



*Deepening
Your Intuition*

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Welcome

As a highly sensitive person and empath I have found that my greatest superpower has been my intuition. Cultivating that superpower and honing its skills has been the fun and tricky part.

The dictionary definition of intuition is the ability to understand something immediately, without the need for conscious reasoning.

How many times did you have an inner knowing about something and turned out to be right? Maybe you initially acted on that inner knowing or maybe you didn't, but either way you knew your gut instinct was right about that person, situation, place, or thing.

The tricky part for me about intuition is how to trust it more. We live in a society that needs the data, numbers, science, and logical reasoning behind information, and when I can't always back up my nudges with that information I feel invalidated and question how I feel and ultimately question that little voice inside me that just KNOWS something.

One of the first steps in cultivating more trust with our intuition is to understand what our definition of intuition is, how it shows up for us, and what we need to trust it more.

I'm looking forward to hearing about the insights you gain from these questions and the ways that your confidence in your intuition soars.

Keep Shining & Aligning,

Laura



Deepening Your Intuition

Before you begin journaling on the following 10 questions, take a moment to close your eyes. Feel your attention turn inward focusing on your breath and feel your energy become centered and grounded. Once you are ready, begin the exploration of understanding your intuition more deeply.

- 1) What is my personal definition of intuition?

- 2) In what way does my intuition communicate with me? What is happening in my body, heart, and/or mind when I hear it?

- 3) When was a time I listened to my intuition? How did it turn out?

- 4) What has my intuition been communicating with me lately that I haven't followed through on? And how is that turning out?

- 5) What do I need in order to trust my intuition and follow through on it more?

- 6) What is one thing I can do to set that need in motion?

- 7) What would it feel like to trust and listen to my intuition more?

- 8) What is possible if I follow my intuition more?

- 9) What does my intuition need from me to hear it more clearly?

- 10) Am I ready and willing to listen to my intuition more?