

Intuition For Fun & Profit Workbook

Positive Intuition

Welcome to
Intuition for Fun and Profit
by Sonia Choquette

4. Are we born intuitive? How does Sonia explain it?

YES _____ NO _____

5. Can intuition be learnt?

YES _____ NO _____

EXERCISE 1

6. Choose 5 situations you are not sure about (the things you wonder about):

1) _____

2) _____

3) _____

4) _____

5) _____

7. How do you feel?

8. Why is it important to pause?

EXERCISE 2

9. Follow Sonia's instruction on breathing to come back to present

EXERCISE 3:

10. Choose one of the questions you asked in Exercise 1
(make sure to phrase it according to Sonia's advice)

11. Now ask yourself out loud: Is this true to me?

12. Ask yourself:

I'm afraid of _____

And I'm afraid of _____

And I'm afraid of _____

And I'm afraid of _____

13. What's in front of you? What are you looking at right now?

14: And repeat:

And I'm afraid of _____

15. Now, we're going to ask your spirit:

And my spirit says: _____

16. How do you feel?

17. What is the feeling in the body when your intuition is speaking to you?

18. Why is it important to speak out loud when asking your intuition for guidance?

19. How often do you need to repeat your fear?

20. How does a “19 solutions” tool work?

EXERCISE 4

21. Choose one of your wonderings from Exercise 1

22. How much energy does that take from you?

23. Now list below 19 solutions:

1) I wonder if it's because _____

2) And I wonder if it's because _____

3) And I wonder if it's because _____

4) And I wonder if it's because _____

5) And I wonder if it's because _____

6) And I wonder if it's because _____

7) And I wonder if it's because _____

8) And I wonder if it's because _____

9) And I wonder if it's because _____

10) And I wonder if it's because _____

11) And I wonder if it's because _____

12) And I wonder if it's because _____

13) And I wonder if it's because _____

14) And I wonder if it's because _____

15) And I wonder if it's because _____

16) And I wonder if it's because _____

17) And I wonder if it's because _____

29. Why do people often fail in their intuition?

30. How can dancing help you tap into intuition? What else can you do to put you back into intuitive state?
