

WORK

DEVELOPING INTUITION



BY

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BOOK

Intuition

HI, MY NAME IS GREG AND WELCOME TO YOUR
DEVELOPING INTUITION WORKBOOK.

You're about to discover that intuition is not a vague feeling but a real and tangible skill.

We've created this focused booklet for you to give you the answers to these important questions and challenges everyone faces on their intuitive journey:

*How can I hone these instincts?

*Can I develop and control access to my subconscious?

*Can my inner guidance really help me in making impactful decisions with confidence?

Also, if you're serious about wanting to ditch the doubt, trust yourself, and deeply connect with your intuition like never before make sure to take this opportunity to connect with me -

<https://www.gregcdansereau.com/>

Enjoy!

Greg



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First Edition

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W O R K B O O K

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Introduction

Welcome to the "Developing Your Intuition" workbook! Intuition is a powerful tool that can guide you in making better decisions, connecting with your inner wisdom, and navigating life's challenges. In this workbook, we will explore various exercises designed to help you tap

01/

EXERCISE 1

Enhance awareness and presence to better connect with your intuition.

mindfulness

journaling

02/

EXERCISE 2

Gain clarity and insights from your intuition through reflective writing.

03/

EXERCISE 3

Access your intuition through artistic expression.

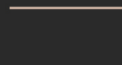


creative expression

04/

EXERCISE 4

Heighten your awareness of signs and synchronicities that may provide intuitive guidance.



signs & synchronicities

cultivating MINDFULNESS

OBJECTIVE: Enhance your awareness and presence to better connect with your intuition.

1

Set aside 10-15 minutes each day for mindfulness practice.

2

Find a quiet space, sit comfortably, and close your eyes.

3

Focus on your breath, noticing the sensation of each inhale and exhale.

4

observe your thoughts without judgement, letting them come and go.

5

Pay attention to any subtle feelings or sensations in your body.

cultivating MINDFULNESS

OBJECTIVE: Enhance your awareness and presence to better connect with your intuition.

6

Practice this exercise regularly to develop a heightened sense of presence and receptiveness to your intuition.

*For additional resources including MP3 Audio Meditations visit:
<https://www.gregcdansereau.com/third-eye-chakra-meditation>*

EXERCISE 2

Journaling Insights

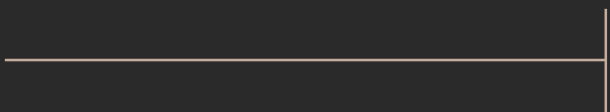
Time **STEP 01** Set aside dedicated time for journaling.



Think of a specific question or situation you would like intuitive guidance on. **STEP 02** Specific



Prepare **STEP 03** Write the question at the top of a page in your journal.



Begin writing freely, allowing your thoughts and feelings to flow onto the page. **STEP 04** Flow



Awareness **STEP 05** Pay attention to any intuitive insights or gut feelings that arise.

EXERCISE 2

Journaling Insights

Reflect **STEP
06**

Reflect on your writing and note any patterns, recurring themes, or intuitive nudges that may provide guidance.



Use this exercise regularly to develop a deeper connection with your intuitive voice.

**STEP
07** Repeat

Engaging in CREATIVE EXPRESSION

OBJECTIVE: *Access your intuition through artistic expression.*

- CHOOSE A FORM OF CREATIVE EXPRESSION THAT RESONATES WITH YOU, SUCH AS PAINTING, DRAWING, WRITING, OR PLAYING MUSIC.
- SET ASIDE TIME TO ENGAGE IN YOUR CHOSEN CREATIVE ACTIVITY WITHOUT DISTRACTIONS.
- ALLOW YOURSELF TO ENTER A STATE OF FLOW, LETTING GO OF EXPECTATIONS AND JUDGMENTS.
- TUNE INTO YOUR INTUITION AND LET IT GUIDE YOUR CREATIVE PROCESS.
- PAY ATTENTION TO ANY INTUITIVE PROMPTS OR IMIPULSES THAT ARISE DURING YOUR CREATIVE EXPRESSION.
- REFLECT ON YOUR ARTWORK OR CREATION, CONSIDERING ANY SYMBOLIC OR INTUITIVE MESSAGES IT MAY HOLD.
- REPEAT THIS EXERCISE REGULARLY TO STRENGTHEN YOUR INTUITIVE CONNECTION THROUGH CREATIVE EXPLORATION.

Seeking

SIGNS & SYNCHRONICITIES

OBJECTIVE: *Heighten your awareness of signs and synchronicities that may provide intuitive guidance.*

- SET AN INTENTION TO BE OPEN TO SIGNS AND SYNCHRONICITIES THROUGHOUT YOUR DAY.
- PAY ATTENTION TO ANY UNUSUAL OCCURRENCES, MEANINGFUL COINCIDENCES, OR PATTERNS THAT CATCH YOUR ATTENTION.
- REFLECT ON THE POSSIBLE MEANINGS OF MESSAGES BEHIND THESE SIGNS.
- KEEP A JOURNAL OF THE SIGNS AND SYNCHRONICITIES YOU ENCOUNTER, NOTING YOUR INTERPRETATIONS AND ANY SUBSEQUENT ACTIONS YOU TAKE.
- PRACTICE GRATITUDE FOR THE GUIDANCE RECEIVED THROUGH THESE SIGNS.
- REPEAT THIS EXERCISE REGULARLY TO DEVELOP A KEEN EYE FOR INTUITIVE MESSAGES IN YOUR DAILY LIFE.

“Intuition is seeing
with the soul.”

- Dean Koontz

Leader



SO, THERE YOU HAVE IT - THE *BEGINNER* TIPS ON INTUITION.

This focused booklet really delivers the goods when it comes to answering these important questions and opening the doors to accessing your higher self.

BUT, as you can also see, this is just the TIP of the iceberg when it comes to creating the deeper connections to become your true best self!

So, if you're serious about wanting to access your intuition to benefit all aspects of your life, then you need to join us using the sign-up at the bottom of this page - <https://www.greg-cdansereau.com/case-studies-intuition>

Finally, check out the free resources on the same page. Have a great day!

Greg

