



INTUITION *uncovered*

DAY 1
WORKBOOK



INTUITION *Uncovered*

WHAT IS INTUITION?

Intuition is the language of Source. It's the channel in which you can receive guidance, help and support from the Universe. We all experience intuition a little bit differently however it often comes in a knowing, feeling, nudge, tingle or gut instinct. We call it "deep down" and say "I don't know why but I know I need to..."

This inner whisper is the way in which we interpret messages we receive from the Universe.

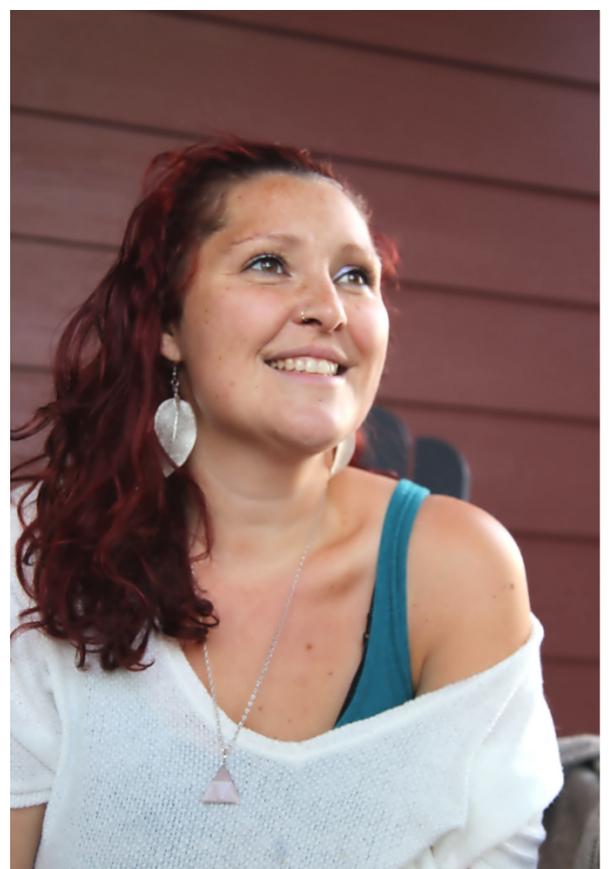
We are always being guided toward FLOW. When something feels good, exciting or like a YES feeling - it is guiding you toward it.

When something feels "off", negative, dark or looming - it is a signal to back up and go another way or that is not the path for you.

We need to learn how to interpret intuition because it is very important to be able to decipher a "No feeling" from general fear or the ego.

Intuitive guidance is always available for you. Specific, immediate guidance is always available to everyone. Even if you have not been able to deliberately receive intuitive guidance in the past, know that you can (and will) develop this natural gift.

I teach seekers all the time to hear, use and master their inner gift and I 100% believe in you!



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DAY 1 - JOURNAL ON THIS

Think of a time in which you received intuitive guidance and/or had a very strong gut feeling about something...

In looking back, what did the intuitive nudge feel like to me? How did I know at the time that it was intuition?

Deep down, do I feel like I can trust my intuition?

What gets in the way?

Why do I not listen to it?

I am willing to listen to my intuition more because....

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DAY ONE

Describe the relationship you have with your intuition in your best life (being HER)?

What is the overall tone and feel of my intuition?

What is the tone and feel of my ego?

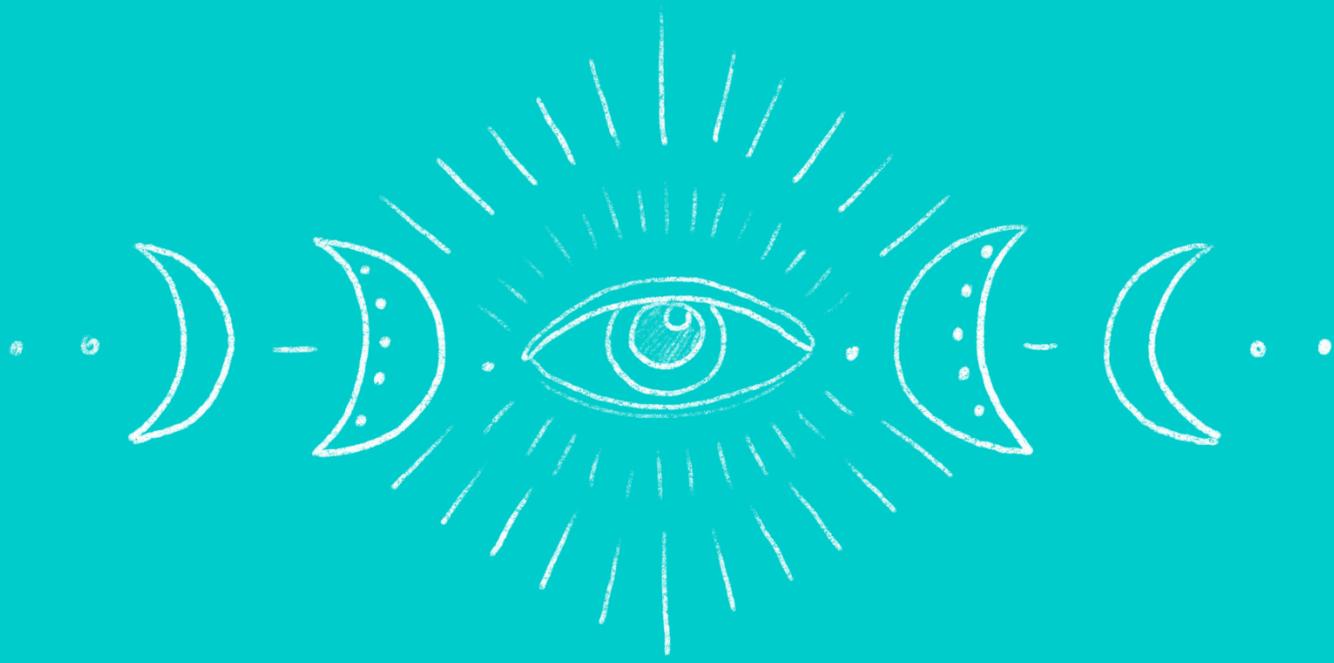
Is there a difference?

ACTION: Start noticing when you get intuitive nudges and call them out.

Recognize "this is intuition!" and be grateful for the nudge, knowing you are growing and developing your gift.



**DAY 2 WILL BE ALL ABOUT RECEIVING
GUIDANCE + GETTING INTO INTUITIVE
SUPERFLOW**



INTUITION IS AN

allowing

OF YOUR INNER
VOICE TO COME
THROUGH



A PROGRAM FOR INTUITIVE DEVELOPMENT

Awakened

**4 WEEKS TO
WAKE UP**

Intuition

THIS IS AN *experience*

THAT YOU WON'T FORGET



**YES, I WANT TO
AWAKEN MY INTUITION!**