

intuition
journal

belongs to:

intuition journal

Intuition is a natural and instinctual way of knowing or perceiving information without conscious reasoning or logical analysis. It is often described as a "gut feeling" or a sense of knowing that arises without explanation. Intuition can be influenced by past experiences, emotions, and beliefs, and it often involves a deep connection with your inner self.

Listening to your intuition plays an important role in making quick and effective decisions, based on limited information. It can provide valuable insights that are not immediately apparent through rational analysis, and it can help you navigate complex and uncertain situations with greater ease and confidence. Tuning into your intuition can be a powerful tool to improve decision-making, but it requires practice and trust in yourself to cultivate and effectively harness this inner knowing.

Be patient with yourself as you journey inward. As you'll come to learn, the guidance of your intuition has no destination in mind. It is, instead, a call to surrender to the wisdom of your higher knowing, to be in flow with how and where your soul is asking you to grow.

modern mystic

intuition journal

Take some time to reflect on a recent decision or situation where you had to rely on your intuition.

Think about how you felt in that moment. Did you feel a sense of calm and clarity, or did you feel anxious and unsure?

Write down your thoughts and feelings about the situation in the space provided below.

intuition journal

Now, think about a time when you made a decision based on fear. How did that feel? Were there any physical sensations or emotions that accompanied your fear?

Write down your thoughts and feelings about the fear-based decision in the space provided below.

*intuition
journal*

Compare and contrast the two experiences. What are the differences between relying on your intuition and making a decision based on fear?

intuition journal

In the space provided, write down some strategies you can use to distinguish between your intuition and your fears in the future.

modern mystic

intuition
vs. fear

modern mystic

intuition vs. fear

Take some time to reflect on a recent decision or situation where you had to rely on your intuition.

Think about how you felt in that moment. Did you feel a sense of calm and clarity, or did you feel anxious and unsure?

Write down your thoughts and feelings about the situation in the space provided below.

intuition vs. fear

Now, think about a time when you made a decision based on fear. How did that feel? Were there any physical sensations or emotions that accompanied your fear?

Write down your thoughts and feelings about the fear-based decision in the space provided below.

*intuition
vs. fear*

Compare and contrast the two experiences. What are the differences between relying on your intuition and making a decision based on fear?

intuition
vs. fear

In the space provided, write down some strategies you can use to distinguish between your intuition and your fears in the future.

my intuition
experience

modern mystic

my intuition experience

My Experience with Intuition – describe a recent situation where you had to rely on your intuition. How did it feel? What was the outcome?

trusting
my intuition

modern mystic

*trusting
my intuition*

Describe a situation where you trusted your intuition.

What was the situation?

What did your intuition tell you?

How did you know it was your intuition and not fear or doubt?

*trusting
my intuition*

What was the outcome of trusting your intuition?

How did it make you feel?

trusting my intuition

Describe a situation where you didn't trust your intuition.

What was the situation?

What did your intuition tell you?

Why didn't you trust your intuition?

modern mystic

*trusting
my intuition*

What was the outcome of not trusting your intuition?

How did it make you feel?

trusting my intuition

Patterns – reflect on your experiences

Are there any patterns or themes that emerge from your reflections?

Do you notice any patterns in how you experience and recognize your intuition?

Do you notice any patterns in why you do or don't trust your intuition?

modern mystic

trusting my intuition

Trusting your intuition – what steps can you take to trust your intuition more consistently?

How can you strengthen your intuition?

What are some ways you can distinguish between intuition and fear?

How can you develop more confidence in your ability to trust your intuition?

trusting my intuition

Intention – set an intention to trust your intuition

Write a statement of intention to trust your intuition.

What actions can you take to support your intention?

trusting my intuition

Reflection – reflect on what you learned from this exercise

What insights did you gain?

How will you apply these insights to your life?

What changes will you make as a result of this exercise?

modern mystic

intuitive
decisions

modern mystic

intuitive decisions

Describe a decision you need to make – take a few deep breaths and center yourself. Close your eyes if you feel comfortable doing so. Ask yourself: What is my intuition telling me about this decision? What sensations or feelings do I notice in my body as I think about this decision?

intuitive decisions

Write down any insights or messages you receive from your intuition. It might be a word or phrase, a mental image, a feeling, or a sensation.

intuitive decisions

Take a few moments to reflect on the information you've received. Does it feel true and authentic to you? Does it align with your values and priorities?

modern mystic

intuitive decisions

Think about any external factors that might be influencing your decision, such as societal norms or expectations from others. How do these factors align with your intuition?

intuitive decisions

Make your decision based on the information you've received from your intuition. Trust that your intuition knows what is best for you.

intuitive decisions

After you've made your decision, reflect on the process of using your intuition to make a decision. How did it feel? Did you experience any resistance or doubt? How might you continue to use your intuition in decision-making going forward?

By using this reflection, you can practice making decisions based on your intuition and learn to trust your inner wisdom. Remember to approach the process with an open mind and be gentle with yourself as you navigate any doubts or fears that arise.

intuition in
relationships

modern mystic

intuition in relationships

Think about your past and current relationships with others. Use the following prompts to reflect on how your intuition has played a role in those relationships and how you want to use your intuition in future relationships.

Reflect on past relationships:

- Were there any instances where your intuition was trying to tell you something about the relationship?
- Did you listen to your intuition? If not, why?
- How did things turn out in those situations?

intuition in relationships

Identify patterns:

- Are there any patterns in your past relationships where your intuition was trying to tell you something, but you didn't listen?
- Are there any patterns in your past relationships where you did listen to your intuition and it was beneficial?

intuition in relationships

Set intentions for future relationships:

- How do you want to use your intuition in future relationships?
- What steps can you take to listen to your intuition more often?
- How can you communicate your intuition to your partner/friend/family member in a respectful way?

modern mystic

intuition in relationships

Bonus: Use your intuition now:

- Take a moment to tune into your intuition about a current relationship in your life. What is it trying to tell you?
- Write down any insights or thoughts that come up.

Reflection: Take some time to reflect on your responses to the prompts above. How can you integrate your intuition into your relationships moving forward? What insights did you gain from this exercise?

Optional: Share your reflections with a trusted friend or mentor for added accountability and support.

modern mystic