

JOURNAL PROMPTS FOR INTUITION

JOURNAL ABOUT MINDFULNESS OF INTUITION

- What role has intuition played in your life?
- Write down a few times when your intuition was accurate.
- Is there anything your intuition has been wrong about?
- When recently did you follow your intuition? What happened?
- When did you ignore your intuition? What happened?
- What helps you tune into your intuition?
- How does your intuition communicate with you (i.e.: gut feeling, little voice, other bodily sensations)?
- Do you trust it?
- What would help you trust it more?
- What does your intuition help you with the most?
- Does your intuition communicate through dreams?
- Have you tried keeping a dream journal; and if so, how did that help you?