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WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY * KIND HEART * FIERCE MIND * BRAVE SPIRIT

Worksheet #1 - September 2017 - Intuition Ignition

Hey beautiful! Welcome to this month's module of wellbeing goodness - a Brave Spirit module this month all about developing your intuitive ability. Take a moment to check in before the tutorial:

How intuitive are you? Score yourself out of 10.

1 2 3 4 5 6 7 8 9 10

Do you believe in intuition?

.....

.....

Why? Or Why not?

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.....

.....

Give an example of a time when you heard your intuition really clearly and acted on it:

.....

.....

.....

What did you do?

How did it work out?

What did you do, or not do?

How did it work out?

Who do you know who is really intuitive?

Nice work! That's a great start on recognising your Intuition - go watch the tutorial and hop in the facebook group and let's Ignite our Intuition!

