

Trust Your Gut

Learning to trust your intuition takes time and deliberate practice. Intuition is a sensory-based intelligence, so begin by paying close attention to your sensations, postures, and movements. Pay attention to the sights, smells, and sounds around you, as well as your “inner eye” and “inner ear.” Make note of what you notice, what you do in response, and how you feel about the outcome. Practice this in low-stakes situations (what soap should I buy? What meal should I have?) so that you’re more familiar with your signature intuitive response when those big decisions come along.

Date / Event	Location	Sensation / Posture / Gesture	Decision / Choice / Action	Outcome
<i>What's the situation?</i>	<i>Where in your body are you noticing sensation? Put your hand there.</i>	<i>Does that spot feel more warm or cool? Contracted or expanded? Moving or still?</i>	<i>How will you let your intuition inform you? What move do you choose to make from here?</i>	<i>Are you satisfied with the outcome? Why or why not? What can you learn for next time?</i>