Following Your Intuition Journal Prompts

The process

1. Start small.
    a. Start with simple things like taking a different route if the feeling prompts you.
2. Keep track of your intuitive hits.
    a. Write down or take note of when you get intuitive hits. Be sure to include how you felt, what you were doing, and your thoughts.
        i. You don't have to act on these, but you can refer to your notes when you have an update.
3. Be flexible.
    a. Allow for flexibility with errors and make room for learning adjustments.
4. Release attachment to an outcome
    a. Don't get too hung up on what will happen if you follow your intuition or not.
5. Avoid numbing substances
    a. Alcohol, drugs, caffeine, heavy and sugary foods, busyness

The tools

1. Meditation- Builds self-awareness, allows you to slow down and listen
    a. Grounding meditation
    b. Silent meditation
2. Breathwork- Allows you to connect with your body and build your intuitive muscle.
    a. Conscious Connected Breathwork- an intense, active, open-mouthed breathing practice
3. Movement- Physically moving helps you connect with your body and ground your energy
    a. Nature walks
    b. Slow intuitive yoga Savasana, Childs Pose, Tree Pose
    c. Grounding, gardening, pottery
4. Using Tarot or Oracle Cards
    a. Get visual external validation from Tarot or Oracle cards.
5. Journaling
    a. Morning pages
    b. Journal prompts
    c. Keeping track of intuitive hits

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Following Your Intuition Journal Prompts

Use this page to keep track of your intuitive hits. Take note of when you feel your intuition is speaking to you. Remember, you don't have to act on these, but you can refer to your notes when you have an update.

Date : _____ Time: _____

Describe your possible intuitive hit, nudge or feeling. What were you doing when you got this feeling?	How did your body feel, expansive or contracted? What's the worse thing that can happen if you follow the nudge?

Updates and notes:

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Here are a few journal prompt questions you can use to help strengthen your intuitive muscles.

- What does following your intuition feel like in your body? What sensations do you feel? Where do you feel these sensations? Do you feel expansive, open, relaxed, and calm?
- Describe a time that you **didn't** follow your intuition. What was the result? What sensations did you feel? Where did you feel those sensations? Did you feel expansive or contracted? What did you ignore?
- Describe a time that you **did** follow your intuition. What was the result? What sensations did you feel? Where did you feel those sensations? Did you feel expansive or contracted? What were you thinking? What did you listen to?