

Your Second Mountain Onboarding Workbook

A Guided Return to Your Self

✦ How to Use This Workbook

This workbook is a companion to the onboarding series.

Move slowly. One section at a time. You are not trying to figure yourself out.

You are learning to notice what's already happening — in your body, patterns, and life.

There are no right answers. You may not be sure. You may change your mind.

You may recognize yourself in more than one place. That's okay.

This is not about getting it right. It's about seeing clearly and responding with awareness.

✦ The Path We're Walking

You'll move through: Aligned with podcast episode:

- Your System (1)
- Your Parts (2)
- Your Stage (3-4)
- Your Patterns (5-6)
- Your Energy (7)
- Your Soul Signature (8)

You don't need to hold all of this at once. We'll take it step by step.

PART 1 — YOUR SYSTEM

Self-Esteem + Boundaries: Stability First

Before we change anything, we need language for what's already happening.

Self-Esteem

One-Up — feeling above, more certain, in control (control, criticism, intensity, defensive)

One-Down — feeling below, smaller, or not enough (doubt, shame, collapse, overwhelm)

Boundaries

Walled-Off — protecting through distance (withdrawal, shutdown, disconnection)

Boundaryless — protecting through connection (over-giving, merging, overextending)

The Four Patterns

When these combine, we tend to move into one of four positions:

- One-Up + Walled-Off
- One-Up + Boundaryless
- One-Down + Walled-Off
- One-Down + Boundaryless

These are survival strategies — not personality traits.

✦ Reflection

When I'm under stress, I tend to move toward:

- One-up + Walled-off
 - One-up + Boundaryless
 - One-down + Walled-off
 - One-down + Boundaryless
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What does this look like in my behavior?

What might this pattern be protecting me from?

Your Nervous System

Most days, my nervous system feels:

- Activated (anxious, restless, on edge)
 - Collapsed (tired, numb, shut down)
 - Mixed (fluctuating between states)
 - Regulated (steady, grounded, present)
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What do I notice in my body?

The Survive → Thrive Spiral

When something in your system gets activated, you move into survival. This might look like:

- tightening, controlling, pushing
- collapsing, withdrawing, shutting down
- overextending, losing yourself
- avoiding, numbing, distracting

The goal is not to avoid this. The goal is to notice it — and shift slightly.

Reflection — Your Spiral

When I spiral downward, I notice:

One small way I move upward:

✧ **Reflection:** I am not broken. I am in a pattern.

PART 2 — YOUR PARTS

What Are Parts? Internal Family Systems (IFS)

Parts are different aspects of you that show up as thoughts, emotions, or reactions.

They are protective. They formed in response to real experiences.

They are trying to help — even if their strategies don’t always work now.

Examples might be:

“The one who overthinks”

“The one who shuts down”

“The protector”

“The pleaser”

“The achiever”

Step 1 — Arrive First

Before mapping anything, pause. Take one slow breath.

Feel your body supported by the chair or floor.

Do I feel relatively safe right now?

Yes

Not really (you can skip or just observe)

Step 2 — Who Is Most Present?

Choose one part that feels active right now. You might notice it as a thought loop, a feeling, a tension in your body, or a familiar reaction.

Name this part (use your own words):

Step 3 — How This Part Shows Up

When this part is active, I notice:

- Tightness in my body (where?) _____
 - A strong emotion (what?) _____
 - A repeating thought or belief _____
-

This part tends to show up when:

Step 4 — What Is This Part Trying to Do?

Every part has a protective intention.
Even if it doesn't feel helpful, it is trying to do something for you.

This part is trying to:

- Keep me safe
 - Prevent pain
 - Maintain connection
 - Stay in control
 - Avoid overwhelm
 - Other: _____
-

What might this part be afraid would happen if it stopped?

Step 5 — What Might This Part Be Protecting?

Often, protective parts are guarding something more vulnerable.
You don't need to go deep here — just notice.

This part may be protecting something that feels:

- Afraid
- Sad

- Ashamed
 - Lonely
 - Overwhelmed
 - Not sure — and that’s okay
-

🌟 Step 6 — Bringing in Self-Energy

You don’t need to change anything. Just notice how you relate to this part.
Right now, toward this part, I can offer:

- Curiosity
- Compassion
- Appreciation
- Space
- Nothing yet — that’s okay

One gentle sentence I might say to this part: “_____”

🧠 Reflection (Optional)

After completing this, notice:
Did anything soften, shift, or become clearer?

What did I learn by listening instead of pushing?

🌟 Closing Reminder

You did not create these parts. They formed in response to real experiences.
This is not a diagnosis. It’s a doorway to **Self-leadership**.
You can return to this anytime — even just to notice who’s present.



PART 3 — YOUR MAP

What This Is: The Heroine's Journey

This is a map to help you understand where you are in your process.
Not where you *should* be. Not where you wish you were. Just where you are.

Important

You are not behind. There's no doing this wrong. You are in a stage, and each has a purpose.

The Five Stages

Read through each stage slowly and notice what resonates.

Stage 1 — Separation & Survival

Something has shifted or ruptured. You are stabilizing, adapting, getting through the day.

Stage 2 — Descent

You are feeling more. Grief, anger, truth, and old wounds are surfacing.

Stage 3 — Initiation / Alchemy

You are beginning to face patterns, meet your parts, and do deeper inner work.

Stage 4 — Integration

You are practicing new ways of being. You're noticing patterns sooner and returning to center more often.

Stage 5 — Return

You feel more aligned, more Self-led. You may feel called to express, create, or share what you've learned.

What Stage Do I Resonate Most with Right Now?

- Stage 1 — Survival
- Stage 2 — Descent
- Stage 3 — Alchemy
- Stage 4 — Integration
- Stage 5 — Return

Why?

 **What This Stage Feels Like**

Right now, I feel:

- Overwhelmed / just getting through
- Heavy / grieving / inward
- Triggered / confronting patterns
- Steadier / practicing new responses
- Clearer / more aligned / expanding

What does this feel like in my body and daily life?

 **What This Stage Needs**

Every stage has a job. What do I need most right now?

✧ **Gentle Orientation**

What would it look like to **honor this stage**, instead of trying to move past it?

 **Where Am I Being Invited?**

Right now, I feel invited to:

- Stabilize and slow down
- Feel and process what's been avoided
- Face patterns or protective strategies
- Practice new ways of responding
- Express or share something emerging

What feels true?

 **Glimpses of Growth**

Even small shifts matter. Where do I already see signs of change?

What feels different — even subtly?

 **What Am I Resisting?**

Often, the next step is the one we resist. What stage or movement am I avoiding right now?

What feels uncomfortable about that?

 **Returning to Center**

When I feel activated or pulled into survival patterns, what helps me come back to myself?

 **One Grounded Next Step**

Not a big leap. Just one step. What is one small, steady action I can take next?

 **Final Reflection**

I am not behind. I am in a stage. And this stage has a purpose. Growth doesn't mean I've arrived. It means I'm moving — with awareness, compassion, and choice.

PART 4 — YOUR PATTERNS

What This Is: Enneagram – Patterns Under Stress

The Enneagram is often taught as a personality system. Here, we're using it to understand your **pattern under stress**.

✦ Important

You are not your type. Your type is a pattern your system learned to:

- stay safe
- stay connected
- stay in control
- avoid overwhelm

The goal is not to “figure it out perfectly.”

The goal is to **recognize what you do when things feel hard**.

Step 1 — Start with Your Body (Quadrants)

Under stress, notice what happens first.

Self-Esteem

One-Up: You feel tighter, more certain, more controlling, more defended

One-Down: You feel smaller, less certain, more doubtful, more overwhelmed

Boundaries

Walled-Off: You move away — withdrawing, shutting down, disconnecting

Boundaryless: You move toward — over-giving, merging, overextending

✦ Your Pattern

Under stress, I most often move toward:

- One-Up + Walled-Off
 - One-Up + Boundaryless
 - One-Down + Walled-Off
 - One-Down + Boundaryless
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What does this look like in real moments?

Step 2 — Name the Fear Beneath the Pattern

Underneath every pattern is a core fear. When I'm in stress, I'm trying to prevent:

- Being abandoned or left
- Losing control or being overpowered
- Being seen as flawed or not enough
- Being overwhelmed or depleted
- Being unsafe or unprepared

What feels most true?

Step 3 — Read and Notice

Read through the types slowly. You don't need to analyze. Just notice:

- what feels familiar
- what shows up in your hard moments
- what feels slightly uncomfortable but true

Enneagram Types (Condensed)

- | | |
|--------------------------|-------------------------------|
| 1 — control | 2 — pleasing |
| 3 — achieving | 4 — withdrawing emotionally |
| 5 — withdrawing mentally | 6 — vigilance |
| 7 — avoidance | 8 — control through intensity |
| 9 — numbing | |

ENNEAGRAM TYPES BY QUADRANT

One-Up + Walled-Off

Type 1 — Reformer — “If I do it right, I’ll be safe.”

Tends toward control, rigidity, inner criticism

Type 3 — Achiever — “If I succeed, I’ll matter.”

Tends toward overworking, image management, disconnection

Type 6 — Loyalist — “If I stay alert, I’ll be safe.”

Tends toward vigilance, doubt, control or collapse

One-Down + Boundaryless

Type 2 — Helper — “If I’m needed, I’ll be loved.”

Tends toward over-giving, rescuing, self-abandonment

Type 9 — Peacemaker — “If I stay agreeable, everything will be okay.”

Tends toward numbing, disappearing, avoiding conflict

One-Down + Walled-Off

Type 4 — Individualist — “Something essential is missing.”

Tends toward withdrawal, comparison, emotional intensity

Type 5 — Investigator — “I need to conserve energy to survive.”

Tends toward withdrawal, overthinking, withholding

One-Up + Boundaryless

Type 7 — Enthusiast — “If I stay positive, I won’t feel pain.”

Tends toward distracting, avoiding, over-expansion

Type 8 — Challenger — “If I stay strong, I won’t be hurt.”

Tends toward intensity, control, dominance

✧ Narrow It Down

Of the types you resonated with, choose 1–2:

Type _____

Type _____

Now ask:

- Which one shows up most consistently under stress?
- Which one feels least flattering, but most familiar?

Your type is often the one that feels slightly uncomfortable to admit.

Step 4 — Return to Center

Instead of “What type am I?” Ask, “What would bring me back to center right now?”

- Softening self-judgment
 - Setting or holding a boundary
 - Slowing down and regulating
 - Reconnecting with my body
 - Asking for support
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What do I need most right now?

✓ Quick Check

Does this type: • show up when stressed? • feel automatic, not chosen? • reflect a long-standing pattern? If yes — you’re likely close. If not — stay curious.

✧ Final Reflection

You are not your type. You are not your pattern. You are the one who can notice, soften, and return to center. This is not about getting it right. It’s about choosing differently.

⚡ PART 5 — YOUR ENERGY

🌀 What This Is: Human Design — How You're Designed to Move

So far, you've looked at:

- Your System
- Your Parts
- Your Stage
- Your Patterns

This section is different.

It is about your **natural energy** — how you move when you're not overriding yourself.

✦ Important

This is not something to get right. You don't need to understand your full chart.

We're just starting with one thing: 🖱️ your **Type**

🔍 Step 1 — Find Your Type

Go here: <https://app.mybodygraph.com/free-chart>

Enter your birth date, time, and location.

For now, just note your **Type**:

- Generator
 - Manifesting Generator
 - Manifestor
 - Projector
 - Reflector
-

🌀 Step 2 — Understand Your Energy

Read the type you selected slowly. You may resonate immediately, or not at all. Just notice.

🟢 Generator

Energy is steady, responsive, and builds over time

You're designed to respond to what shows up, not force initiation

When out of alignment: frustration, pushing, forcing

When aligned: satisfaction, steady energy, grounded engagement

Manifesting Generator

Energy is fast, multi-directional, and responsive

You're designed to explore, pivot, and follow what lights you up

When out of alignment: frustration, scattered energy

When aligned: excitement, flow, creative momentum

Manifestor

Energy initiates and creates movement

You're designed to start things, not wait for permission

When out of alignment: anger, resistance, shutdown

When aligned: peace, clarity, impact

Projector

Energy is focused, perceptive, and guiding

You're designed to see clearly and guide others — not sustain constant output

When out of alignment: bitterness, exhaustion

When aligned: recognition, ease, insight

Reflector

Energy is sensitive, receptive, and reflective

You're designed to sample and reflect your environment

When out of alignment: disappointment, confusion

When aligned: surprise, clarity, alignment with environment

Reflection

What feels accurate about this?

What feels relieving or validating?

What feels confusing or unclear?

 **Step 3 — Try a Small Experiment**

Instead of trying to “be your type,” just try one small shift. Choose one:

- Pause before initiating
- Notice what I’m responding to
- Communicate before acting
- Rest instead of pushing
- Wait and observe

What experiment feels right for me this week?

✦ **Reflection**

What might change if I trusted my energy just a little more?

✦ **Closing Reminder**

You don’t need to force your way forward. Your system already knows how to move.

This is about learning to **listen instead of override.**

PART 6 — YOUR SOUL SIGNATURE

What This Is: Integration — Patterns × Energy × Stage

You've just learned your System • Parts • Stage • Patterns • Energy
This section brings those together.

❖ Important

This is not a fixed identity. It's not something you have to get exactly right.
Your Soul Signature is simply:

- 👉 a way of naming where you are,
 - 👉 so you can move forward with more awareness.
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Step 1 — Your Energy

From the last section, what is your Human Design energy type?

Step 2 — Your Stage

From the Heroine's Journey, where are you right now?

❖ Hold It Lightly

Before moving on, take a breath. You don't need certainty. You don't need precision.
Just notice what feels **most true right now**.

Step 3 — Read and Notice

Below is a list of Soul Signature archetypes. Each one combines energy and a stage.
Read slowly. You're not analyzing — you're noticing:

- what feels familiar
- what creates a small internal reaction
- what feels slightly uncomfortable, but true

SOUL SIGNATURE ARCHETYPES

GENERATOR

- G1 — The Tired Torchbearer: Showing up, but running on depletion instead of true energy
 - G2 — The Devoted Flame: Giving deeply while losing connection to your own needs
 - G3 — The Sacred Spark: Energy waking up, but still moving in bursts of chaos and truth
 - G4 — The Grounded Mystic: Learning to trust your rhythm and root into steady practice
 - G5 — The Embodied Flame: Consistent, alive energy expressed in a way that feels yours
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MANIFESTING GENERATOR

- MG1 — The Masked Multitasker: Doing a lot to stay ahead, but not all of it is aligned
 - MG2 — The Shapeshifting Seeker: Exploring many paths, searching for what truly fits
 - MG3 — The Chaotic Catalyst: Disrupting patterns with fast-moving, truth-driven energy
 - MG4 — The Discerning Devotee: Choosing what's truly yours and committing with clarity
 - MG5 — The Radiant Synthesizer: Bringing ideas/energy together into something powerful
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MANIFESTOR

- M1 — The Dormant Firestarter: Initiating energy is present, but held back or suppressed
 - M2 — The Disruptive Truth-Teller: Beginning to speak/act from truth, even if unsettling
 - M3 — The Untamed Firestarter: Powerful energy that moves before it's fully grounded
 - M4 — The Rested Revolutionary: Leading from alignment instead of force
 - M5 — The Liberated Leader: Initiating with clarity and trust
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PROJECTOR

- P1 — The Invisible Guide: Seeing clearly, but often feeling unseen or unrecognized
 - P2 — The Emerging Seer: Beginning to trust your insight and let yourself be seen
 - P3 — The Untamed Oracle: Speaking truth in ways that challenge expectations
 - P4 — The Discerning Dreamer: Learning what is truly worth your energy and attention
 - P5 — The Visionary Guide: Leading others with clarity without overextending yourself
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REFLECTOR


- R1 — The Shapeshifting Survivor: Adapting to stay safe, often losing your center
 - R2 — The Emerging Mirror: Beginning to see what's yours and what isn't
 - R3 — The Chaotic Channel: Feeling everything intensely and learning how to hold it
 - R4 — The Luminous Hermit: Cultivating space, clarity, and inner rhythm
 - R5 — The Mirror Priestess: Reflecting truth and wisdom from a grounded, centered place
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✦ **Your Soul Signature**

Write what feels most true:

✦ **What About This Feels Accurate?**

✦ **What Feels Slightly Uncomfortable (but true)?**

 **Living Your Signature**

This is where it becomes real. My energy, in 1–3 words:

The pattern I'm beginning to meet with compassion:

The gift that feels quietly present beneath the surface:

What helps me return to center:

 **Integration**

Not a big leap. Just one shift. If I trusted my energy 5% more this week:

One small, grounded next step:

✦ **Final Reflection**

This is not fixed. This is not final. You are not becoming someone new.
You are remembering who you are — without the patterns that protected you.

✦ **You Can Return to This Anytime**

Your answers may change. Your stage will shift. Your patterns will soften.
This is a snapshot. Not a definition.

CONTINUE YOUR JOURNEY

Phase 0 — Regaining Focus

You've just completed the onboarding. You've slowed down.

You've begun to notice your patterns. You've named where you are. That matters.

✦ **If You Want More Structure**

Inside the membership hub, this work continues in:

Phase 0 — Regaining Focus

A place to:

- move more slowly
 - stay connected to what you're noticing
 - return to center
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The Full Path

- Phase 0 — Regaining Focus
- Phase 1 — Clarifying What I Want
- Phase 2 — Surfacing Obstacles
- Phase 3 — Befriending Obstacles
- Phase 4 — Releasing Burdens & Inviting Gifts
- Phase 5 — Making it Safe to Explore Gifts
- Phase 6 — Embedding Intentions
- Phase 7 — Pursuing Goals Passionately
- Phase 8 — Releasing Expectations & Opening to Synchronicity

Each phase builds on the last — offering structure, containment, and optional support.

✦ **Closing**

You don't need to climb the whole mountain. You just began. And that's enough.
