

# Module 1

In the intro we talked about perhaps having notions or thoughts that you know aren't coming from you; or perhaps you feel your hands tingling sometimes. Or, maybe though you've come to this program at a time when you're simply looking to make sense of the challenges and pain you've been facing for a while now.

So, tell me a little about what brought you here to the Ignite your Intuition program?

The goal of this program is to help you feel safe in your skin, and to bring a sense of confidence to how you feel about the direction your life is flowing in. Given this, how do you make decisions now? Do you have a committee of people you have to discuss things with before taking action? Do you look at a choice and feel paralyzed and unsure of how to move forward? Are you concerned about the impact or consequences of your decisions? Share what your process is like at this time, and what you would ultimately like it to be.

We've all had instances where we have had a knee jerk reaction, or an instantaneous response to a situation or, there's an action we had to take. Often we say things like "it was a gut instinct," or "I just knew I had to do it." Tell me about a time where you experienced this, and how you felt when that instinct was good and the situation worked out better than you could have hoped for.



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List out now the words that describe how you feel when you follow your gut instincts and act in alignment with them. Perhaps you might feel confident, amazed or surprised. Take some time to remember all the things you felt in these moments.

As you establish an awareness of this instinct, which is really your intuition, you will naturally become more capable of making decisions. This is because you will have your team of decision makers with you all the time - as your intuition!

To help with this, what you're going to do is create a Bubble of Safety. Don't you love that idea? This is a space where you will go to make decisions, and consciously and intentionally connect with your intuition.



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