



Vitality by Design

Welcome

to the Vitality by Design Library & Community! I'm so excited that you want to learn more about your Human Design Chart and the charts of those in your life.

It is my belief that one of the main ways we heal and raise the frequency of the world around us is when you first love and accept your unique self, only after that can you truly love and accept others for who they are designed to be.

You are about to embark on an incredible journey of self awareness!

I created this library just for you as an educational & affordable way to understand your Human Design Chart. The Human Design system is complex because it synthesizes so many ancient modalities and modern sciences. My intention for Vitality by Design is to take this complicated system and make it simple for you to understand, contemplate, and implement in your own life.



Getting Started:

What's included

Your Vitality by Design membership includes...

- ✓ Access to an ever expanding library of videos for each of the Human Design Chart aspects.
- ✓ Community Chat where you can connect with others on their Human Design Journey, share insights, breakthroughs & ask questions.
- ✓ Ability to ask questions after each video and get answers directly from me for deeper understanding & clarification.

Where to start

The Human Design chart can seem very complicated that it can be overwhelming and a lot of the time you're not sure where to start, especially with the amount of content Vitality by Design has.

In the next page I will walk you step by step on how to use this membership to its fullest potential.

If at any point you have questions or issues please email my team:

Support@MalloryRiess.com

RoadMap to Success

Step 1

After signing up for Vitality by Design you will receive an email with instructions to set up your account on my website: MalloryRiess.com

Step 2

Log into my Educational Empowerment area at: MalloryRiess.com/members

In your welcome email there will be a video showing you how to do this if you're unclear

Step 3

For easier access download the AttractWell app, which is my hosting platform. You will also get an email with instructions on how to do this as well!

Step 4

Once you are logged in watch the Welcome Video under the "Welcome" Section in Vitality by Design to walk you through how to navigate the platform

Step 5

Introduce yourself in the Community Chat! You can include your Energy Type, Profile, & Authority. How long you've been in your experiemnt for, questions you have, and what brought you to Viality by Design!

Suggested Path to start your Chart Explorations

Step 1

Watch the Human Design Introduction Video, this will give you a background of the Human Design System

Step 2

With whatever Human Design Chart you want to understand whether it's yours or someone else's start with understanding the: Energy Type, Strategy, & Authority

Step 3

Watch the Signature & Not-Self theme videos for the chart so you know what sign posts to look out for.

Step 4

Watch the Profile Video so you can understand how you or the person your exploring is desgined to operate at a personality level

Step 5

Explore the rest of the chart features in whatever order you wish. Once the Energy Center videos are uploaded into Vitality by Design this is a great next step!