

INTUITION JOURNAL

HELPFUL TIP:

To help build your confidence as you continue to grow your intuitive practice, time and date each entry.

That way if you feel you are lacking confidence in your abilities to connect with your intuition, you can always go back and see the personal progress you have made thus far.

You might be surprised at how intuitive you truly are!



GET STARTED RIGHT AWAY

An intuition journal is a wonderful tool that can be used to capture any intuitive hits that you may receive throughout your day. You can journal anything that connects you to your more spiritual side; such as creative whispers from your guides and angels, sensations or visions felt during meditation, prayers, dreams, songs that keep playing in your head and all signs and synchronicities from your world that make you feel loved and supported by the universe.

“A quiet mind is able to hear intuition over fear.”

WHAT TO WRITE?

Your Intuition Journal is also a great place to pose any questions you might have for your intuition or higher-self. To do this: First pose your question, which can be done simply by just writing it down in your journal. Then sit calmly in a receptive and peaceful state to see what flows through in response to the question(s) you posed for your higher-self. Enjoy!