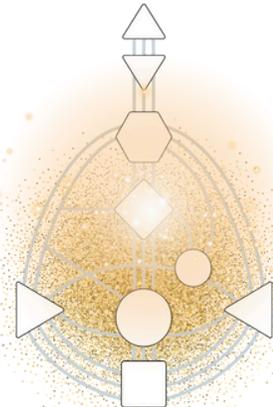
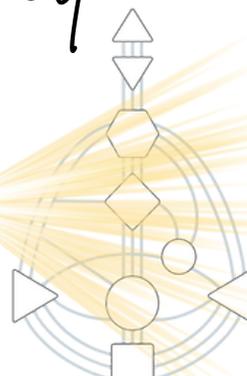
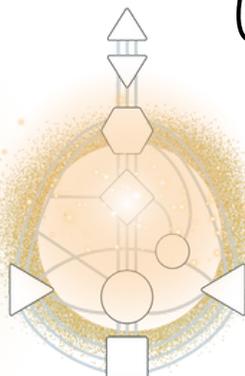
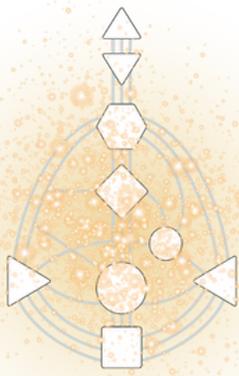


# Human Design *Travel Coach* Cheat Sheet!

by Jen Torres

*She's A  
God*



# Human Design: At-A-Glance for Travel Coaches

Your clients aren't just booking trips—they're transforming.

Travel is more than destinations and itineraries—it's an initiation into more. As a travel coach, you hold space for your clients to step into alignment, expand their perspective, and return home transformed.

This Human Design Cheat Sheet is your guide to working with clients through the lens of their unique energy blueprint.

 Discover how each type makes decisions.

 Learn what nourishes their energy on the road.

 Anticipate where they may struggle, and how to support them.

 Empower them to travel in a way that feels aligned, effortless, and expansive.

Your client's Human Design is the compass. You're the guide. Together, you create a journey that shifts them forever.

# Human Design Energy Type: **Generator**

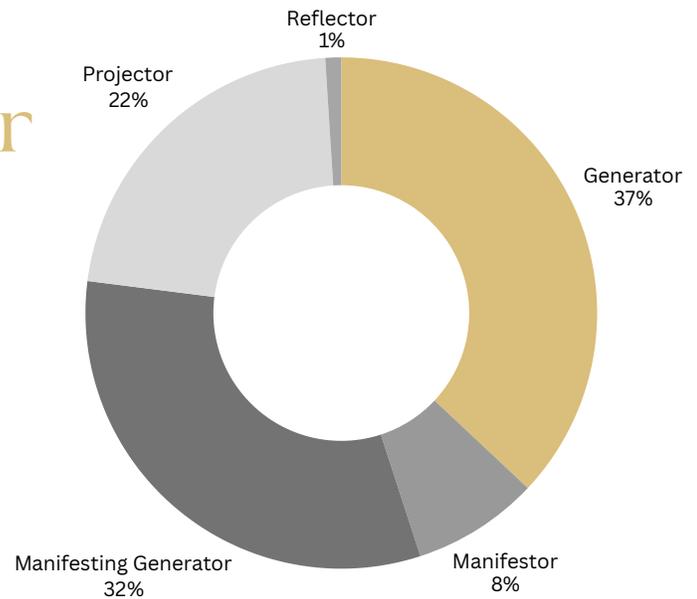
## What is Energy Type?

Tells you how you are Designed to energetically move through life

Tells you how your energy is Unique & Different

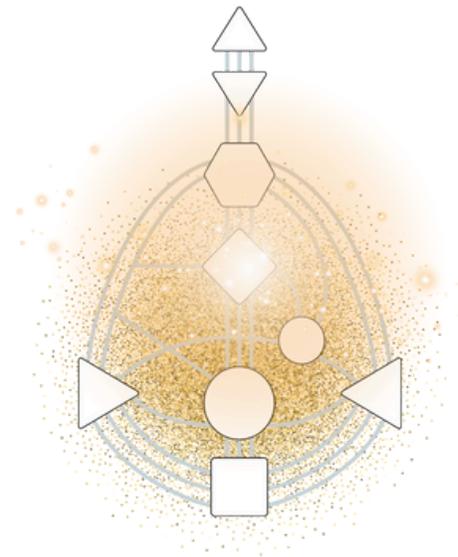
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## Generator Aura- 37 %

- Aura is Described as Open & Enveloping
- Here to do what you LOVE & (by proxy) share your powerful Life Force, Invigorating Energy
- Here to live in RESPONSE by staying present, conscious & grounded
- Your Aura + Sacral are your Divine Compass
- Create Space for the NEW by taking Energetic Inventory monthly on Soul Yeses & removing Soul No's
- Biggest Conditioning: Energetic Enslavement/Self-Sacrifice & Life doesn't just come to me



## Generator Mantras

- I am Present & a Divine Magnet to all that I Desire
- I am most Valuable when I do what LOVE
- My Soul Yeses & Desires lead me to my Life's Purpose
- I confidently use my Sacred NO to people, places, & opportunities that feel like a Soul No

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# Travel Coaching a Generator

- 🔑 When coaching them - MUST give them something to RESPOND to: Generators thrive when life, options, people, places, things - come to them and they can Respond. As a coach, frame travel choices as options to Respond to (A or B, this trip or that one), rather than asking open-ended questions like “Where do you want to go?”
- 🌟 Tap into their JOY Factor: Generators are here to do what lights them up and excites them. Travel plans should revolve around experiences, destinations, and itineraries that give them that full-body YES energy. If it feels heavy or draining, it’s likely a “no.” If you give your Generator client a good (for them) option - you will likely see them perk up, sit up straighter or say lots of Mhmmm! Yeses! - as a vocal Response. If the option is sub-par (to them) - you will likely see them hutch over, turn away, or have a general physical response of dis-interest.
- 🌀 Monthly Energetic Inventory: Encourage your Generator clients to check in on what feels aligned (feeling of expansion) vs. misaligned (feeling of contraction) in their travels (and life). Letting go of “soul no’s” clears space for travel that reinvigorates them.
- 🌟 Watch for Conditioning: Generators often overcommit or sacrifice themselves out of obligation (energetic enslavement). Remind them that travel is a chance to reclaim freedom and vitality—not another to-do list.
- 🌍 Your Coaching Role: Help them slow down and notice what sparks excitement in the planning process. Their aura naturally lights up others, so when they travel in alignment, it doesn’t just fill them—it energizes everyone around them

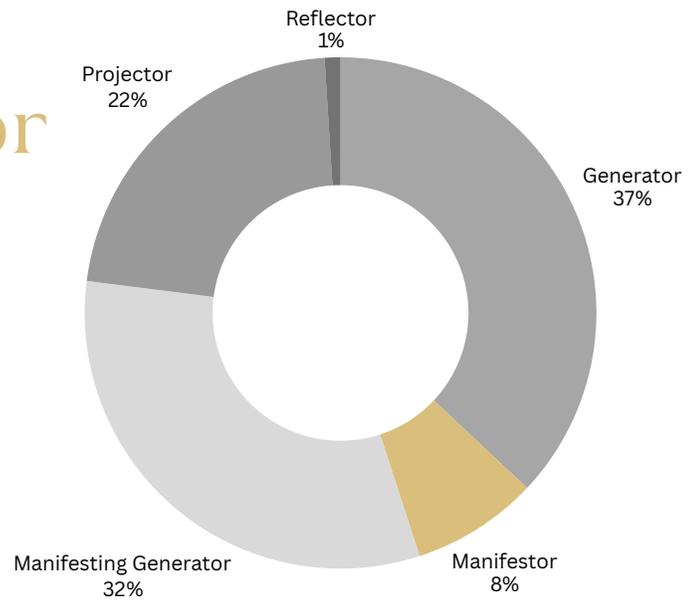
# Human Design Energy Type: **Manifestor**

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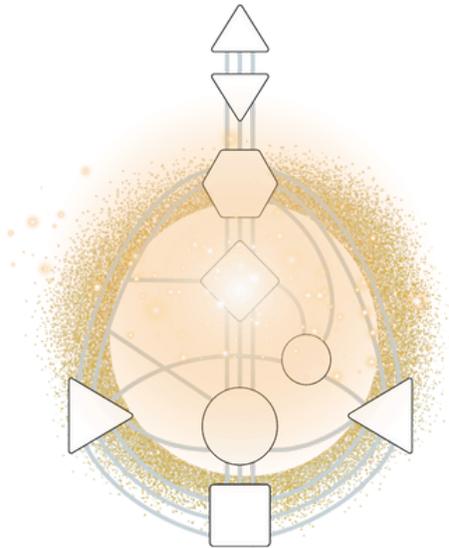
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## Manifestor Aura- 8%

- Aura is described as Closed & Impactful, The Casual Powerhouse
- Strategy is to INFORM, by opening your throat chakra & speaking what you are thinking, feeling, wanting
- Throat Chakra is your Magick Wand
- Here to INITIATE on downloads & ideas
- Designed to feel Self-Sufficient in own energy
- Common feelings of Not Self: misunderstood, angry, not wanting to share ideas, feeling like ppl are trying to control you
- Can oscillate between people pleasers & rebels if not Informing



## Manifestor Mantras

- I am a Divine Spark who is here to INITIATE on my downloads/urges
- I INFORM with ease, grace, & kindness
- I am Free to live in Peace
- I allow others to “tend the flame’ on my ideas & downloads
- I am fully supported to go off and rest, receive more downloads & Initiate once again

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# Travel Coaching a Manifestor

🔑 Empower Their Autonomy: Manifestors are initiators. They thrive when they're free to act on their inspirations. As a travel coach, give them permission to lead in their travel choices—whether it's bold destinations, solo trips, or trailblazing experiences.

🌟 Encourage Clear Communication: Their aura/vibe can feel closed-off, so they may not always express what they're envisioning. Guide them to inform—to speak their desires and plans out loud..

🌍 Support Their Big Vision: Manifestors love independence but still need people who “get it.” Be the ally who helps turn their spontaneous downloads into practical travel plans without dimming their fire.

🌟 Watch for Conditioning: Many Manifestors were taught to “tone it down” or please others. This can make them swing between over-rebellion and over-pleasing. Gently remind them: their impact is their gift & the more they use their voice to say what they are thinking & feeling - the more at peace they will feel to be impactful

🌍 Your Coaching Role: Affirm their natural power to initiate while offering structure that supports follow-through. Travel is a mirror for their leadership—when they inform and own their vision, the whole journey flows smoother.

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# Human Design Energy Type: **Manifesting Generator**

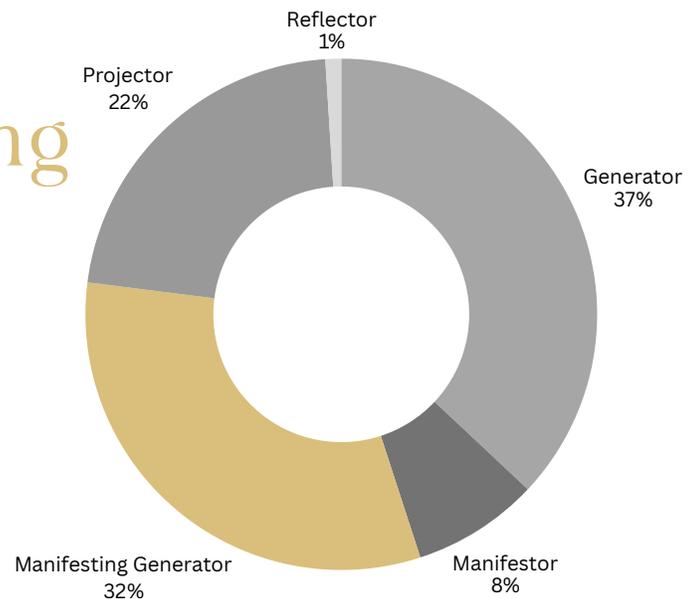
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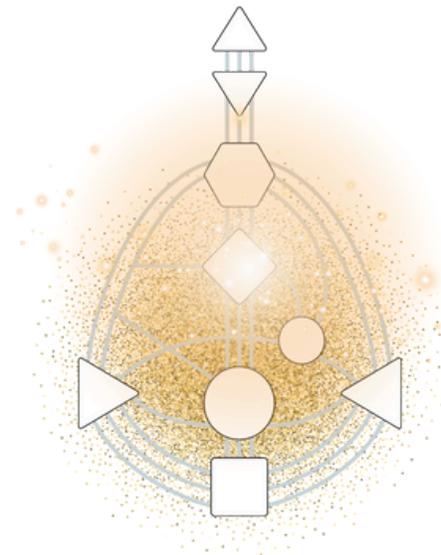
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## Manifesting Generator Aura - 32%

- Aura is Described as Open & Enveloping AND Inspiring & Impactful (when you're doing what you LOVE)
- Biggest Conditioning is energetic enslavement, getting ahead of yourself, being "too much" or all over the place & that you need to choose one career path
- Here to be present, grounded & live in Response
- Need to move your body more than most
- Need Play & Freedom because you Bore Easily
- Most Multi-Passionate out of all of the Types



## Manifesting Generator Mantras

- I am Present & a Divine Magnet to all that I Desire
- I am most Valuable when I Do what I LOVE
- My Soul Yeses & Desires lead me to my Life's Purpose
- I am a Multi-Passionate Trailblazer here to Inspire others with my Uncharted Path
- I am Productively "all over the place"
- When I am Present & Grounded; I am in Divine Alignment



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# Travel Coaching a Manifesting Generator

🔑 Honor Their Multipassionate Nature: MGs move fast and love variety.

Encourage them to weave spontaneity, adventure, and “multiple passions’ into their travel—itineraries. If the travel feels too linear – it will drain them.

🌟 Frame Choices for Response: Like Generators, MGs thrive on responding. Offer them clear options (this destination vs. that one, this experience vs. another) and let their sacral “uh-huh’ or “uh-uh’ guide them.

🕒 Encourage Pauses + Informing: Their speed can cause missteps. Teach them to pause long enough to check in with their sacral response, then inform so everyone stays aligned with their spontaneous pivots.

🌟 Watch for Conditioning: MGs are often judged for being “too scattered’ or changing their minds. Remind them that re-routing is part of their genius—it saves time and brings them closer to alignment.

🌍 Your Coaching Role: Be their mirror + anchor. Help them trust their sacral compass, celebrate their pivots, and design travel that has flexibility built in. Their magic lies in collapsing time + experiencing MORE.

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# Human Design Energy Type: **Projector**

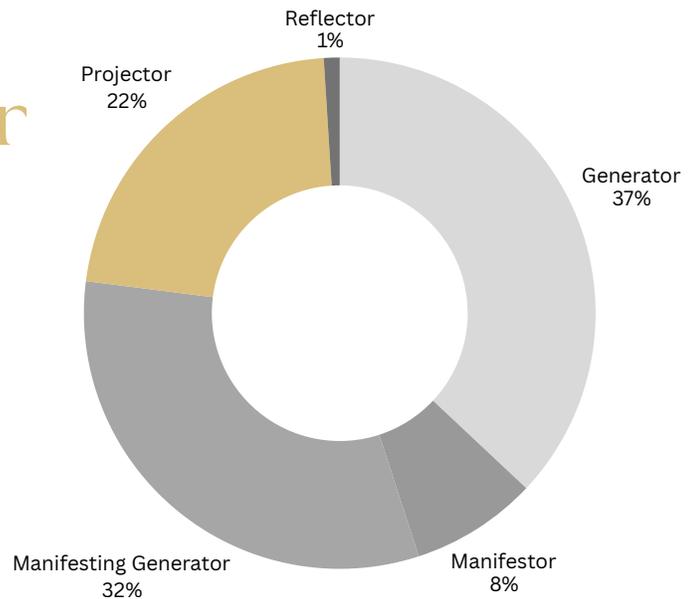
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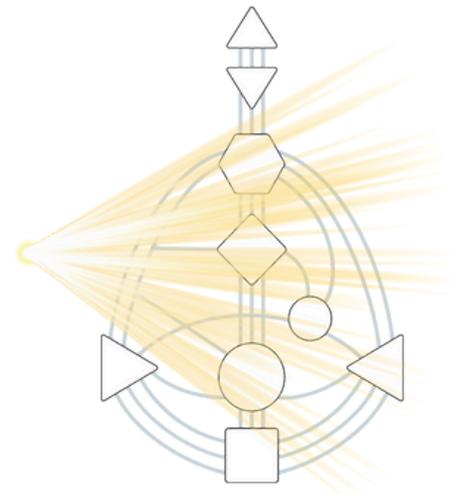
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## Projector Aura - 22%

- Aura is Described as Penetrating & Focused
- Natural Guides leading others from your Projected View Point
- Naturally efficient A.F. & here to tweak & make better what already exists
- Valued by what you SEE
- Here to have a 3 hour work day: Work Smarter NOT Harder & be clear about what “work” feels like to you by being clear on what feels Draining and what feels like Fuel
- Need to rest & take a Projector nap
- Magickal Tools: Recognizing Yourself (your gifts), honing in on Fascinations, use Delegation, be mindful of where you are Focusing your attention
- Must “wait for the invitation” before guiding others



## Projector Mantras

- I honor my Projector energy by remembering that I am Valued by what I SEE not what I DO
- I Recognize my gifts & I See myself
- I am Designed for SUCCESS
- When I Build it & Share it Authentically; the right energetically-aligned people, clients, & opportunities come
- Because I am the most Efficient, I take time to Rest - guilt free!

# Travel Coaching a Projector

🔑 **Guide Them Toward Recognition:** Projectors thrive when invited. Encourage them to say yes only to trips, retreats, and collaborations where their wisdom is valued and their role is seen.

🌟 **Plan Spaciously:** Projectors need more rest than most. Help them design travel with built-in downtime (longer stays, slower itineraries, cozy accommodations). Rest is part of their success strategy.

🗺️ **Encourage Discernment:** Teach them to notice the difference between invitations that truly see them vs. invitations rooted in obligation. Travel is a mirror—when they choose aligned invitations, it fills them with energy.

🌟 **Watch for Conditioning:** Projectors are often pressured to keep up with Generators or MGs. This leads to burnout. Remind them their power comes from their vision, not constant doing.

🌍 **Your Coaching Role:** Affirm their gift for guiding others. Position travel as a way for them to recharge, refine their vision, and share their wisdom—without overextending.

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# Human Design Energy Type: Reflector

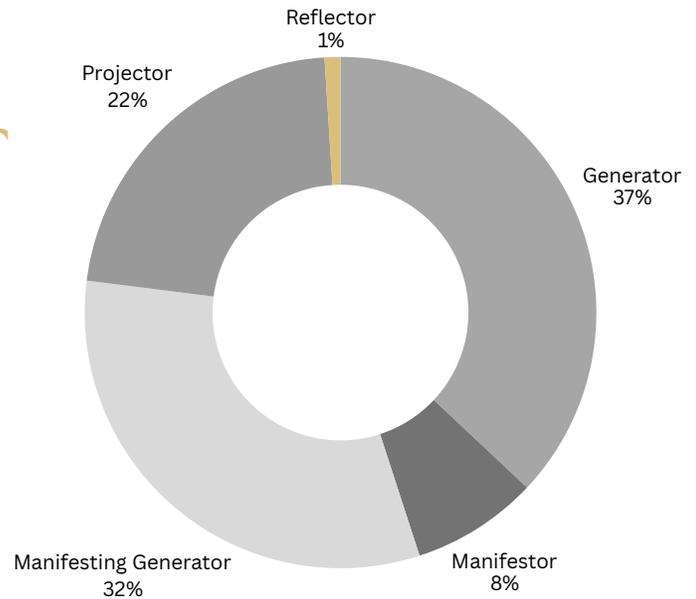
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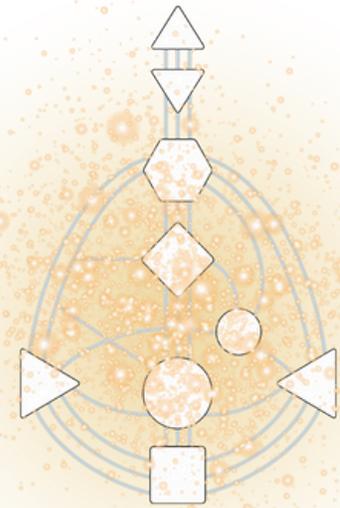
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## Reflector Aura - 1%

- Aura is described as Sampling, Resistant & Filtering
- Here to Flow through life's experiences & Resist holding onto energy that is not you
- Will feel Disappointment if you hold onto energy from certain Environments, People, Experiences that don't align
- Great at Discerning if people, places, things are Healthy
- Must have a practice of "clearing out" open centers
- Here to avoid rushing big decisions & instead let your truth come to you within a Lunar Cycle/ 28 days



## Reflector Mantras

- I am open to High Vibe surprises, experiences, & people that are in Divine Alignment
- I Release all miss-aligned energy from my Open Centers
- I allow myself to Shift and Change into Greater Alignment and Aligned Environments
- I am a Clear Vessel & I move with change

# Travel Coaching a Reflector

🔑 Honor Their Sensitivity/Energetic Awareness: Reflectors absorb the energy of their environment. Guide them to choose destinations and accommodations that feel nourishing, supportive, and energetically “clean.”

🌟 Encourage Time Before Decisions: For major travel choices, give them more time to reflect. Even a little extra space helps them access clarity.

🌍 Mirror Their Environment: Remind them that travel will amplify what’s around them—beautiful places feel extra magical, chaotic ones feel extra draining. Curating the right environment is everything.

⚡ Watch for Conditioning: Reflectors often feel pressured to decide quickly or fit into others’ timelines. This can disconnect them from their natural wisdom.

🌎 Your Coaching Role: Protect their energetic sensitivity. Support them in sampling experiences, tuning into how places feel, and choosing journeys that allow them to thrive as the mirror and guide they are.

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# Your Clients Are Ready to Travel Aligned

This cheat sheet is only the beginning. Human Design is a vast system that unlocks decision-making, purpose, and aligned living at every level.

When you integrate Human Design into your travel coaching practice, you give your clients more than a trip—you give them a mirror back to their true self.

✦ Want to go deeper?

I offer personalized Human Design Readings to help you:

- ✦ Unlock your design as a coach and business leader
- ✦ Learn how to apply Human Design with your clients
- 🧭 Experience alignment in both travel and life

👉 Enter: TRAVELCOACHHD at checkout for 15% off of your reading!

[www.shesagod.com](http://www.shesagod.com)

When your clients travel aligned with who they truly are, every journey becomes transformational.

In purpose + alignment,

Jen Torres

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