

7-Day Intuitive Connection Journal

Day 1: The Physical Baseline

- **Focus:** Where does my body hold "Yes" and "No"?
- **Prompt:** Recall a time you felt 100% certain about a good decision. Where did you feel that in your body (e.g., lightness in the chest, warmth)? Now, recall a time you felt dread. Where was that (e.g., a knot in the stomach, tension in the jaw)?
- **Goal:** Identifying your physical "binary code" for future decisions.

Day 2: Identifying the "Shoulds"

- **Focus:** Separating external expectations from internal truth.
- **Prompt:** List three things you feel you "should" do this week. Next to each, write how your body reacts when you say them out loud. Does the "should" feel heavy or expansive?
- **Goal:** Recognising when guilt is masquerading as a "gut feeling."

Day 3: The Energy Audit

- **Focus:** People and environments.
- **Prompt:** Think of a recent social interaction. Did you leave feeling "charged up" or "drained"? If you felt drained, what specific moment or topic triggered that shift?
- **Goal:** Noticing subtle social intuition.

Day 4: Anxiety vs. Intuition

- **Focus:** People and environments.
- **Prompt:** Think of a recent social interaction. Did you leave feeling "charged up" or "drained"? If you felt drained, what specific moment or topic triggered that shift?
- **Goal:** Noticing subtle social intuition.

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Day 5: The "Coin Toss" Experiment

- **Focus:** Forcing a gut reaction.
- **Prompt:** Pick a minor decision you're stuck on. Assign "Option A" to heads and "Option B" to tails. Flip a coin. The moment it lands, notice your **instant** flash of disappointment or relief. Write down that raw reaction.
- **Goal:** Bypassing the "pro/con" list to see your true desire.

Day 6: The Recurring Whisper

- **Focus:** Persistent patterns.
- **Prompt:** What is one thought or "niggle" that has been appearing in your mind for more than a month? Why have you been rationalising it away?
- **Goal:** Facing the truth you've been avoiding.

Day 7: Radical Self-Trust

- **Focus:** Integration.
- **Prompt:** If I fully trusted my gut instinct without needing to explain my reasons to anyone else, what is the very first change I would make in my life tomorrow?
- **Goal:** Identifying your "Intuitive North Star."

Tips for Success

- **Don't overthink:** If you can't find an answer immediately, just write "I'm still listening."
- **Stay Grounded:** If the exercise feels overwhelming, take three deep breaths and focus on the sensation of your feet on the floor.



Journalling Power Tips

