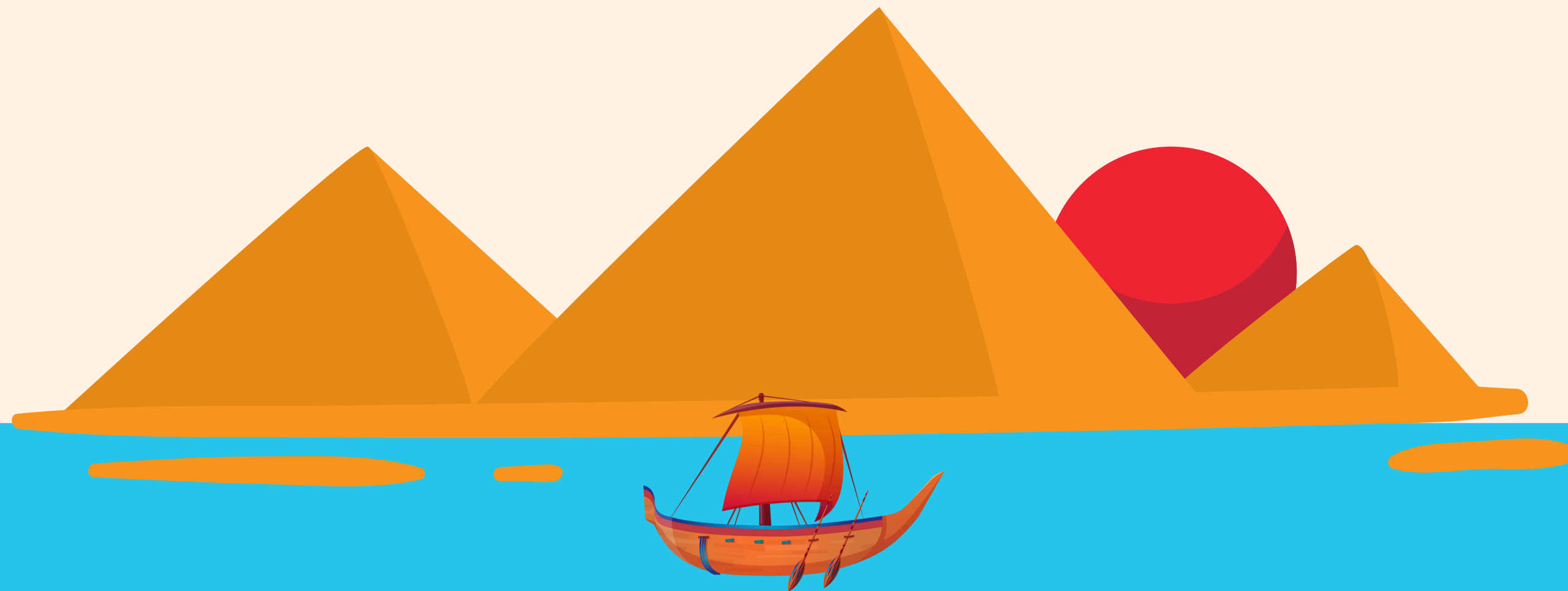


Module 1: The Informed Intuition Method



The Informed Intuition Method



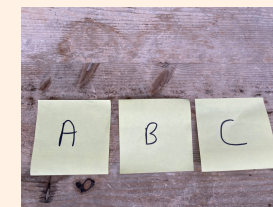
1) Do your **homework** with a time limit. Consider **Soul Drivers**.

2) **Narrow down** to 3 options. Assign a letter or number, such as **A, B, and C**. Write down only the three letters onto sticky notes or a blank page. **Set aside**.

3) Find yourself in a **relaxed, quiet environment**. Take three mindful breaths and close your eyes.


4) **Sit with each option**. Start with option A. Repeat with B and C.

5) Take a look at your **sticky notes**.
An option may stand out in some way.



6) **Trust and believe** in the one that your intuition has chosen. Your mind has done its part.

The Informed Intuition Method Journal Prompts

- 1) What major parenting decisions are currently on your mind and like to work on?*
- 2) Which small, everyday decisions tend to create stress or hesitation for you?*
-  *3) What personal challenges seem to consume a lot of your energy or time?*
- 4) Which “in-the-moment” situations would you like more intuitive support with?*
- 5) What do you want more of in your life? In what ways do you want your life to improve?*
- 6) What do you want less of in your life?*
- 7) Which childhood experiences, stressors, or unresolved memories do you feel still influence your wellbeing today?*

Notes:



Mantra

“I'm ready to believe. I believe in my heart. I can do it.”

