

The Journey To *ME*

5 Easy Actions For Enhancing Your Intuition



MAKE TIME FOR REFLECTION

One way to get in touch with your inner voice is to set aside a regular time for self-reflection.

NOTICE HOW YOUR INTUITION TALKS TO YOU

You may get a feeling in your body that might take the form of a feeling in your stomach, chest, or head.



FOLLOW YOUR INTUITION

The surest way to shut down your intuition is to never follow it. Start using it in situations that have minor importance.

KEEP A JOURNAL

Take a few minutes each day to write in a journal. Sometimes, putting things down on paper opens a floodgate of ideas and inspiration.



RELAX YOUR MIND

Do something that engages your mind at a low level, like showering or walking. Often your best ideas come while your mind is partially occupied.