

Ep #141: Human Design & The Punch-Line Approach



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With Your Host

Kim Guillory

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Welcome to *More Than Mindset*, the only podcast that bridges the gap between spirituality and success. Go beyond the mind with clarity and confidence Coach Kim Guillory and learn how to integrate your passion to serve with your skills and experience to create a business you love. Let's get started.

Hello, hello, and welcome back to the show. This episode is brought to you from our live event in Gulf Shores, Alabama. And I have a few guests with me. So the last few weeks we've been talking about Human Design, generators, manifesting generators, projectors, reflectors. And this week I've asked my guests just to share their experience, not just using Human Design, but integrating The Punch-Line Approach.

Because information, data, just learning about Human Design is one thing. Because it brings to mind the potential that is inside of you that you may not have recognized, or you may have been conditioned to avoid. To not even realize that it is possible for you because of the environment that you were raised in or the things that you were taught.

So these are all integrative coaches that have been in Self-Healing Masters, and through the coach program, and masterminds, and they have been using The Punch-Line Approach before I ever introduced Human Design.

And so I wanted to bring their stories about how learning the information has really worked for them, what has changed in their life, how they're using it in their business. And just understanding the way we make decisions according to our own strategy and authority is working really, really well for us as far as getting to know our children better and our partners and our relationships changing.

So I've asked them, they're actually hanging out with me in the bedroom. I was like, "Let's go and record." It's like eight o'clock at night, so I am at the

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final hours of getting this episode in. And we've just finished a full day of bending our brains, like really pushing ourselves to the limit and expanding, evolving, opening ourselves up to more possibility and more potentiality.

So I've just asked him to come on and share their story. So I'm going to just kind of go around to each one and let them express in their own words what it has been like to learn about Human Design. To be able to use it in your life, your business, your relationships. And what is that like for you?

So I'm going to start off with Monique, you've heard her she's been on— Actually, all of these have been on the podcast, I believe, before. So I think they'll all sound familiar. So, Monique, can you tell us how has it affected you the most?

Monique: So yeah, Kim, it's been really interesting to understand the Punch-Line work and then taking this Human Design and then layer it back in and go a little bit deeper. Just being able to integrate all the information, it's really given me permission to be myself. To love all of my quirks, and flaws, and my ways. And at the same time use everything that we've been doing in the PUN, which is the best part the Punch-Line in my opinion, in my experience.

And using that strategy and authority at the same time, like being present in the moment and honoring what my body needs or doesn't need has just given me permission to make choices that are right for me and not what everybody else needs. And not what my husband wants, and not what my kids want, not what my mom needs or my, you know, I don't work for anybody anymore.

But it's going back to that core of, this is for me. And I'm able to make it in presence, in alignment with my strategy and authority has just been such a huge eye opener for me to be able to step into this role or to step into this new version of myself where I trust myself differently.

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I am confident in my body, I honor when I need something or when I don't and I know. And it's just so different coming at it from that angle versus I have to or I need to, or I'm supposed to, or I should, and just rolling all that suggestibility out of me.

Kim: When your body, like you said, whenever your body responds, and now not allowing the mind to have such a big part in that, right? Is that what you're saying? Like I go to my body, I listen to, because your emotional authority, your sacral authority?

Monique: I'm emotional.

Kim: Yeah. And so it's like really waiting that time, waiting through the time and letting it come from you not from the surroundings around you.

Monique: Correct. So I just take my time, I feel it all out, I give myself permission to take my time with it. I don't need to be rushed. I don't have to make a choice today. It's just so clean for me.

Kim: That's the interesting part is taking as much time as I need to get to the correct answer for me. Regardless if someone is pressuring me or rushing me.

Monique: Exactly.

Kim: Andee, how about you?

Andee: So one of the best things for me, or one of the first memorable experiences when I first started learning about Human Design was sitting down with my husband and understanding him better. Like all of the things that I had been judging him for. I mean, I knew that we were all different, but the construct of Human Design just put words there and understanding there were we didn't feel defined.

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And I wanted to be really careful not to be like, “Okay this is now who I am and this is now who you are.” And now we like we objectify each other and we become defined by it. But looking at it instead through the lens of like, “Oh, I understand.” Like for him he's a projector so as soon as we started reading the part about bitterness and the part about people not getting his vision, he didn't even know what we were really reading but I was talking. And he was like, “That's totally me. How is that me?”

And then we did it with our kids, I mean, I just pulled the charts on my kids to understand, especially my manifesting child. And just really understanding more and giving her more permission to be her. And so when she does things that are just very different than my other kids and really there's not as many, like understanding like, “Oh, she's different than the majority of the humans on the planet. So when she does things different or when she acts this way that's just who she is.”

It allowed me to accept, I think, myself more, and my husband more, and my kids more and not be defined by it. I don't like going to that place where it becomes something that now that is us forever and ever and I can't change. But I think when you come at it, and you're so good at reminding us of this, it's like just a little glimpse into who we are. Or this is like getting to know our vehicle better, like I'm a truck not a you know luxury sedan.

And just owning that and being like, “Okay, let me just drive this vehicle the best I can and understand it.” And you can do upgrades and tweaks, you know what I mean? But not trying to be something I wasn't or making my husband be something he wasn't or my kids be something they weren't. I think it's just such an honoring accepting.

It allows you to kind of relax and stop resisting humans. We're all just here and we're all different and I think as a tool for us to just be able to use it as a window into understanding. It's almost like I got to look at a little bit of the

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owner's manual or the instruction guide behind the person of the most important people in my life, including myself.

Just understanding like, “Oh, I'm petty. I think things very logically,” allows me to not beat myself up for doing that or understanding why maybe certain things are easier for me or I go this way instead of that way. And then still being able to give myself space to explore other parts and develop other parts of me. But not thinking I should already be that way or why aren't I that way?

The comparison and judgment, I think that's so prevalent with us humans and causes us so much misery. I think Human Design, if we use it in this way, can allow some of that to just kind of slide off and stop operating from this should, you know it should be certain way.

Kim: Yeah, it's the permission and whenever you are explaining to someone else what you're reading or what you're learning and understanding and they're like, “Oh my God, that's me. So you can see me now? You can give me permission to be me now? You can quit fighting with me and trying to make me someone else?”

Because, Monique, I think this was for you too with your relationships, right? Even with your children.

Monique: There was this stigma in my mind and this way that it was supposed to be. And I was trying to be a parent off of all I knew and not understanding that they had these quirks about them, these ways about them. And they weren't bad, they weren't wrong, they were correct for them. But they weren't correct for me and so it was like we were butting heads and going back and forth.

And then all the sudden now I see them for their genius, for their brilliance, for their awesomeness that they are. I can see what they were doing all this

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time now that I'm on the other side of it. So it's just been really life changing to make these connections, to bring it back into the family and surrender to all the nonsense that we've been told and all the stuff. It's just so heavy, Kim, and I don't like it.

Kim: And it's so easy to fall into a trap, like you were saying, Andee, it becomes the next rule book, or the next manual, or the next label that we carry. And that is something we are so cautionary about. It's like listen, it's just information. Let's go try it out, let's see if it fits.

And for you two guys, they're both 5/1s, and it's like even for us we kind of want to put that in a box. Because we'll identify these are the 5/1s, these are the 6/2s. And even being aware that we have the tendency to do that. You guys make it so obvious of what a 5/1 is.

Andee: I don't think I do. I don't feel like I do. It's so funny because I don't, I don't see it from inside myself. But that's funny. You know, it's interesting I was reading with my 18 year old and it was like she finally has read just the description of what she is. She's a projector and I can't remember her numbers right now. And we opened the Gene Keys book too kind of to correlate with that.

And it was like all of a sudden, she dropped into giving herself permission to be her. And it was so powerful. And then I was talking to her about my little manifestor. And it was just like last week she was like, "Okay, I need to remember that this sibling of mine, she doesn't like to be told what to do." It was just so good for her to have that point of reference too, to like, "Oh, I need to honor my sister too."

But for her, for an 18 year old just to like, "Hey, this is who I am. And I can just be proud of it." I feel like if you can address it in a way that's empowering instead of defining, it's just so good to have the conversation. And sometimes she would read it and she hadn't really figured that out for

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herself. So it like accelerated her ability to become more aware of who she was. Because it was there, and as it resonates she's like, "That is who I am, I haven't really thought through that." Kind of like the 5/1s, I'm like, "Really, it's so obvious?" I didn't really get that, I didn't realize I was in my head. But the more you just look at it.

Kim: This is so funny because Andee makes these lists and these outlines. And so she'll ask these questions and Monique will say, "Could you say that another way?" Because it's that one, it's that researcher and needing to be sure. And then being the helper and so it's like, "I need to be sure, I need to get all this information. But I also need to package it in a way that I can help people."

And so it's like I think it's so obvious, and I'm going to come to my 6/2s, to Danielle and Lynda about that. But I think it's a beautiful thing because we are highlighting that potential, it's like bringing it out. I think that's what you're saying your kids noticed there. It's like they're able to meet the possibility and potential so much quicker because they get the evidence or the validation.

So it's like being seen, being heard, being acknowledged for being different. Instead of being put in a box and limited like, "No, you're this way. And this is how you're supposed to do it. This is how you're supposed to act." Instead, we're using it in a way to have a better relationship with ourselves, with source, or God, or just the world in general.

But you haven't mentioned anything about business, because it's so powerful in relationships and home life that when we have that together, and we're really certain about who we are, the business follows.

And so I notice in Human Design there's people who say, "Well, how do I market myself if I'm a manifester? How do I market myself if I'm a projector? How do I make more money? How do I get more people? How

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do I...” And it's like it's kind of coming from that other place, like what you're saying. And it's like I find that we don't want to do that. It's like, “Listen, that's information, we still use the framework and The Punch-Line Approach.”

And I think maybe it's powerful for you guys because you all learned The Punch-Line Approach first. So I notice when newer ones come in, it's like wanting to know more about Human Design. It's as if Human Design gets the credit.

I was talking to someone last week and she was like, “Do you even believe in Human Design? Do you care about Human Design or are you just using it for language?” And I was like, “I'm just using it for language.” I mean, I do like it and I do believe in it, but I'm not attached to it. I just like that it validates what we're learning in our other work. It's like, “Look, here's more evidence.” And they're like, “Oh.” And able to really drop into who they are and their potential.

How about Danielle?

Danielle: Yeah, I agree with Andee, what she said about it being freedom and acceptance. So without judgment of myself and of others, so it's allowed me to relate to people in my life, my co-workers, but really my family. I used to judge my husband and think he needed to be like me, I thought we were all supposed to be, like there was one way to be. And I really figured out that as soon as I let that go, my relationship was so much better.

I was no longer on his tail about everything. Like, “Why are you that way? You need to have this opinion because I have this opinion. Or you need to clean up this mess right away because I clean up this mess right away.”

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And it's like, "Oh, actually, he's a completely different species almost than I am. And so I can love him for who he is, and also start to share with my kids what their profile is just in a fun and light way. We didn't go very deep, but it just kind of explained some things.

So me and my two twins, they're both manifesting generators and skip a lot of steps. Well there used to be some judgment of that and some criticism in the household. And so I just kind of explained that yeah, that's actually in design and it's okay. If we remember that we can kind of like get ahead of it, but it's actually who we are. And there doesn't have to be any judgment or feeling bad. I don't have to apologize. It's in my DNA, it's who I am, like or not, leave it, whatever, I have no guilt or shame about it. And that's where the freedom came.

I used to have a lot of social anxiety, like trying to relate with other people. And today at retreat we were talking about being a chameleon. That was me, I was always taking on the persona of whoever I was with, or the energy of the group. I thought that's where you fit in and just relate.

And now it's like, no, actually I could be different and interesting and it's okay. It was so hard to pretend to be someone else. Even though I wasn't consciously doing it, it took a lot of effort and energy. And you always failed, there was always that failure if you can't take on someone else's personality.

And so as soon as I dropped that and figured out, "Okay, who am I? Okay, that resonates with who I am. That explains a lot of stuff." It was fun and exciting and it really did release some tied up energy that now I can use for creativity, I can run my business, or just go do fun things with kids. I'm no longer in this spin of drama.

So freedom and acceptance, that's what I've always been looking for is freedom. But I was looking for it from outside sources.

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Kim: I love that you have got off of your husband and kids back and allowed them to be who they are. It's really hard to try and make people a certain way. It's like, "No, these are rules. This is what you're supposed to do. This is how you're supposed to behave, and then we're going to all be happy. Why can't you just do what I say?" And then we're a bunch of, how do you say that?

Danielle: Chameleons.

Kim: My tongue was a little tied up at retreat today. So Lynda, so Danielle is a 6/2 manifesting generator, Andee is a 5/1 generator, Monique is a 5/1 generator, and Lynda is also a 6/2. How has it affected your life or how you used it or benefited from it?

Lynda: So one of the really interesting things, so first I want to say I think it's funny how we just gravitated to the 6/2s being together and that 5/1s sitting together in the room.

But one of the really interesting things that I find going through like the Punch-Line and running that process, and starting my healing journey, for me, was I came into this work in a constant state of frustration. Always upset, always aggravated, always trying to control and change.

And doing all that work and getting so familiar with it, getting present in my body. And feeling and understanding what was triggering everything really brought me to a place of where I was no longer in a state of frustration all the time.

And whenever I started learning about human Design, my not self theme was frustration. It was like, oh my gosh, I've been so conditioned by the world to be a certain way that I was living in a state of frustration. And my Human Design was like the permission to not live by what the world says I

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have to live by. Or not act, or view, or think of behaviors or topics the way the world says I have to.

Kim: So I want to ask this, so you noticed that you were frustrated and that's because you were out of alignment with what you want. But whenever you started learning that your signature was actually satisfaction. So frustration is showing you that you're out of alignment. What was it for you that satisfied you compared to what you were doing that was frustrating you?

Lynda: Well, I guess frustrating me was having to control everybody and make them be a certain way, because I couldn't no matter how hard I tried. But satisfaction was actually serving people and honoring people. And one of the main ways I did that was when I got to pull my own family's charts and see them for who they were and accept them for who they were. And see, I guess, the gifts in their design.

So the things that were frustrating me about them, I got to change my perspective on it and see it wasn't a frustration or a hurdle to me anymore. It was like, "Oh, that's their gift. That's how they get to serve the world." You know, I have my own place in Human Design that shows me where I'm supposed to serve the world and I'm able to do that now in my business. And now I get to watch that grow in my kid.

Kim: So Andee and Monique are shaking their heads. So what is that bringing up for you?

Andee: Yeah, I mean, I'm just like, "Yes, yes, yes," as Lynda is talking because it is such a shift when we can have the insight into those we love the most.

And we want them to become who they're supposed to become. And so when we get a glimpse of who that is, even though it's not complete, but

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you get a glimpse and then you're like, "I can let them be that person." It's just like this permission to release the thought that I actually really can't do anything.

I can help them become their best version versus I can just create an environment where they can grow and thrive and become their best version and I have no idea who that is or what that's exactly to be. But with the Human Design, it gives you a little bit of a glimpse into that. Like a little bit, the door opens a little bit and you're like, "Oh, this is who you are."

And that's where my husband gets bitter and I get frustrated, right? It's like these little things and, I don't know, it's just I wanted to respond and say like, "Amen, yes." Just because it just makes so much sense to be able to have something at our fingertips that allows us to just honor each other. Because what we really all want is to become authentically ourselves.

Kim: And to be accepted. To be accepted for that, right?

Andee: Yeah, to be accepted for who we are and to just step all the way into that. To accept myself for who I am, to have other people accept me. So like how beautiful, as long as you don't become, like I say, defined by it.

And I keep reminding myself of that just because my tendency is to become defined, very black white, very right wrong. And I'm unpacking that. But just reminding myself this isn't black white, right wrong. This is just like a sketch of who they are and who they can become. And then it goes down that. But just amen, yes, accept, accept, accept ourselves.

Monique: You know, I came from a very traumatic space and just a lot of anger and aggression that was going on in my nervous system. And so it was a blame shame game. I pointed fingers at them, I was upset, I saw all the things that I didn't like. And those same things, just like Lynda said, now

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I'm looking at him like that's their superpower. That's their brilliance. That's their genius.

Knowing some of the things that my family is capable of doing internally and reflecting back to the outside world now, like we've seen stuff manifest in real life. We've created our visions, we've made all these things come to fruition, and it's all in alignment with us. And it's just beautiful. And it's simple.

And it's just magical to not point a finger and go, "Oh, i don't like that." But instead go, "Wow, show me that again. Let me see you do that." And just observe them in a way that I never had permission to do when they were younger.

And so all of this coming up with myself, going through this healing journey as well, understanding all of this work in Human Design, in the Punch-Line, in all the things that we've integrated, and lifestyle, again just gives me permission to own my own stuff. My own flaws, my own story, and not believe it was bad. Not believe it was wrong. And just really embrace who I am.

And the more I learn about this work and the deeper I go, the more I see we are all perfect exactly as we are. And if we would just give each other permission and create that safety, what could we do? Man, it's just like we don't allow people to see that side of us. We're so scared and we're scared we're going to get hurt or things are going to go wrong.

But it's actually the opposite. When we extend that and we can see them for who they are and let them be, it's magic.

Kim: It comes back to unconditional love. We don't really know what unconditional love is right, Lynda? It's like, "If I can control you and you do this, and I will love you." And once we recognize that we're actually trying to

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like pull down that genius in them instead of allowing it to be expressed, you know, it's like, "Hey, let's see more of that."

Like when I realized that my husband, like when I really looked at the chart and understood how responsibility is so important for him, I was able to let him off the hook. I mean, those who've been listening to the podcast, you've heard what I said about he locks everything, and he checks everything. And he used to drive me crazy.

Now I'm like, "This dude is responsible, he's going to take care of me and everything else. I'm going to dive into that and allow more of it and actually take advantage of it or benefit from it instead of being frustrated by it." The frustration came from the judgment. He shouldn't be that way, he shouldn't do that.

I mean, I would get to my car, get to the house, I was like, "Oh, this is so inconvenient." I was so frustrated because he wasn't doing what I wanted him to do. But thank God somebody was being responsible.

So I have a question but I want to frame it in a way that you can dive into your own experience and express. And the question is, do you think it was significant or that it was empowering for you to learn The Punch-Line Approach prior to learning Human Design?

Because you've all introduced Human Design to someone, right? I introduced it, like we started bringing it in. I've erred caution a million times about getting attached and labeling yourself and don't becoming that because there is so much potential in the training, you have potential for everything that is there whether it's defined are not defined.

And we're so conditioned by the world, like Andee was saying, the black and white and putting the like, "I'm in 6/2 and I'm exactly this, and this is

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how I'm supposed to be. And my chart says..." And oh my gosh, it's so exhausting.

So do you think it was beneficial for you to learn The Punch-Line Approach first, because that's all about neutrality and unpacking. And so I just want to kind of get a feedback from each of you, your thoughts about that. About learning the process and doing that work prior, did it help you not get attached? What would you say?

Monique: Yeah, I'm going to go with like 190% because my brain, you know, now that I understand that I'm a 5/1 I understand why I kind of go off and do crazy things, and I go down the rabbit holes with things.

But simple version is yes, because understanding the Punch-Line, so presence, unveil, navigate, and again, taking out those belief systems from the world and the generational patterns and the conditioning and the suggestibility that was put on me from the universe, the people. Like putting a line between that and going, "I understand the Punch-Line first and so I can be me, and I can understand the process of the work itself.

So getting present in my body, unveiling the unconscious stories, navigating differently. Now I bring in Human Design and I have this information that explains why I got to this place, where I came from. So it's kind of like my life story in all these little designs and triangles and dates and whatnot.

And so being able to see the path through that space, I wasn't judging myself. I wasn't being mean to myself. As I unpacked more in Human Design, I wasn't holding it against myself. Where I wonder, truly, if I would have learned it first how much of that I would have held against myself and been like, "Oh my gosh, this is so bad." Or "I shouldn't have this quality or this trait, or this channel is awful."

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But now I can see the channel with neutrality, and then I can see it with willingness and openness. So it's just a different head space for me.

Kim: Because I think y'all have all had the experience of someone learning it and just going down rabbit holes prior to having that foundation, right? I think we've had that conversation.

Andee: To me they're so different, because like the Punch-Line is like a process of change, transformation. It's such an empowering, enabling force, really, to allow me to become whatever I want to become. So when you have the idea that I can become whatever I want to become, I just need to get into my body and get really present with it. And I can change anything.

So then when you add the Human Design element, or that information, it just becomes a catalyst to more change and evolution. Like it creates the understanding. For me at least, it just created a lot of neutrality on things that were triggering to me. But not the defining like, that's who you are, that's who you're always going to be. Because I'd already really had this foundation, this understanding that I can create whatever I want.

So it was it was just like an understanding to stop resisting what I was a little bit more. So it opened me up more so that I could just change faster if I want. So for me, it's interesting, I think about it and I've had a couple people that are close to me that have become so defined by their chart. That I'm a reflector or I have to wait this amount of time. Like all the things, they just become so, like they have no free will anymore. And so I think, yeah, go ahead.

Kim: Is it disempowered? Do you think that they're using it in a way that's actually disempowering them because they're limited by it?

Andee: Yes.

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Kim: Is that what you're saying?

Andee: Yeah, they're very disempowered, because they feel— It's like, “Oh, this is who I am so this is the way I have to live my life and I don't have any choice.” Which I think is easy to get to when you don't have a framework, or experience, or momentum towards transforming your life. Because then it's just like, oh I guess, I mean, it probably feels a little bit relieving for them to feel like, “Okay, at least I can accept who I am.” But now they're stuck there.

And so the Punch-Line, having that understanding, there was already the awareness, the understanding of you can create whatever you want. You have some tendencies, you have some default programs in place that kind of keep you reverting to certain things, but you can evolve those things too.

And so with the mindset of being capable of changing, and not just theoretically, like having had real experiences where I was feeling one way or being defined by an experience or feeling stuck in trauma, or frustration, or hurt and then working through that allowed me to take the information of Human Design and have it be something that was more of a catalyst for change instead of a, “Okay, this is who you are. So just grin and bear it, sorry. That's the way it is, so just get over it.”

It never felt like that for me, so I don't know. I don't know, but I think it's because of the order that I got them.

Kim: That's what I'm curious about because you had the foundation, strong foundation and I can create whatever I want. I can have whatever experience I want to have according to what I believe about myself and actually how I see the world, my perception of how things work for me. Having that foundation first.

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And also, I'm wondering if it's because The Punch-Line Approach is so good at deconditioning, like that process itself. How about you Danielle?

Danielle: First of all, I had to become present in my body because I didn't even understand what that was. And I don't believe I could have gotten that from Human Design. So The Punch-Line Approach did give that to me. I learned how to get out of the state of worry or fear, what does that feel like in my body? What's going on in the present moment? How can I find joy, fulfillment, happiness in what's happening to me right now? I don't believe I would have gotten that from Human Design.

I feel like knowing that I have open head and I take in all this information, I probably would have gone down the rabbit hole. And I'm always looking to learn more, and more, and more, especially from an outside source. And I would have been the chameleon saying, "Oh, this is now what I'm supposed to be." And so it would have just been another thing or it would have been another thing validating whether I'm good or bad. And I had plenty of that in my life and it doesn't last.

So if I get that validation from myself, and that's what The Punch-Line Approach did for me, then no one can take that from me. It's always with me. And I like the idea that The Punch-Line Approach really gave me a clean slate so I became present in my body, I discovered, unveiled the self-worth issues that I didn't realize were in there.

And it was because I was trying to take action doing these scary things and I wasn't able to. And so it was like, "Why am I having this dissonance? I want to do this thing but I physically can't. What's going on?" The Punch-Line Approach allowed me to unpack that and it's like, "Wow, you actually don't think you're worthy. What the heck? I didn't know that was inside."

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I thought I was smart and people would tell me that I was pretty and all of these superficial things in the world, but I didn't have my own self-worth, I was getting that from other people. I would have always been missing that.

And so when I was able to unpack that and then the navigate and what do I want to choose to continue, I got to decide what I wanted. And so when I was a little girl, I always loved playing with Barbies and we were doing— I don't know what it was that we were doing earlier today in retreat but it reminded me of playing with the Barbie doll set of the shopping mall.

So if you grew up in the 80s or 90s you're probably aware of that. I didn't actually own it but one of my cousins did. I was like, "Oh my God." They had like these little shopping bags, all the clothes and hangers, and all the things." That's not in my unit, so it was from my experience. And so I think if I had gone to Human Design first, I'd have been like reading it read like a literal Bible and that, "Oh, this is what you're supposed to go, and do, and live in order to feel satisfied."

Instead I actually got to decide, "Okay, what do I want to do? Because I can freaking create anything I desire, there's so much potential and power inside of me." So it's almost scary so it's like that's a lot of responsibility, what do I want to do with the rest of my life? And you don't have to take yourself so seriously, you could choose again. It's just an important question.

And so when I said style, because I was living in the present moment, because I was recognizing my body, what those feelings were, the passion that came through. And also through Human Design I discovered that I have a strong intuition. I was able to take one step after another, one step after another that led me to what I'm doing now which is a style and life coach and helping other women be her now and become who she is and embody confidence and clarity.

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And I wouldn't have that if I went through Human Design because I know I would have probably been a Human Design coach. I would be shoving it into everyone else's throat, like oh my God. Because I study and research everything and I have to master it. Instead I'm having so much fun doing this. And I think the energy because it's something that's really from my past that I truly enjoy and I'm able to reconnect to that play and creativity and just passion that it's not hard to connect with women. And they feel that and they're attracted to it and I can get them present in their bodies, I can give them these tools, figure out where is their self-worth coming from?

It's just been so, like Andee said, it can be very disempowering. And so I think it's important to have that blank slate and to decide from a conscious state of mind what you actually want to go and create and go and do it.

Kim: So I think we're kind of all agreeing that the foundation and the solidity of having the framework, so that when you do want to go down the rabbit hole or when you do start kind of floating away, you're able to bring it back. Is that what you guys are saying?

Danielle: Right.

Kim: Lynda, how about you?

Lynda: So, for me, I think The Punch-Line Approach is the tool that liberates us from what the box of conditioning, society, our environment, our family puts us in. And if I didn't have that tool that liberated me first, then Human Design would just be another box I was putting myself in to limit myself all over again.

Now, Human Design is now a window instead of a box. It allows me to do things in a different way, see the outside world differently versus being shut in a box like, "This is just who I am."

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Kim: All right, does anyone have anything else to add? I think that kind of wraps it up. We're kind of like worn out. So if we sound a little tired and a little giggly, it's almost like we're at the point of the slumber party. We've been at this since Sunday and today is Tuesday, I'm recording this on a Tuesday. And so we have really done the unpacking part.

So we work through limiting beliefs, we do use Human Design to help make decisions. So if someone has sacral authority and we're deciding how we're going to pivot or tweak their business plan, we always ask a yes or no question to that person. And then we move and move and move to the next step.

If someone is emotional, we plant the seed, we get the yes or no. And then they're riding the wave and they'll give us the answer tomorrow. It's like we give ourselves permission to ride whatever our strategy— We use our strategy and authority to come to determining where we want to go next.

And all we have to do is make that one next decision. And it's amazing when you're only making one decision and then you're waiting, how life just brings the next thing and the next thing. And it's so much better than what we try to make happen, it's so much better than us controlling it or trying to manipulate life to fit into our box.

Or manipulate our partners and our kids and whoever is in our environment and try to make them behave a certain way so that we can feel a certain way. Shit don't work, does not work.

Anybody have anything else to add before we—

Andee: What came up for me is just that permission to have, I think you use the word bio individuality. And just whether it's personal relationships or business decisions we're making, to just base it on what works for us

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instead of what worked for the guru or even feel satisfied or whatever it is we're after.

Combining Human Design and The Punch-Line Approach just allows you to really, for me at least, allows me to really step into that and just finally stop that compare and despair game and to be okay. For someone else it might be going faster or it might be going slower business wise or relationship wise or whatever, and to just celebrate everyone wherever they are.

So that's like my final thoughts Human Design and Punch-Line, and I guess where we are here, talking about at the retreat business and growing and just to be able to finally see where everybody's at and not be like, "Oh, I should be like them," or "I should change," or "I really like what they're teaching, maybe I should..."

It's just not happening this time and it's so beautiful. And it's not like I have to be distant or turn my emotions off. I can genuinely be so thrilled and excited about everybody. And I think that's just so empowering. That's the kind of community where we can honor each other and we can celebrate each other and we can realize there's room for everybody. It's not a competition, like this is just amazing.

Danielle: I agree. As an emotional authority this is the first time that I'm not like, "Oh, I want that. Oh, I want that. I want to be that. I could do that. That would be so much easier." And I do still do that on occasion. Kim will, "Come back, come back here, and let's focus." And that's part of The Punch-Line Approach, really choosing to commit and continue. And really you could just cheer the others on and feel their excitement

But I use Human Design to trust my authority and ride that emotional wave and it's like, "Okay, it's still an answer yes, I'm still a life and style coach. I'm not going to go and do chronic pain even though I would love to get people off of opioids and help that pandemic." And I'm thinking about, "Oh, the

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government is spending so much money in that area. I'm a pharmacist, it all makes perfect sense. Why don't I do that?"

Because I don't freaking want to do that. That's not what I want to do. It's not what I want to do for the rest of my life. If it's someone that wants me to lead them to Monique, then I will. Come into them More Than Mindset group, get the Punch-Line book. If you're thinking that, "Oh, I don't understand it." Just focus on the PUN, I swear to God, I didn't even know what the CH was for like a year, I think. I don't even know.

And as far as Human Design, I really feel like if you're going down that rabbit hole and you haven't done The Punch-Line Approach, stop what you're doing because that's going to really confuse you. Go and do The Punch-Line Approach, and then decide what you want to do.

Lynda: Okay, so for me, I think that they really do complement each other really well. I find myself toggling back and forth because when I start to see myself going into frustration, then I'm like, "Okay, I need to go back to P, I need to get present when I start feeling myself going to frustration."

So the Human Design has kind of been like an awareness for me to throw me back into coming back to presence and unveiling and navigating. And creating what I want instead of just allowing myself to stay at frustration because that's just me.

And the other thing is knowing that with me being a sacral authority, like my yes and my no responses, I can get present and unveil and navigate all day long. But I still have that knowing right away regardless. So it's there and I'm able to find it through The Punch-Line Approach. So getting present, unveiling, navigating just takes me right back to that sacral authority, that yes or no. It gets me where I need to be. So they go hand in hand and complement one another really well.

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Kim: I love that. You know, if you only knew your signature, like if you just knew my signature, my actual design or my potential is to be satisfied. that's all I need, does it satisfy? Uh-huh. Does that satisfy? Huh-uh.

It's like if we just started with just that and made the decisions according to the sacral, or the emotional, or the splenic, or whatever that was, I think just that by itself could make amazing transformations. So I love that you put that together, using it and kind of bouncing between the two of them. Yeah, that's so cool.

All right my friends, until next week. I think we're going to head to bed, we're a little tongue heavy. We're sitting in a circle Indian style, praying that the internet holds out until we finish recording this. And then we've got our fingers crossed that we can actually download it. So thanks for joining. It was really fun doing the whole Human Design series, and now we are moving on to the integrative approach from here.

So we just wanted to kind of bring it in and share that we really are not just all about Human Design. I can't say that. We use it for entertainment, for understanding, for data for us to investigate and to see the potential. And some of us are kind of starting to use it maybe with our clients, we might be. But I really think The Punch-Line Approach is so powerful that it's not necessary.

But as Human Design grows, we've been educated by it. We have an understanding of it and we practice it ourselves. And so the more we live our design, the more comfortable and confident we are in what we do. And then we are able to be the role models or the leaders of that. Until next week.

Monique: Bye.

Andee: Bye.

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Danielle: Bye.

Lynda: Bye.

Thanks for listening to this episode of *More Than Mindset*.