

DAILY MUSCLE TESTING worksheet

*A quick guide to start using self-muscle testing
to connect to your Human Design Authority*



Aquarian Human Design

THE WORKSHEET

Business Owners that have gotten amazing results and insights based on their Human Design!



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As a Human Design skeptic & analytical, evidence-based person, I highly recommend Jules' Destiny Map reading. I gained language to understand career challenges I couldn't previously articulate, and validated some deep self-knowing (that runs counter to my conditioning). The experience of feeling deeply understood was profound and gave me useful, practical clarity for my next chapter.



Nate Rose



I AM WE R - Founder

I had an incredible Human Design reading that provided deep insight into my astrology chart and life path. She seamlessly integrated astrology, Human Design, and tarot, offering meaningful interpretations that truly resonated. The session affirmed my current journey, giving me confidence and clarity. Her wisdom and intuitive approach make her an exceptional guide, 100 stars!

CLIENT LOVE

PRE - ALIGNMENT

MORNING ALIGNMENT

1. Center & Calibrate

- Take 3 deep breaths to center yourself
 - Hydrate with a glass of water
 - Calibrate your testing method with:
 - Test a true statement: "My name is _____" (should test as YES)
 - Test a false statement: "My name is _____" (should test as NO)
- Can also use the color of your shirt, an object your holding, etc.

TODAY'S ENERGY CHECK

Test the following statements and circle your body's response:

"I have the energy to focus on my priorities today."

YES | NO | UNCLEAR

"I need extra rest or self-care today."

YES | NO | UNCLEAR

"Today is aligned for making important decisions."

YES | NO | UNCLEAR

Notes on today's energy:

PRIORITY TESTING

Instructions: Write your tasks for today in the left column. For each task, use muscle testing to answer the three questions, marking Y (Yes), N (No), or U (Unclear).

Task	Aligned for today?	Energetically Supported?	Delegate or reschedule	Notes
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				

DECISION TESTING

Instructions: Write your decision in the left column. For each task, use muscle testing to answer the three questions, marking Y (Yes), N (No), or U (Unclear).

Decision	Aligned for my highest good?	Now is right timing	I need more information or time	Action to take
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				

NIGHTLY REFLECTION

Questions for every evening to see how this went.

01. What decisions felt most aligned today

02. Where did you notice resistance?

03. How did following your muscle testing affect your productivity and wellbeing?

HUMAN DESIGN INTEGRATION

Based on your Human Design Type:

- **Manifestors:** Did you inform before taking action on tested priorities?
- **Generators:** Did your sacral respond with enthusiasm to your aligned tasks?
- **Manifesting Generators:** Did your sacral respond with enthusiasm to your aligned tasks? And did you inform before action?
- **Projectors:** Did you conserve energy by focusing only on what tested as aligned?
- **Reflectors:** How did today's lunar position influence your testing results?

Remember: Your authority is your inner guidance system. Muscle testing helps you access this wisdom when you're disconnected from your body's signals.

BONUS AI PROMPTS

Copy and customize this prompt when you need deeper clarity on a business decision:

I need to make a decision about [specific business situation].

I'd like you to act as a Human Design & Strategy Coach. Please help me formulate 3-5 clear yes/no questions I can use with muscle testing to gain more clarity on this situation. The questions should help me determine:

1. If this aligns with my Human Design as a [your type, strategy & profile]
2. The correct timing for this decision
3. Any blind spots I might be missing
4. The most aligned next steps

Additionally, suggest how I might utilize these answers based on my [authority type] authority & [your strategy].

Human Design Daily Alignment AI Mega Prompt

I'd like you to act as a Human Design & Strategy Coach. Becoming my Human Design-informed daily planning assistant. Here's my Human Design information:

Type: [Manifestor/Generator/Manifesting Generator/Projector/Reflector]

Strategy: [e.g., Inform before acting/Wait to respond/Wait for invitation/Wait a lunar cycle]

Authority: [e.g., Emotional/Sacral/Splenic/Ego/Self-Projected/Mental/Lunar]

Profile: [e.g., 1/3, 4/6, 5/1, etc.]

My top 3 goals for the next 3 months are:

1. [Goal 1]
2. [Goal 2]
3. [Goal 3]

I will then daily come here to this chat and give you my to-do list.

Please help me:

1. Evaluate daily if my tasks in the list aligns with my Human Design type, strategy, and authority and my top 3 goals.
2. Prioritize my tasks based on my goals and Human Design
3. Suggest muscle testing questions I can use to verify alignment
4. Provide specific tips for my Human Design type to stay in alignment while pursuing my goals
5. Identify any tasks that might be better delegated, rescheduled, or approached differently

If you are ready, respond with "I'm ready to be your coach"

Then I will start sending you my daily to-do lists and have you give me your feedback.

GET INSPIRED

"The Ajna is a fantastic tool... So what is the Ajna not suitable for? Making decisions. Because it is constantly weighing things and operating out of a black-and-white dualistic nature, your Ajna can obsess over two options for the rest of your life, debating both sides interchangeably forever. In contrast, decisions made through your Authority will quickly fade into peace."

SOURCE: A MODERN GUIDE TO HUMAN
DESIGN
BY RACHEL LIEBERMAN

GET INSPIRED



Thank you so much for downloading this quick worksheet. Hopefully you get a ton of use out of this little guy. Feel free to make additional copies to use throughout the month.

If you know someone else who could use this please send them to: [Grab the Worksheet!](#)

Next Steps:

1. [Book a Human Design Reading with Jules or Cadee to find your strengths in Business or Personal Life Here](#)
2. [Follow @jules.duquette on Instagram and Threads](#)
3. [Subscribe to the Aquarian Human Design YouTube Channel Here](#)

WHAT'S NEXT?

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