



Smart, busy women  
improving their  
wellbeing

WELLBEING  
WARRIORS

one bite at a time!

iamawellbeingwarrior.com

## ~ Turn Your Magic On ~ Bonus Worksheet – June 2021

Welcome to this month's module of wellbeing goodness: a Brave Spirit module helping you develop your intuitive ability.

Take a moment to check in before the tutorial:

How intuitive are you? Score yourself out of 10.

1    2    3    4    5    6    7    8    9    10

Do you believe in intuition?

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Why? Or Why not?

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Give an example of a time when you heard your intuition really clearly and acted on it:

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What did you do?

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How did it work?

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What did other people have to say about it? Encouraging? Or advising caution? Before? Or after?

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Give an example of a time when you heard your intuition really clearly and acted against it or ignored it:

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What did you do, or not do?

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How did it work out?

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What did other people have to say about it? Encouraging? Or advising caution? Before? Or after?

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Who do you know who is really intuitive?

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How can you tell? How does this work out for them?

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*Well done! Nice first exploration of this topic.  
Go watch the tutorial, and I'll see you there.*

A handwritten signature in cursive script that reads "Louise". The signature is written in black ink and includes a stylized flourish at the end.

