

W O R K S H E E T

Tapping Into Your *Intuition*

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Growing and perfecting your intuition can give you a powerful tool for making great decisions and finding your purpose in life.

Understanding the value of intuition and avoiding the obstacles to experiencing your intuition fully are just the first steps. Nurturing your intuitive voice is the real challenge, but a challenge well worth the effort.

Answer these questions to gain a better perspective of how to use and grow your intuition and apply it to your life:

1. What are the advantages that I believe I will gain through using my intuition effectively?

2. What are the obstacles I can see in my own life that could hinder my connection with my intuition? What is my plan for dealing with these challenges?

3. When have I failed to listen to my intuition and suffered for it? What was my intuition telling me? Why didn't I listen?

4. When have I been glad that I followed my intuition? What would have happened if I had ignored it?

5. How would I describe my decision-making process? In what ways would that process be improved by including my intuition?

6. What are three intuition-boosting exercises that I believe I could put into action in the near future? Which exercises would be the most challenging for me? Why?

7. Am I confident that I have found my purpose in life? Am I open to utilizing my intuition to search at a deeper level? What would finding a different purpose in life mean to me?