

# 7 Habits of Intentionally Intuitive People



1. Stay Connected to your Spirit Team
2. Daily Practice
3. Divination
4. Implementation - *if you truly know it, act on it*
5. Ascension towards Fifth Dimension *[need, want, serve, BE]*
6. Be Grateful for All that Is *[zen vs. worry]*
7. Be OPEN *to seeing the signs absolutely everywhere*

1  
What variety of things do you do to maintain a constant conversation with your Spirit Team?  
[ex: prayer, spirit-writing, being open, etc.]

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2  
What is your daily practice? [ex: meditation, creative visualization, Predict & Reflect, etc.]

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3  
What is your favorite Ask & Answer tool? [oracle cards, tarot, pendulum, body testing, etc.]

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4  
What are some examples of how you've taken Spirit's messages seriously in the past?

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5  
What steps can be taken to accelerate your ascension?

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6  
Is there always a "silver lining?"

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7  
Do you ask Spirit questions and remain open for answers? How has Spirit responded in the past?

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