



Exercise: Developing & Using Your Intuition

A time when I followed my intuition was when...

I didn't follow my intuition when...

How would've things been different if I had followed my intuition?

Love SPARK™

Ask a question a Yes or No question and how does your solar plexus respond?

Ask for guidance or a sign within 48 hours on a specific question you'd like clarity on. Journal about any messages you received.



Here are some additional ways to communicate with your intuition:

1. Meditate 15-30 minutes and practice asking your intuition questions - checking in with your solar plexus for the answer.
2. Follow any thought, feeling, or sense you get that guides you.
3. Write a question down before you go to bed and set the intention you'll get an answer while you sleep. Journal about it when you wake up.
4. Observe signs - number sequences, notice what things stand out.
5. Practice with divination tools i.e. Oracle decks, Tarot cards, muscle testing