:

Sacral Inner Authority

Motto: I trust my gut to guide me.

- Your gut instinct speaks through physical sensations:
 - Yes: Feels expansive, light, open, and elevated.
 - No: Feels tight, heavy, constricted, or blah.
- Use yes or no questions to help your gut instincts guide you with clarity.

Self-Projected Inner Authority

Motto: I talk things out to get clarity.

- Your thoughts can feel like a confusing circle in your head, but when you vocalize them, clarity comes.
- Share your decision-making process with trusted people who act as sounding boards.
- Talking it out brings direction and certainty.

Splenic Inner Authority

Motto: I trust my intuition to guide me.

- You receive intuitive hits that are immediate, clear, and unexplainable.
- These insights aren't rational—they won't make sense through logic or spreadsheets.
- Don't overthink or second-guess; trust these intuitive nudges and follow where they lead.



Ignite Your Goals in 2025 with your Strategy

Reflection Prompts:

- What decisions in 2024 felt aligned with your true self, and what can you learn from them?
- What areas of your life (business, personal, relationships) need more clarity for 2025?
- How do you typically make decisions, and how can you align more closely with your Human Design authority?
- What situations make you feel rushed or pressured into decisions, and how can you create space to honor your process?
- How can you build trust in your unique way of making decisions and let go of comparison?
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Exercise:

- Identify 1-2 key goals for the year and use your authority to evaluate if they feel aligned with your energy and values.
- Schedule regular check-ins with yourself throughout the year to reassess and adjust your plans using your authority.
- Create a "decision toolkit" based on your authority type (e.g., journal for clarity, trusted friends to talk with, time for emotional clarity).
- Commit to honoring your process by writing down one way you'll make decisions differently in 2025.
- Celebrate progress! At the end of each month, review decisions you've made and note how following your authority led to more alignment and peace.