

Human Design for Life

Stretching Personal Boundaries

by Renny Sabisch



The Blue Print of Human Design

With the Holistic approach in life coaching, the objective is to help equip a person to regain the right mindset with tools they already have. It is about addressing specific goals, relationships, and general conditions to help identify faulty thinking patterns. By doing so, it will make smoother transitions into the positive lifestyles we desire.

In order to be effective, it is knowing how the human design system of our psychological makeup works. It is like having a compass, a guide, or an instructional manual for our life. The human design is a combination of several different philosophical needs. It is not based on one's belief system solely; rather it is a road map to help us navigate through life efficiently. Not only is it a unique and a powerful built-in design of knowledge, but it also the framework for understanding ourselves and why we do what we do. It speaks to our inner strength, talents, gifts, and even vulnerabilities. This biological design can guide us and instill confidence to help make life easier. It is essential to restoration and finding purpose and meaning that otherwise leaves us lost in the waters of muddled lives.

The real reason why people get "stuck" or feel blocked in their life isn't because they're broken, screwing up or lacking in willpower and character. It's simply because people don't really know who they are and how they operate.

In order to create what you want in your life, you have to:

1. Know who you really are
2. Know what you really want,
3. Understand how to know what is right for you
4. Make decisions that are correct for you
5. Understand how your unique energetic blueprint operates in the world

Stretching Personal Boundaries of Psychological Resilience

Psychological resilience is defined as an individual's ability to properly adapt to stress and adversity. Stress and adversity can come in all different shapes and sizes: anything from family or relationship issues, workplace or health problems, and financial stress's, among several others. That said resilience is not a rare ability; in reality, it is common thing among most people and should be considered as process, rather than a genetically trait. This is a common misconception that people who are resilient, will experience virtually no negative thoughts or emotions, and by doing so, can display optimism in any given situation. Contrary to popular believe, the reality lies within how well we effectively navigate our way around and through crises, or setback, and how well we use it as an effective method of coping. In hindsight, people who demonstrate resilience are people who are more apt to have positive dispositions; they are adept at how to effectively balance negative emotions into positive ones.

Learning to expand your thinking is where the real change and transformation begins. What we value is important to problem solving skills and learning to adapt to certain types of stress.

The human design has remarkable resilience, no doubt, but it is not about changing who you. It is recognizing who you have been all along. The setbacks we experience in life are meant to teach us and bring about positive transformations if we allow ourselves to do so. The resilience of the human spirit, in the face of the ultimate adversity, are found in a number of remarkable stories that I have personally experienced or witness throughout my life. We have many ways of overcoming adversity and resilience is the capacity to adapt successfully in the face of threats or disaster.

The design of Holistic Life Coaching is to help you regain trust in yourself, to know when to act, and what works best for you and your lifestyle.

*"Making a big life-change is pretty scary:
but, you know what's even scarier?*

Regret!"

- Renny Sabisch