



# My INTUITION JOURNAL

PROMPTS

&

PAGES



# THE VOICE OF THE THINKING MIND VS THE VOICE OF THE INTUITION

Dive into the common responses you get from your thinking mind when something new, interesting, exciting has come up for you, through a sudden feeling, an idea, a longing, a dream, a wish, or similar.

- 1) Write down 4 ways in which your thinking mind keeps downplaying the truth of your intuition's prompts for you.

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- 2) Then write down 2 ways you want to 'bend' these responses around: think of ways you can take a step forwards to find out if the prompts you might have gotten (imaginary or a real example) are right for you.

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3) Finally, going into the future, write down 2 ways of feeling or emotions in which you now set the intention that you will follow up on a message from your intuition (instead of listening to your thinking mind). It could be feelings and emotions such as excited, proud, happy, relaxed, serene etc. Write as much detail as you can envision about how you would feel and really set the scene here to make it vivid for your future self.