

Intuitive Guidance Worksheet



If you want to learn how to hear and trust your intuition, start where you are. Know that it is an ongoing process of inquiring into it, beginning to experiment with listening to and acting from it, and seeing what happens.

This simple worksheet is an inquiry into your relationship with your intuition and a gateway into a stronger working relationship with it. Answer every question, whether you think it applies to you, or not.

You can do this worksheet on your own and write your answers and/or you can share it with someone and discuss your answers.

Remember, as with any difficult task, it would be unreasonable for you to expect that you will become an expert at following your intuition overnight (although it's totally possible). So be patient with yourself and continue to develop trust and skill. Simply by paying attention, you will grow more confident and more skillful at listening to and following your intuition.

One last note. Your intuition may sound like a voice that you hear or it could be more body-based where you "feel" something. Or maybe for you it's a combination of these. Or, maybe, it's something different than either.

This is part of the grand and free experiment of you living this human life you have. Allow yourself to explore without imposing ideas of how it "should" be.

When you hear "trust your intuition" what is your first reaction?

Do you doubt your intuition and if so, what exactly is it that you doubt? Do you doubt it exists at all? Or, are you not sure if what you "hear" is really your intuition?

What do you imagine that your intuition "sounds" like? Or "feels" like?

List all the times you can think of that you said, "I should have trusted my intuition." Be specific.

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Are you willing to begin to train yourself to hear and listen to your intuition?

Circle one: Yes No

If yes, continue this worksheet.

Make a commitment here and now to begin to pause and listen for your intuition's voice inside of you. Do this regularly with smaller, less overwhelming decisions throughout your day so you will be prepared when a larger issue comes along.

Observe and keep a written record of the following details.

What was the issue?

What did your intuition "say" to you? (If you didn't hear anything, record that here also and jot down some notes on your emotional reaction to that.)

Did you follow your intuition or not? If not, why not?

What happened with this situation (regardless of what happened with your intuition, record what happened):

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