



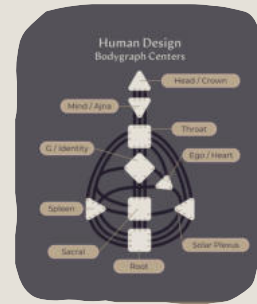
Reclaim the Leadership You Were Designed For

A Guided Journal

The Clarion Path™
Decondition → Reclaim → Resound

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Welcome!



I'm Joanne Panarisi-Bottone
Certified Executive & Human
Design Leadership Coach | Founder
of Intrinsic Wisdom Coaching

This guided journal is your invitation into the sacred process of reclaiming your original blueprint—your true design—before the world told you who to be.

Inside, we'll explore three foundational aspects of your Human Design—the stepping stones of your Clarion Path™—to begin the liberating journey of:

DECONDITION → RECLAIM → RESOUND

This space is for women leaders who are done performing, pleasing, and producing. It's for those rewriting what life, work, and leadership feel like—from the inside out.

You're not starting over—you're returning home.

Joanne

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GUIDED JOURNAL

Flow



04

Human Design Blueprint

Use your blueprint to identify and write down your Type, Decision Making Authority (Strategy) and Profile

5-6

Type & Strategy

What's your type and decision making strategy? Are you operating from your not-self or in alignment?

9-14

Profile (Public Role)

What do your 2-numbers and name of your profile tell you? Are you performing or showing up authentically?

15

Pulling It All Together

Your Type, Strategy & Profile - the first step toward stepping into the leadership you were designed for.

Human Design Blueprint

Use your human design blueprint to identify and write down your Type, Strategy and Profile.

Type _____

Type describes your energetic role and how your life force is designed to move through work, relationships, and leadership. You experience more ease and impact – living in alignment.

Strategy _____

Strategy is your outer decision filter — how you're designed to engage with life so things come to you correctly and you waste less energy.

Profile (Public Role) _____

Profile is a blend of two numbers representing your conscious (first number) & unconscious (second number) traits. Living your Profile helps you stop performing and start showing up in the way that's most authentic—and most influential—for you.

Our minds like repetition to understand.
Continue to read more to satisfy your mind.

5-Types & Strategies

Type	Strategy	Description
Manifestor	Inform before acting	You're here to initiate and spark action. Informing reduces resistance and amplifies impact.
Generator	Wait to respond	You're designed to respond to life with your sacral "yes" or "no." Follow what lights you up.
Manifesting Generator	Wait to respond, then inform	Respond first, then inform others before taking action. You move fast but need alignment.
Projector	Wait for the invitation	You're here to guide, not do. Wait to be invited and recognized before offering direction.
Reflector	Wait a full lunar cycle	You mirror your environment. Take 28 days to gain clarity before big decisions or shifts.

Type & Strategy Contemplation

Type Description: *Mind → Body*

1. When in your life do you feel most “like yourself” — energized, clear, and impactful? What were you doing, with whom & where were you doing it?
2. Where are you most likely to override your natural pace or role — pushing, proving, rescuing, or forcing outcomes — and what does that cost you (body, mood, relationships, confidence)?
3. If you stopped trying to lead the way you think you should, what is the contribution you know you’re here to make — the one that feels effortless, honest, and unmistakably “you”?

What does your body know... that your mind keeps trying to override? **Notice what you feel in your body & where.**

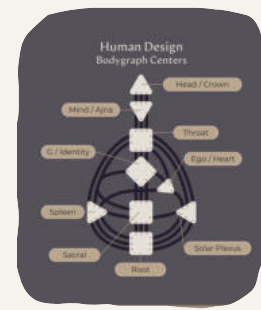
Strategy: *Mind → Body*

1. How do you meet opportunities (people, work, invitations...)
2. What’s the correct way for life to come toward you?
3. What should you do first — initiate, respond, wait, be recognized?

What does your body know... that your mind keeps trying to override? **Notice what you feel in your body & where.**

Pause... 3-Breaths... Connect with Body
Journal – next page.

Type & Strategy Contemplation Journal

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There are 12 - Human Design Profiles (Public Roles)

Public Role (Profile) is a blend of two numbers representing your conscious (first number) & unconscious (second number) traits.

Living your Profile helps you stop performing and start showing up in the way that's most authentic—and most influential—for you.

The next pages offer an introduction to each profile, along with a gentle first step into **deconditioning** —guiding you toward **reclaiming** your design and **resounding** your unique way of leading.

The Clarion Path™
DECONDITION → RECLAIM → RESOUND

Profiles (Public Role)

1/3 – The Experienced Authority

A resilient and introspective individual who craves deep knowledge and learns best through **trial and error**. Her wisdom is forged through personal experience, making her a **solution-driven guide** who is both grounded and adaptable.

 *She is trusted for her hard-won wisdom and leads by demonstrating what really works.*

- **Decondition:** Release fear of inadequacy or needing to "know more" before acting. Your wisdom is forged in real-life experience.

"What does your body know... that your mind keeps trying to override?"

1/4 – The Expert Networker

An introspective thinker with a thirst for knowledge who **thrives through close relationships and community**. She blends a strong foundation of learning with social influence, making her a **credible voice within trusted networks**.

 *Success flows through collaboration and sharing her findings with her community.*

- **Decondition:** Let go of isolation or fear of being unprepared. Your power comes from connecting and learning.

"What does your body know... that your mind keeps trying to override?"

Profiles (Public Role)

2/4 – The Natural Influencer

Possessing **natural talent and inner harmony**, this profile thrives when called out by others and supported by authentic connections. She balances her love for **solitude** with the ability to shine in the right social environments.

 *She influences effortlessly when surrounded by trusted relationships and stays energized by aligning with her natural flow.*

- **Decondition:** Stop hiding your gifts. You're not here to prove or hustle —your genius is innate.

"What does your body know... that your mind keeps trying to override?"

2/5 – The Masteful Leader

A **quiet yet powerful leader**, known for delivering practical, often heretical solutions. She's naturally talented and often projected upon to "save" others, but **thrives when trusted, not chased**.

 *Balance is key — she must guard her energy, only stepping in when the moment and the trust are right.*

- **Decondition:** Release fear of projections or needing to be everything to everyone.

"What does your body know... that your mind keeps trying to override?"

Profiles (Public Role)

3/5 – The Innovative Leader

An **experiential trailblazer**, constantly learning what works (and what doesn't) through **hands-on discovery**. Others turn to her in crisis, trusting her ability to fix, guide, and innovate.

🔑 *Her leadership is credible because she's walked through fire and come out wiser.*

- **Decondition:** Let go of perfectionism and fear of failure. Your value lies in what you've tried.

"What does your body know... that your mind keeps trying to override?"

3/6 – The Transformational Guide

Lives a life of **phases**, starting with trial and error, maturing into reflection, and ultimately becoming a **role model of hard-won wisdom**. She's meant to inspire others by embodying transformation.

🔑 *Her power lies in her authenticity — she becomes a guide by integrating life's toughest lessons.*

- **Decondition:** Release shame around early life chaos. You were designed to grow through it.

"What does your body know... that your mind keeps trying to override?"

Profiles (Public Role)

4/1 – The Influential Authority

A blend of **deep knowledge** and **community connection**, she is here to **master a specific subject** and share it through her network. Her fixed path gives her a unique stability among profiles.

🔑 *She must stay true to her lane, cultivating trust through both depth and connection.*

- **Decondition:** Let go of pressure to be more flexible. You're not here to shift with the wind—you're here to stand strong.

"What does your body know... that your mind keeps trying to override?"

4/6 – The Influential Visionary

A warm connector and **authentic role model**, she influences her world by being **genuinely herself**. Life phases deepen her wisdom, which she then shares from a place of integrity and experience.

🔑 *Her strength is in showing others how to live authentically while staying deeply connected.*

- **Decondition:** Release early-life people-pleasing or overgiving. You're evolving into a visionary.

"What does your body know... that your mind keeps trying to override?"

Profiles (Public Role)

5/1 – The Leading Authority

Seen as the **go-to problem solver**, she combines **thorough investigation** with **projected leadership**. She must be discerning about what she takes on, as people naturally look to her for answers.

 *Setting boundaries and mastering her field ensure she remains a trusted and influential leader.*

- **Decondition:** Stop over-correcting others' projections. You are not here to fix everyone.

"What does your body know... that your mind keeps trying to override?"

5/2 – The Selective Leader

A **gifted but private problem-solver** who provides powerful, universal solutions when she feels called. She is **selective about where she gives her energy**, engaging only when it feels aligned.

 Solitude fuels her genius; discernment protects her from the weight of others' projections.

- **Decondition:** Release the pressure to be "on" all the time. You don't have to show up for everyone.

"What does your body know... that your mind keeps trying to override?"

Profiles (Public Role)

6/2 – The Authentic Guide

A wise and **naturally gifted role model**, she inspires by simply being herself. Through a life of growth and observation, she becomes a **detached, big-picture guide** who offers sage, unbiased wisdom.

🔑 *Her authenticity, objectivity, and lived experience make her deeply trustworthy and influential.*

- **Decondition:** Don't rush your emergence. Your time of influence will come.

"What does your body know... that your mind keeps trying to override?"

6/3 – The Innovative Visionary

This profile embodies **deep transformation through life's challenges**. A visionary with practical solutions, she learns by living — and later emerges as a **powerful force for evolutionary change**.

🔑 *She is here to lead through wisdom gained in the trenches, and to guide others into a better future.*

- **Decondition:** Let go of discouragement. Your past chaos was preparing you.

"What does your body know... that your mind keeps trying to override?"

Pulling It All Together

Your Key Takeaways

You've just begun your journey along the Clarion path of deconditioning —
a return to what's always been within you.

Use this space to **anchor** what's risen to the surface.

What feels clear now?
What truths are echoing louder?
What will guide your next aligned step?

My 3 Key Takeaways:

① _____

② _____

③ _____

This is how you begin to Step Into the Leadership You Were Designed For.

DECONDITION → RECLAIM → RESOUND

What Became Clear — Reflections from Women Who Lead



MARIA K.

Founder CORE Leadership

If you have the chance to uncover your Human Design and work with Joanne, take it. It will change the way you see yourself—and how you show up in your life and work.



ALISON B.

CEO HHUNY-Upstate NY

Joanne's Human Design coaching offered clarity, insight, and true activation. I saw myself—and my next steps—with fresh perspective.





Congratulations on Taking Your First Step onto the Clarion Path™

You've done something rare—and powerful.

You chose to pause, reflect, and return to the truth of who you are beneath the roles, patterns, and pressures.

This journal is just the beginning—a reintroduction to your innate clarity and the unique way you're designed to lead.

If you're ready to go deeper, I invite you into the next step:

Book Your Complimentary Leadership Alignment Audit

A 45-minute session designed for the soulful woman ready to rise—by remembering her truth. This session combines your self-inquiry reflections with your Human Design blueprint.

This call is also the most aligned way to discover if working together is the next right step—or not.

Either way, it's a powerful space to return to your truth.

[!\[\]\(e67eff789babac868c3bd58f85840c5a_img.jpg\) **Click here!**](#)

You'll know if it's for you. I trust your inner authority.

Leading by Design

Joanne Panarisi-Bottone

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