



Intuition

Monthly Focus Workbook

Intuition requires listening

Do you listen to yourself currently?

Rarely

Sometimes

Often

If rarely or sometimes, what stops you from doing so more?

What practices could you start to help you listen?

For example: journaling, doing a check-in at the end of the day, asking yourself what you think the answer is before looking something up

Intuition requires trust

Do you have trouble trusting yourself? Why?

If no, what do you need to believe about yourself to start trusting?

Intuition requires trust

What would it mean for you to trust yourself?

What will you tell yourself the next time you are unsure or second guessing yourself?