Intuition For Fun & Profit Workbook Welcome to Intuition for Fun and Profit by Sonia Choquette

1. What are some of the benefits of being in tune with intuition?
1)
2)
3)
4)
2. Why does Sonia call intuition an "inner compass"? How does it impact your life?
Think of few moments in life where you could feel your inner compass.
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3. What is the first step to entering the intuitive state?

4. Are we born intuitive? How does Sonia explain it?				
YES	NO			
5. Can intuitio	on be learnt?			
YES	NO			
	EXERCISE 1			
6. Choose 5	5 situations you are not sure about (the things you wonder abo	out):		
		, .		
5)				
7. How do y	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

18) And I wonder if it's because
19) And I wonder if it's because
24. And now breathe.
25. How do you feel now?
26. Does that feel true?
27. How do we feel when we receive guidance from our intuition? What is your way? Do you feel, hear or see that guidance?
28. How do intuition and manifesting link?

29.	Why do people often fail in their intuition?	
30.	How can dancing help you tap into intuition? What else can you do to you back into intuitive state?	put