*Text, background pattern

Description automatically generated*

*Wishing you a beautiful month ahead and offer gratitude to yourself now for taking this time to spend with yourself and listening to your inner knowing and inner voice.*

*Create a quiet and comfortable space for yourself, safely light a candle and put on some relaxation music. Let the pen and words flow, don’t judge what you are writing as it is all meant to be.*

*When I think of being intuitive I feel……….*

*I know that I have felt gut feelings before when…..*

*I don’t listen to my intuition because….*

*I listen to my intuition because….*

*Have you had positive experiences using your intuition before?*

*Intuitive Exercise*

*(This will be given to you in one of your weekly teachings. Use this space for that exercise.)*

*I feel in flow with life when….*

*I feel out of alignment with myself when…..*

*My intuition is currently telling me….*