

# WORKSHEET

## *Tapping into your* Intuition

Growing and perfecting your intuition can give you a powerful tool for making great decisions and finding your purpose in life. Developing your intuition and leveraging it to make you wiser, will lead to more soul-inspired decisions for your life. Consistently listening to 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?

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**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?

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**3** When have I failed to listen and recognize when my intuition speaks and caused more stress in my life?  
What was my intuition telling me? Why didn't I listen

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

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**5** Am I willing to dedicate time every day to listen to my intuition?

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

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**7** What are three intuition-boosting exercises that I believe I could put into action soon? Which exercises would be the most challenging for me? Why?

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8 Am I confident that I have found my purpose in life?  
Am I open to utilizing my intuition to search at  
a deeper level?

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"We wholeheartedly bring clarity, wisdom, compassion, empathy and respect to everything we do."