

Tool Kit for developing your intuition

- Meditate - find time to be quiet every day
- Be open and aware - notice what you're experiencing
- Expect guidance to come from within
- Trust yourself
- Act on it!
- Wonder..... I wonder what I'll discover when I go to work today?
- Keep an Intuition Diary - keep track of the times that you have a 'hunch' and act on it. Record when your intuition has been accurate/ when it wasn't.
- Remember who you are and what your experience has taught you
- Notice the first thing that comes into your mind, before you have time to think.
- Take naps
- Pretend - act as if you already know the answer or what to do.
- Ask yourself questions - what do I really need to do to be healthier?
Questions engage your whole brain whereas statements like 'I don't know' stop creative thinking.
- Notice the coincidences, chance meetings & information that comes to you
- Be clear about what you ask for
- Act 'AS IF' you are *directing* your life
- Be CONFIDENT - remember...you know how
- Draw upon your resources
- Act as if you have nothing to lose....
- Look for signs and signals
- Symbols can be powerful reminders of positive experiences
- Become more aware of all of your senses - sight, touch, sound, taste, smell
- Find Role Models - ask - How did they become successful at what they do?
- Share your experiences and lessons with others
- Be CREATIVE
- BE PLAYFUL
- BE STILL - REST your mind and body
- Be aware of your judgments, fears, beliefs and conditioned responses.
These are not INTUITION
- Be sure it's your voice you are listening to...if it's not your voice, whose is it? Do you want to be driven by that voice?
- Allow your intuition to guide you.
- Find Proof that it can be done. Have other people followed their intuition successfully? Who are they? What did they do?
- Create Rituals that allow you to experience your intuition

BE GRATEFUL FOR WHAT YOU HAVE IN YOUR LIFE RIGHT NOW.....