

# The Child Transportation System

## ROAD TO

## 📍 Building Self-Worth 📍

### Welcome Center

- 📍 What's CTS?
- 📍 Building Self-Worth
- 📍 Vehicle Purpose

### Driving School

- 📍 How to Drive
- 📍 Healthy Use of Fuel
- 📍 Check Engine



### Fueling Station

- 📍 Fuel Maps
- 📍 Fuel Types
- 📍 Fuel Storage

### Service Center

- 📍 GPS
- 📍 Vehicle ID Number
- 📍 Maintenance

Scan to Learn More  
about the Program!



# Pack Your Bags



This program uses The Child Transportation System (CTS) to help children tune into their natural way of moving through life and to build self-worth. It will not only build self-worth in the children you work with but will also create awareness and compassion for how we are all uniquely different. As you navigate this program you will build self-worth in the children you work with by empowering them to tune into and discover who they are naturally.

This program shares the foundational knowledge for how children move through life and make decisions naturally using a personality assessment tool based on their birth information. It is designed to celebrate the natural differences of children and honor the way they are born to move in the world and not provide another way to label or categorize them.

It introduces all the possible ways children are born to move through life and is designed to allow a child to tune into their own inner knowing of who they are naturally. It's like letting them "test drive" all the vehicles in The Child Transportation System (CTS) before finding out which one is the best fit for who they are naturally. They learn from the experience regardless of whether they are incorrect about which vehicle they believe is their best way of moving through life. Towards the end of the program you will learn how to use a child's birth information to find out the specifics for how they were born to move through life naturally.

Have fun on your road trip adventure as you help children discover who they are naturally!

# The Child Transportation System

The Child Transportation System (CTS) concepts in this program are:

## Stop #1: Welcome Center

- **What is The Child Transportation System (CTS)?:** the background and concept
- **Building Self-Worth:** what is it and how to build it in children
- **Vehicle Purpose:** introduction to the various ways we work in the world
- **Bonus Activity:** The Child Transportation System Road Trip E-Book

## Stop #2: Driving School

- **How to Drive:** the 5 different vehicles and their unique way of moving in the world
- **Healthy Use of Fuel:** the signal that helps the child know they are aligned
- **Check Engine:** the signal(s) that tells you something might be out of alignment
- **Bonus Activity:** vehicle coloring pages

## Stop #3: Service Center

- **GPS (Inner Guidance System):** the different ways children make decisions naturally
- **Vehicle ID Number:** the natural ways children learn and interact with others
- **Maintenance:** using Tapping (EFT) to give the vehicle a tune-up
- **Bonus Activity:** “My Vehicle Story” activity

## Stop #4: Fueling Station

- **Fuel Maps:** the individual owner’s manual for a child and where to get it
- **Fuel Types:** the 9 different types of fuel and how a child experiences them
- **Fuel Storage:** the 5 different ways the fuel can be stored in a child’s vehicle
- **Bonus Activity:** 100 Fun Road Trip Questions

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# The Child Transportation System

## Quick Start Guide

### Vehicle Information

Every child moves through life similar to **one** of five vehicles. Each vehicle has a unique purpose, strategy for how to best drive it, and special signals to know whether fuel is being used in a healthy way or not.



#### The Train

Vehicle Purpose	Bring New Ideas to the World
How to Drive	Announce First Then Drive
Healthy Use of Fuel	Peace
Check Engine	Anger



#### The Car

Vehicle Purpose	Build the World
How to Drive	Wait for the Green Light
Healthy Use of Fuel	Satisfaction
Check Engine	Frustration



#### The Sports Car

Vehicle Purpose	Build the World Quickly
How to Drive	Wait for the Green Light
Healthy Use of Fuel	Satisfaction
Check Engine	Frustration and Anger

# The Child Transportation System



## The Motorcycle

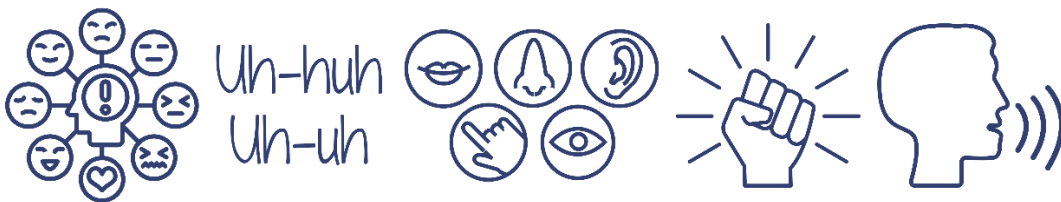
Vehicle Purpose	Help Others be their Best
How to Drive	Wait to be Seen and Invited
Healthy Use of Fuel	Success
Check Engine	Bitterness



## The E-Bike

Vehicle Purpose	Show Others What is Possible
How to Drive	Wait for Feelings of "Home"
Healthy Use of Fuel	Surprise
Check Engine	Disappointment

## GPS (Inner Guidance System)



Every child has **one** unique GPS that helps them make decisions.

Feelings	Wait for emotional wave to settle
Sounds	Listen to sacral sounds (uh-huh, uh-uh)
Senses	Intuitive signal in the moment (five senses)
Willpower	How full is my willpower fuel tank?
Words	Listen to yourself talk out loud

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## Vehicle ID Number (VIN)



Every child has **one** unique Vehicle ID that helps them understand how they learn and interact with others.

1Q-3E	Question	Experiment
1Q-4S	Question	Social
2N-4S	Natural	Social
2N-5M	Natural	Mirror
3E-5M	Experiment	Mirror
3E-6E	Experiment	Experiment
4S-1Q	Social	Question
4S-6E	Social	Experiment
5M-1Q	Mirror	Question
5M-2N	Mirror	Natural
6E-2N	Experiment	Natural
6E-3E	Experiment	Experiment

## Fuel Storage



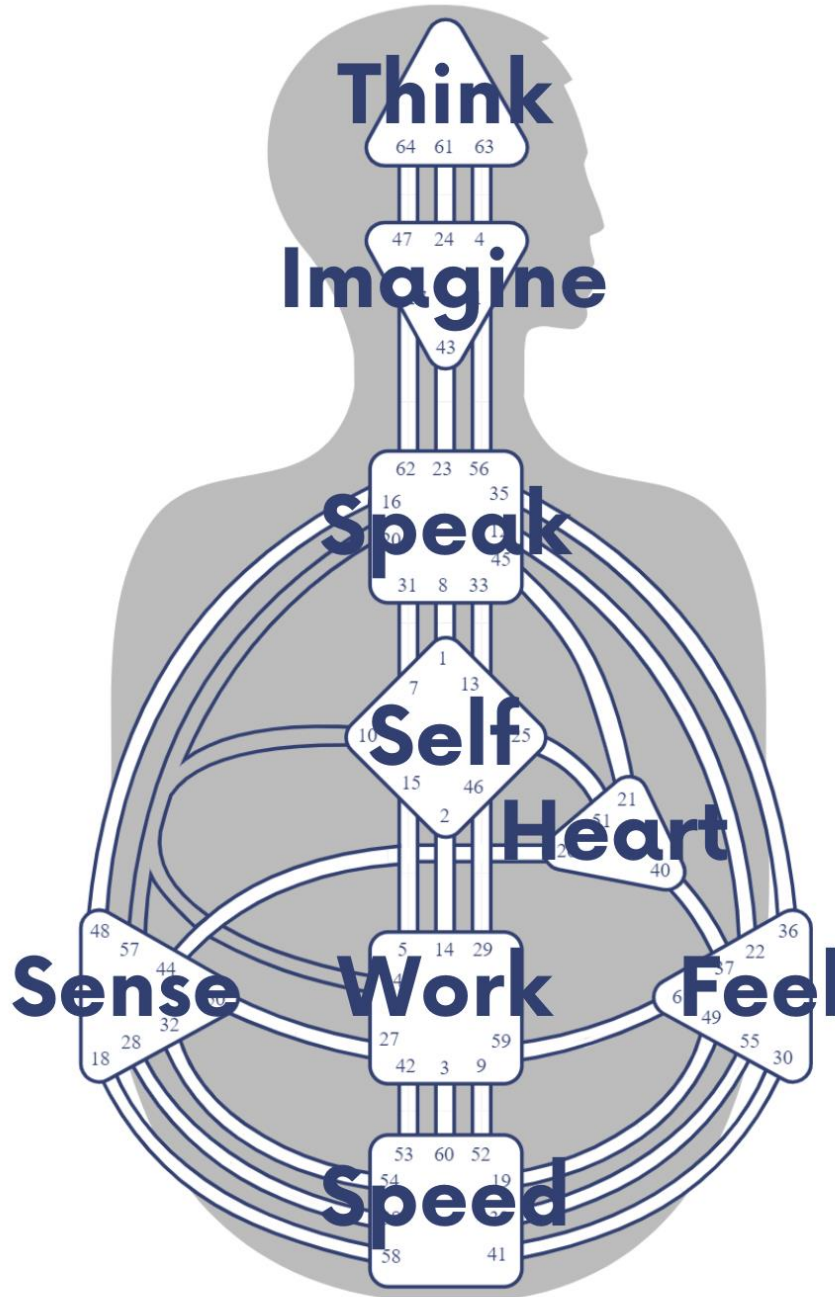
Every child has **one** unique way of storing fuel that helps them understand more about how to connect to their fuel.

No Tank	Needs outside sources to wake fuel up
One Tank	Always connected to their fuel
Split into Two Tanks	Needs to be with others
Split into Three Tanks	Needs to be with lots of different people
Split into Four Tanks	Needs time to process and to be with others

# The Child Transportation System

## Fuel Types

Every child has access to the 9 different fuel types either naturally (shape is shaded) or when interacting with others (shape is not shaded).





# Stop # 1: Welcome Center



This first stop at the “Welcome Center” introduces the background information for The Child Transportation System (CTS). It answers the question “What is The Child Transportation System”, discusses self-worth and how to build it, and introduces the various purposes children have for being in the world. Check out the bonus activity for stop #1 which is an E-Book called The Child Transportation System Road Trip that you can use to introduce the content to children.

Page 10: What is The Child Transportation System (CTS)?

Pages 11-12: Building Self-Worth

Pages 13-15: Vehicle Purpose

# The Child Transportation System

## What is The Child Transportation System?

Every child is unique and their path through life is their own. But there are traits that children are born with that are part of who they are naturally. Some children will have some of these in common with others like blonde hair or brown eyes. The same is true for how a child operates in the world and moves through life. There are natural similarities and differences in how children move and use the fuel in their body. Some move fast and some move slow. Some feel things deeply and some don't show much emotion. One of the ways to explain these similarities and differences is using The Child Transportation System (CTS).

The Child Transportation System (CTS) teaches that children move through life similar to one of five vehicles (Train, Car, Sports Car, Motorcycle, and E-Bike). There are traits specific to each vehicle and learning about them helps children tune into their understanding for how they are born to operate in the world. Using The Child Transportation System (CTS) we are able to understand the different ways children move through life and help them navigate it being who they are naturally.

The Child Transportation System (CTS) is based on a system called Human Design which is a blend of ancient and modern sciences. Many of the concepts in The Child Transportation System (CTS) have also been influenced by the teachings of Karen Curry Parker who created Quantum Human Design™. I developed The Child Transportation System (CTS) to provide a simpler and more relatable way of understanding this complex system.

There is a great deal of information about Human Design and Quantum Human Design™ available. It is my intention to keep this simple and not go into any more details here. Here are two links to get you started if you are interested in learning more about the systems that The Child Transportation System (CTS) is based on:

Human Design: [What is Human Design?](#)

Quantum Human Design™: [What is Quantum Human Design?](#)

## Building Self-Worth

### What is self-worth?

The definition of self-worth according to the Merriam-Webster dictionary is “a sense of one’s own value as a human being”. To understand this better I believe it’s best to break this down into two categories.

#### Outer Worth

This type of worth changes on a regular basis. Grades, clothes, shoes, toys, video games, bank account balances all together determine someone’s **outer worth** which is based on the world’s beliefs and views about what has value or not.

This type of worth is what brings on so much doubt and confusion for children about their “value as a human being”. They watch the adults around them struggle to feel a strong sense of worth and work hard to obtain things like diplomas, possessions, jobs, relationships, etc. that the world says have “value”. The world tells us that if we have a lot of “valuable” accomplishments and money we are more worthy. This allows others to determine our worth which is not the essence of self-worth.

#### Inner (Self) Worth

This type of worth never changes no matter what is happening in the child’s outer world. Inner worth is the same for everyone regardless of race, gender, financial status, etc. It is a level of worth that everyone is born with. It is this inner sense of knowing that I have value simply because I am a human being that exists.

We are all born with the same value yet many doubt and question their worth. The goal of this program is educating and empowering children to tap into this inner sense of self-worth no matter what the outside world says about them.

# The Child Transportation System

## What does self-worth look like?

Someone with a strong sense of self-worth:

- has a deep understanding of who they are naturally
- says yes when it's correct to say yes and no when it's correct to say no
- knows they are lovable and deserve to be accepted for who they are
- shines their light brightly no matter what
- has healthy boundaries and expect others to treat them well
- gives themselves permission to be who they are
- takes care of themselves and ask for what they need
- has a strong sense of inner (self) worth no matter what is going on in the outside world
- trusts their own inner knowing of what is right for them above all else
- decides what value means to them without letting the world dictate value

## How do you build self-worth?

We can remind children that they are special, lovable, and worthy just by being in the world. That nothing changes that. However, there are so many systems in the world that try to change who they are naturally. In order to build a strong sense of self-worth we need to teach children about all of our unique differences and how they move naturally.

I believe that when we help children understand their uniqueness and that there is no one like them in the world they are able to hold onto their worthiness even when the world tries to change them. It's when a child doubts or gets confused about who they are and how they fit into the world that they begin to struggle. They lose touch with who they are. By strengthening a child's knowledge and belief in their natural way of moving through life we help them build self-worth.

## Vehicle Purpose

Each vehicle has a magical purpose for being in the world. Knowing the unique purpose for each vehicle helps children understand the different important roles in the world as well as recognizing our differences and how all people matter. A child feels a deeper sense of self-worth when they start to see that they have a magical purpose for being who they are.

### Train Purpose



A child who moves like a Train is here to **bring new ideas to the world**. They use their power and connection to creativity and inspiration to dream up new ideas.

A child who moves like a Train does not need the permission of others to start an idea but they do need to wait for the right time for it to become reality. They need to be free to do what they want within safety limits.

Once they get the go signal they start the idea and then are meant to hand it off to Cars and Sports Cars who are the builders of the world.

The world needs a child who moves like a Train to be their independent, creative, and powerful vehicle so we can continue to evolve and make the world a better place for all of us.

# The Child Transportation System

## Car Purpose



A child who moves like a Car is here to **build the world**. As I mentioned above children who move like Trains bring new ideas to the world but are only meant to start the process. Cars help build the world by taking the ideas and making them real. A child who moves like a Car has dependable fuel that helps them do the work.

A child who moves like a Car is here to build the world by waiting for things that light their body up inside. When a Car child is doing what it loves and becomes great at it the world is a better place.

## Sports Car Purpose



A child who moves like a Sports Car is here to **build the world quickly**. As I mentioned Trains bring new ideas to the world but are only meant to start the process. Like Cars, Sports Cars help build the world by taking the ideas and making them real. A child who moves like a Sports Car has dependable energy that helps them do the work.

What makes a child who moves like a Sports Car different than a Car is that part of their purpose is to find the fastest way to do things. They practice skipping steps to learn what steps are needed or not.

A child who moves like a Sports Car is here to build the world by waiting for things that light their body up inside. When a Sports Car child is doing what it loves and becomes great at it the world is a better place.

# The Child Transportation System

## Motorcycle Purpose



A child who moves like a Motorcycle is here to **help others be their best**. They have a deep understanding of how to use fuel wisely. They learn how to nurture and care for their own fuel and then help others learn how to use their fuel efficiently.

A child who moves like a Motorcycle naturally sees the big picture. They can see exactly what needs to happen to help others be their best and make the world a better place.

When a child who moves like a Motorcycle is recognized for their brilliance and invited to share their insights they help other vehicles use their fuel in a healthy way.

## E-Bike Purpose



A child who moves like an E-Bike is here to **show others what is possible**. They mirror back to other vehicles what is currently happening in the world so it can be improved. They help us see how well we are doing.

A child who moves like an E-Bike naturally knows what is possible for the world to create and build. They feel the potential in all of us deeply and see the best in people and situations.

A child who moves like an E-Bike makes up the smallest percentage of the population (less than 1%). They are rare, which makes them so valuable to our world because of the incredible information they show us.

# The Child Transportation System

## A message from Ellen

I hope you enjoyed your free preview of The Child Transportation System Road to Self-Worth educational program. I am excited to share this program with others so children can discover who they are naturally, be empowered to move through life being themselves, and feel a strong sense of self-worth.

Are you ready to learn more? I invite you to use coupon code **PREVIEW10** to purchase the remainder of The Child Transportation System educational program for \$67.50 (a 10% savings off the regular price of \$75).

### Reminder:

This educational program includes The Child Transportation System content along with a roadmap, instructions, activities, and tips for how to teach the system to children and build self-worth.

Included in this 165-page digital package:

- The entire one-of-a-kind Child Transportation System (CTS) content (50+ pages)
- Roadmap and instructions for how to teach CTS to children and build self-worth
- Quick Start Guide for easy reference (included in free preview)
- 16 original Tapping Scripts to reinforce CTS content
- Full Size images to teach concepts easily to children
- 4 Bonus Activities to use with children

The 165-page digital package provides you with all the information you need to take children on The Child Transportation System Road to Building Self-Worth on your own and help them discover their unique way of operating in the world.

Questions? Email [ellen@ellenhefty.com](mailto:ellen@ellenhefty.com) or click [here](#) to visit my website to learn more about the program.