

REFLECTOR

BY

design



REFLECTOR DECISION-MAKING CHECKLIST



www.reflectorbydesign.com



Prepare for opportunity and get clarity on your decisions using this exclusive
Reflector check-in checklist.

Here's how it works. 

Once you recognize there is a decision you'd like to make, determine if it's significant enough to require a lunar cycle.

Remember, some decisions can be made very quickly if they have minimal impact on your life.

For example, saying yes to an outing on the weekend may turn out to be fun (or not) but it won't have a lasting effect on your lifestyle or overall wellbeing the way a career change could.

The goal of this check-in checklist is to bring awareness to how this possible decision makes you feel, in as many ways as possible. Your body has more wisdom than your mind and it will always give you the clues you need.

During the next 28 days, prepare yourself for this one decision.

For example, if you're deciding whether or not to start an online business, you may encounter job opportunities to work for someone else.

But don't change direction and start deciding whether or not to take the job. Stay focused on the business so you can understand if it's right for you at this time.

There are 28 suggestions on this list. Pick whichever one speaks to you as a starting point and move through one each day in any order you'd like.



REFLECTOR DECISION-MAKING CHECKLIST

1

Without any thought of what it might take to achieve the end result, imagine yourself after the decision has been made. What are the main feelings you experience when you envision yourself on the other side of this choice?

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Pay attention to your words. How are you speaking about the decision you're facing? Notice if you use words like "forced" or "have no choice" when describing your situation.

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This can indicate that you're not feeling aligned with the choice in front of you. Alternatively, maybe you're telling friends you've got "an exciting opportunity to decide on". See the difference? This doesn't mean you say yes or no yet. Just listen to your language.

3

Get curious about the environment. Visit the location you would be in if you said yes to this opportunity or do your best to find a similar environment if visiting isn't an option. What stands out as the most exciting, peaceful, or uncomfortable elements here?

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Stay open to all opportunities. Over the course of your decision, don't be surprised if other related and unrelated opportunities come into your world. These are meant to test your decision by showing you alternatives.

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Consider how any of these feel compared to your original option. Do you have a preference? There's no action required here, simply tap into whatever energy you feel when these options pop up.

5

Talk through your decision. Reflectors get lots of great insights by "sound boarding", which is different from asking someone else to help make the decision for you.

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To sound board correctly, find someone you trust and ask if they'd be willing to listen to you talk through some ideas.

Be clear that they are only listening and asking questions, not telling you what to do.

Now talk through how this process is going! What unexpected things have you discovered? Are there challenges or complications you didn't expect?



6

Any surprises? During your decision process, be aware of big and small things that catch you by surprise and bring joy into your life. Even enjoying a great cup of coffee in the morning can signal that you're in an aligned state.

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Any disappointment? Sometimes we begin a decision with high hopes for what it'll bring. However, that puts a lot of pressure on this thing to make you feel a certain way.

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It's easy to think that a new job will take care of all your financial worries but that's not a guarantee. Instead, focus on how the outcome of your decision will support you in being the best version of yourself rather than what the external benefits might be.

Maybe a new job will let you use skills you've been wanting to share, or a different industry will allow you to learn more about something you've been really interested in lately. See the difference?



8

"Yes, but...". Our minds love to race ahead to the logistics of how to get to the goal but that's not your job right now. Why would you try to figure out the details if you're not even sure you want what's at the finish line? Any time you find your mind drifting into the details, bring yourself back to the decision and take note of your body language.

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9

Get up and move. Decision energy can get stuck in your body if it's something you're putting a lot of focus on. Going for a walk or doing some housework gets your body in motion so the stale energy can move on.

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10

Who is this decision best for? We have all been conditioned to believe that certain choices are the right or smart ones. But if the choice goes against everything that feels right for you, it won't make you happy.

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Consider who in your life would approve of this change and who may oppose it. There's no need for judgement or blame here. Everyone has their own beliefs and now it's up to you to bring awareness to the ones you're facing.



11

Most decisions aren't permanent. It's easy to get carried away and think our choices are set in stone but the reality is that you can change almost anything if it's not working out for you. Don't love your new job? Start looking for a different one.

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Feel like your new neighbourhood isn't a good fit? You can move again. Yes there will always be logistics to work through if you have to reverse a decision but you can take some pressure off yourself when you acknowledge that your choice isn't set in stone.

12

Your decision isn't who you are. Looking to change jobs, location, relationship, or make a major improvement to your wellbeing? Society will try to tell you who you are, since having a clear label helps others understand you.

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But labels like store manager, Canadian, girlfriend, or even smoker, actually say more about who you're currently being than they do about who you are as an individual. You get to choose which labels to keep, and which ones to let go of. How do you feel about a change in label? What label could this decision add?



13

What would make this an easy "yes"? What makes a decision worthy of taking a lunar cycle is the significant impact it can have on your life if you say yes or no. But more importantly, there are usually a few deal breakers that could change this into a really simple choice if they were sorted out.

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Pick at least 3 things that would allow you to make this choice effortlessly if they were dealt with. Consider how significant (or not) these items are in your life.

14

Look at the big picture. When you imagine your long-term plans (if you have them), how does this decision factor into the grand scheme? It can be helpful to put this into perspective, while being honest if it's more of a side adventure than a clear step forward.

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Which supports will you lean on? If you've taken the time to prepare for a new opportunity during this lunar cycle, chances are the choice is big enough that it'll shake up your life a bit.

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Who will be your biggest supporters during this transition? Have you brought them into the conversation yet to consider the impact on them? Now would be a great time.



16

You're meant to resist change. Throughout our evolution, change is the one thing that always takes us down an unfamiliar path. And the human mind doesn't like the unknown because it threatens your safety.

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Give yourself some grace today, knowing that it's completely natural to face challenges when considering a change. Don't let this resistance stop you from eventually deciding to go in an aligned direction. Just appreciate that your mind is trying to keep you safe by making this whole ordeal feel a little tougher than it needs to.

17

Energetic openness. With all 9 centres undefined, Reflectors are susceptible to outside influences much more than any other Human Design type.

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Was this decision prompted at all by someone else's energy or influence? It's ok if it was. At this time all you need to do is bring awareness to where the decision came from.

Is it a life-long dream you're finally wanting to get started on, or was it spur of the moment and now you're giving it a lunar cycle to see if it's a good fit? No judgement or criticism here. Now is the time to notice.



18

What kind of manifestor are you? Your Human Design chart tells you whether you should be very specific in what you manifest or if general ideas work best for you.



Here's how to find out.

- Locate the 4 arrows at the top of your chart and see which direction the bottom right arrow faces. If it faces left, you're a "specific manifestor", so make sure you get crystal clear on the details of your outcome.

If it faces right, you're a "non-specific manifestor", which means you're designed to stay open and flexible so the most aligned option can present itself.

How does your current decision fit in with your manifestation design?

19

Switch up your location. This is different than trying on a location that's relevant to your decision, like if you go to a neighbourhood you're considering moving to.



Sometimes we make decisions when we are comfortable and safe but they end up feeling misaligned in the real world.

See if you can go somewhere new today, even if it's just out to grab a coffee, and take a few minutes to imagine the choice you're facing. You'll get new information, feelings, and insights when you're in an unfamiliar space.



20

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21

Lean on your values for support. Everyone has a set of core values that tend to change slowly over time. What are yours? There's a module inside Reflector Essentials called "Smaller Decisions" that can help you out.

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How does this decision fit in with your values? Can you see the connection or is it out of sync?



22

Pretend you said "no". Preparing for change can initiate a lot of doubt, uncertainty, and even fear. At the same time, there is also a risk when everything stays the same. If you said no to this opportunity, what would you be missing out on?

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Do any phrases or words come to mind? It might be a good time to revisit your values and check in with the themes that are most important to you. See the "Smaller Decisions" module inside Reflector Essentials if you need a refresher.

23

The difference between fear and misalignment. It's totally normal to feel fluttering in your stomach or a surge of adrenaline when you're scared. Doing something new can be scary, so it's important to recognize when the sensations you're experiencing are fear...and when your body is signalling that something is out of alignment.

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Fear comes on quickly and usually leaves just as fast. Misalignment is a nagging sensation that something's just not right. You may get a headache, feel pain in your stomach, or become tired for no reason. See if you can tell them apart so you can make sense of these clues.



24

Just do it. Do something today that mimics what you'd be doing in that "yes" decision state. There's no better way to try on a decision than putting yourself into the final outcome.

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Don't over-think it, just test it out in the simplest way you can. How do your body, mind, and energy react to it?

25

What are you holding onto? Humans are emotional beings and we can get really attached to certain times in our lives, like the glory days of youth or a special era when your kids were growing up. But humans are also meant to grow and change.

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You can evolve as a person and still honour sacred life events. Remember that being a Reflector means your identity isn't designed to stay in one spot for long, so it's ok to switch things up.

26

Domino effect. Sometimes the decision in front of you is actually a secondary decision that requires a bigger first decision to take place.

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If you're considering a job in a new city, you'll also need to decide if that city is a good fit for you. In this case, saying yes to the city comes before saying yes to the job. Does your current decision need a bigger decision to take place before you'll get clarity? If so, now's the time to start that decision process.



27

Time for a break.  Have you ever noticed that great ideas pop into your mind when you're not thinking about anything?

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Today is the perfect day to take a pause on your decision-making. Forget about it altogether. At the end of the day, see how it felt to remove the decision.

28

Follow your curiosity. We're taught to stay focused and take massive action to get what we want but Reflectors have curiosity built into our design for a reason.

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Where does your curiosity want to take you today? Listen to any and all topics that come to mind.



Remember that you don't need to commit to anything! Simply learn, explore, and stay open until your curiosity nudges you in a new direction.

Well done! You're in an excellent position to reflect back on the whole experience. Present the decision to yourself right now and trust the response you come up with.

