

I TRUST MY INTUITION

I trust my intuition.

My intuition tells me what feels right to me. It speaks to me each day.

Intuition is a fantastic tool for self-reflection. It helps me notice things in my environment, and it helps me in my interactions with others.

It helps me see new things or consider new ways of thinking. Intuition is a skill I can use every day. It gives me peace of mind and helps me stay grounded.

I connect with my intuition. I trust my gut instinct.

My intuition guides me through daily challenges and shows me many ways to solve problems.

I recognize the correct answer can take time. Sometimes I think silently, while other times I talk it through out loud to understand.

I always come back to listening to my intuition. **I look for opportunities to strengthen my intuitions by taking action.**

I take the opportunities to grow or learn. I observe how my intuition works in different situations.

I have access to my intuition at any point or moment, and I can tune in, knowing that if I pay attention to my intuition, I can navigate anything in my path.

I honor my intuition by using it responsibly. I welcome the information it highlights to me. I listen to it and try to follow its guidance.

Today, I choose to trust my intuition. I trust myself to notice events as they happen. I trust myself to stay calm amid unexpected changes. I trust I can find the answer.

Self-Reflection Questions:

1. How can I trust my intuition in my relationships?
2. When does my intuition feel strongest?
3. Where does intuition show up in my physical body?