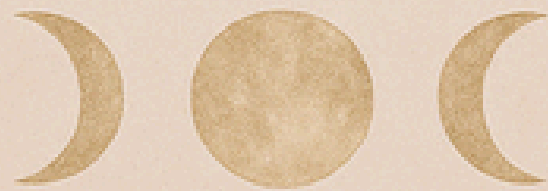


# 7-DAY INTUITION ACTIVATION JOURNAL

*Strengthen Your Connection to Spirit*

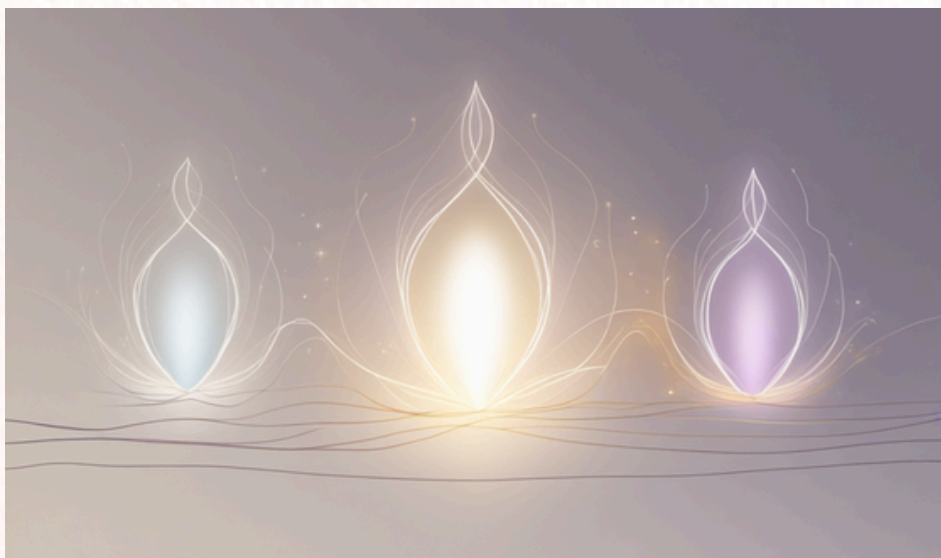


MEDIUM BELLA

Where Spirit Meets Science

Welcome

## 7-DAY INTUITION ACTIVATION JOURNAL



This is your seven-day experiment in trust.

Each day, you'll explore a new facet of intuition — awareness, trust, energy, signs, alignment, expression, and reflection.

Write freely. Observe without judgment. Spirit will meet you halfway.

Your  
awareness is  
the bridge  
between  
energy and  
understanding.

*Before You Begin*

HOW TO USE THIS JOURNAL



## **Set aside 5-10 quiet minutes each day**

- Keep your phone away this is Spirit time.
- Read the daily theme, write your reflections, then check your Energy Meter.
- No right or wrong only awareness.

✨ Pro Tip: Light a candle or place a crystal nearby.

Ritual turns reflection into resonance.

# Day 1

## AWARENESS

The more you notice, the louder Spirit becomes."

WHAT SENSATIONS DID YOU FEEL ENTERING A NEW SPACE TODAY?

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WHAT REPEATED SIGN APPEARED?

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HOW DID YOUR ENERGY FEEL THIS MORNING VS. TONIGHT?

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# DAY 2

## TRUST YOUR FIRST FEELING

Spirit never shouts; it repeats until you listen."

Notice your first impression before logic takes over.



1

What was your first instinct today that proved correct?

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2

When did doubt sneak in?

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3

What helped you trust yourself again?

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# DAY 3

## MANAGE YOUR ENERGY

You can't hear Spirit over static."

Your energy field is your antenna. Clearing it daily sharpens reception.



1

What drained or boosted your energy today?

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2

How did you clear or protect your space?

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3

What did you notice afterward?

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# DAY 4

## DECODE YOUR SIGNS

Synchronicity is the Universe's handwriting.

Start tracking the signs that repeat. The more you document, the clearer the message.



1

Which number, symbol, or song showed up most today?

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2

What were you thinking or feeling before it appeared?

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3

How did it make you feel in your body?

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# DAY 5

## ALIGN WITH SPIRIT

When you're calm, you're connected

Center your energy before making decisions



1

How did you ground yourself today?

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2

What happened when you acted from alignment instead of urgency?

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3

Describe one moment you felt completely in flow

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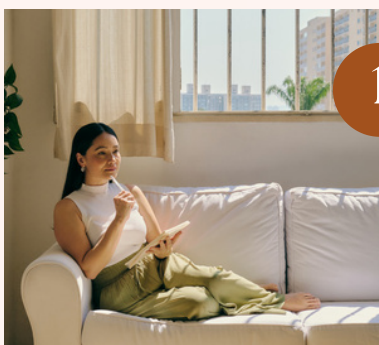
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# DAY 6

## EXPRESS YOUR TRUTH

Your voice is part of your vibration."

Speaking or writing what you sense gives Spirit a channel to work through.



What truth needed to be spoken today?

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How did expressing yourself shift your energy?

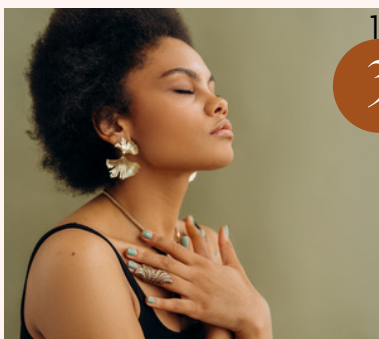
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What message feels ready to come through next?

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# DAY 7

## REFLECT & INTEGRATE

Awareness turns experience into wisdom

You've strengthened your intuitive muscles all week. Today, reflect on what's changed.



1

What pattern or sign appeared most consistently?

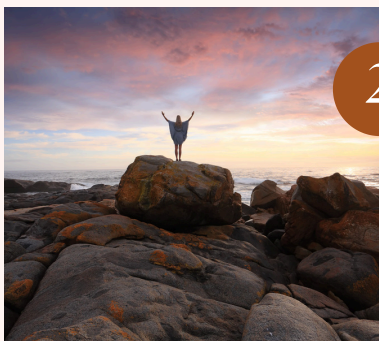
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2

How has your energy shifted since Day 1?

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3

What will you keep practicing moving forward?

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# FINAL REFLECTION

# Continue Your Journey



"You've just completed a powerful week of self-discovery — the first step in awakening your intuitive awareness. If you're ready to go deeper, the Spirit Expansion Pathway is your next evolution."

## LEVEL 1 — Psychic Development: Tuning In to Energy

A 5-week foundational circle where you'll:

- Learn to sense, read, and interpret subtle energy
- Strengthen your clair senses through guided practice
- Build confidence in your intuitive accuracy



## LEVEL 1 — Psychic Development: Tuning In to Energy

A 5-week foundational circle where you'll:

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## Beyond the Circles — Masterclass Series

Each month, Bella offers a Beyond the Circles masterclass an in-depth workshops that explores specialized topics like energy healing, spirit communication, quantum alignment, and intuitive confidence.



Join The Spirit Expansion Pathway at



[www.psychicmediumbella.com](http://www.psychicmediumbella.com)