

SHINE YOUR LIGHT - SELF-TRUST & INTUITION

1. IN WHICH WAYS ARE YOU WAITING FOR SOMEONE ELSE TO RESCUE YOU, VALIDATE YOU OR TELL YOU WHAT TO DO?
 2. WHICH QUESTION DO YOU ALREADY KNOW THE ANSWER TO?
 3. WAS THERE A TIME WHEN YOUR INTUITION WAS WRONG? IF "INTUITION IS NEVER WRONG" WHAT WAS THE LESSON OR GIFT?
 4. WHAT NEGATIVE THOUGHT LOOPS ARE YOU ALLOWING TO CONTROL YOUR LIFE?
 5. WAS THERE A TIME WHEN YOU HAD A GUT INSTINCT BUT DIDN'T LISTEN TO IT? WHAT HAPPENED AS A RESULT?
 6. THINK OF A TIME WHEN YOU HAD A STRONG GUT INSTINCT AND WENT WITH IT EVEN THOUGH NOT EVERYONE AGREED WITH YOU. WHAT HAPPENED?
 7. WHERE IN YOUR LIFE DO YOU NEED TO PRIORITIZE LISTENING TO YOUR OWN INTUITION INSTEAD OF PEOPLE'S OPINIONS?
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Write down the following statements and leave room to complete them.

Look at the first unfinished statement, then close your eyes, take 3 gentle, deep breaths, open your eyes and complete the statement. Do not censor yourself. Do this for every unfinished statement.

1. I WANT...
2. I NEED...
3. I'M READY FOR...
4. I'M ON EARTH TO EXPERIENCE...
5. I'M ON EARTH TO SHARE MY...