



mindvalley academy
online training

WORKBOOK

Awaken Your Intuition

with Sonia Choquette

Awaken Your Intuition

Online Training
with Sonia Choquette

YOUR OFFICIAL ONLINE TRAINING GUIDEBOOK

Four Simple Tips To Get The Most Out Of This Class:

1. Print out this workbook before the class starts so you can write down your notes as you listen.
2. Review the topic outline so you know what to listen out for. Make sure you've set aside private time for this session so you'll be able to focus and fully receive the benefits of the session.
3. During the event, write down ALL the interesting and new ideas and inspiration you get while listening — that way, you won't lose the information most relevant to you.
4. Think of how you can quickly implement the secrets revealed in this session.

Preparation Tips:

- Make sure you are in a quiet place where nothing can distract you, and that you are not driving a car or any other vehicle. Be in a comfortable position so you can fully take part in any guided meditation and visualization exercises that may be a part of the class.
- Stretch your muscles before starting the class. Stretching loosens the muscles and tendons allowing you to sit (or lie) more comfortably. Additionally, stretching starts the process of “going inward” and brings added focus to the body.
- Take a deep breath. Breathing deeply slows the heart rate and relaxes the muscles to help you have a comfortable experience during any guided meditations or visualizations that may happen during the class.
- You can use candles and other spiritual tools in the room to further help you feel at ease.

Thank you for joining our online class. We hope you enjoy it!

Awaken Your Intuition

Online Training
with Sonia Choquette

The next part is for you to take notes while you listen to the masterclass. Fill in the blanks as you progress. These will be the important takeaway points for this session.

1. Intuition is our, the inner and personal that you are naturally endowed with.
2. Intuition keeps you in a
3. You are to be
4. Your intuition is that that will help you your pain and find in your life.
5. Intuition shows you the, and shows you where opportunity meets It you.
6. Intuition tells you how
7. Intuition resolves a basic, a sense of
8. Through intuition, you with your own
9. Intuition you back to
10. You are inherently
11. Intuition is
12. I felt

Awaken Your Intuition

Online Training
with Sonia Choquette

13. Voice your intuition.

.....
.....
.....
.....
.....

14. Recall your 'a-ha' moments. Look for the little things, not the big things.

.....
.....
.....
.....
.....

15. Pay attention to the

16. Are you listening to your intuition? Which area?

.....
.....
.....
.....
.....

17. Intuition follows what you love. Name your areas of intuition aloud. Write them down.

.....
.....
.....
.....
.....

18. [Exercise]

Awaken Your Intuition

Online Training
with Sonia Choquette

Use this space for any additional notes you have:

Awaken Your Intuition

Online Training
with Sonia Choquette

SUCCESS STORIES

“This course and your words are a living, breathing, growing part of me now.”

Sonia, I started working through this amazing course almost three months ago. When I look back and think how many incredible things I've learned, how many wonderful things I've experienced, all the ways I feel I've grown — my goodness, words of gratitude just can't do justice to it. You have really helped set me free to fly down this path of expansion. It is all such a joy. I want to especially thank you for what I call the "kick-ass" segments of this training, in which you call us out on our "stuff," all those trappings and illusions of ego, and challenge us to tell the truth and not be indulgent and lazy with it.

I'm going to be listening to this course ongoing as daily practice, and I know those pieces in particular are what I need to focus on. Following this training, there are two words now hanging above my bathroom mirror, in bright bold purple: SHOW UP. I intend to show up to the mission I've shaped, and will continue to shape, for myself. There are two other words hanging right below, just as bold: BE GRATEFUL. And to you, in particular, I am incredibly grateful. I'm grateful for your wisdom, your integrity, your energy, your example, your empathy, your skill. I'm grateful to have found someone to admire, without the slightest qualification.

This course and your words are a living, breathing, growing part of me now. My job is to practice all those gifts in my own life with all my energy and love. Rest assured, I will do so. With much love and the most profound respect, Steven.

~ Steven Montagna from Los Angeles, CA

“Beyond thankful.”

Sonia, the only word I can describe this course is: ineffable. Your work has touched a deep and profound part of me that I thought had long been lost. I'm only on Week One, Principle One, and I had success with manifesting two things overnight!

That's just the icing on the cake though, because now I see what truly matters: getting into a deep and loving relationship with my heart. Listening to my heart, and being open to the vastness of love the Universe is truly filled with. Now I can see it, see everything through my heart, which is the most priceless thing I've even been given.

Thank you Sonia, for your inspiration, passion and help. I can only imagine what the upcoming weeks would be like. I highly recommend this course to anyone who's looking to honestly and sincerely create a life filled with love, and it can only be done from the HEART. Love always.

~ Angali Dabideen from Canada

Awaken Your Intuition

Online Training
with Sonia Choquette

SELF-REFLECTION

The right questions can spur your intuition to feed you the right answers. So ask yourself. . .

What are you most grateful for right now? Acknowledge how far you have come and everything you have accomplished.

How will you contribute to yourself and to those around you after you have learned to develop, strengthen, trust and use your intuition? How will you use these techniques to make better, positive and effortless decisions in your life, and reach your soul and heart's deepest desires?

How will you change your life once you discover how to use the powers of your intuition to get what you truly desire and become who you truly want to become?



To sign up for Tune In, Sonia Choquette's new course on Mindvalley Academy, please visit www.positiveintuition.com/2015/products/special for more information. But wait until July 28 to sign up for the course. Near the end of the online training, her new course will be offered at a special price as a thank you gift for class attendees.