



## Why Learning to Trust Your Intuition Will Set You Free

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This worksheet will encourage you to recognize your intuition and learn to trust it so that you can take action without choosing, i.e. experience true freedom.

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It's important to acknowledge where you are right now. So take a few moments to jot down what the words intuition and freedom mean to you.

Now, identify a time, in the last day or two, when your intuition was trying to tell you something. Describe the event/moment you're thinking of. (Hint: It will be a moment when you found yourself hesitating to make a decision or take action.)

Of the options you had in front of you at that time, which ones do you think came from your conscious mind and which came from your unconscious mind?

What caused your hesitation? And where did that hesitation come from? Your conscious or unconscious mind?

Generally speaking, the option that came from your unconscious mind came from your intuition. And, any hesitation would only be caused by your conscious mind. So . . . you may have just recognized your intuition!

Now, the question is, did you trust it? Did you you act on the option that came from your unconscious mind?

If you didn't -- no big deal! Right now you're just working on gaining awareness.

Keep acknowledging your intuition and identifying the direction in which it's trying to lead you.

The next step is to start embracing the "unknowns", the choices your conscious mind tries to steer you away from.

What's an unknown you could embrace today? An action you've been hesitating to take, and wouldn't normally take, because it feels scary or hard.

Take that action, and keep taking actions every day that feel scary or hard. It will become easier!

One thing that can give you confidence to embrace the unknown is to envision what your life will look like if you take that action. Describe what it looks like here.

Now, attach a feeling to this picture you've created in your mind. And take a moment to imagine this future and feel the feelings that go along with it.

How do you feel?

That's it! Keep practicing, and, as you do, you will be learning to trust your intuition!

Reach out if I can offer any other inspiration, advice, or encouragement.

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