

ACTIVATE
YOUR
SIXTH SENSE
WITH SONIA CHOQUETTE

4 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 inspirations 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 deep slows the heart rate and relaxes the muscles to help you have a comfortable experience during any guided meditations or visualisations that will 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!

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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. is something we all have.
 2. One of the biggest obstacles to intuition is when people
.....
 3. Working with intuition is not hard & boring but and
 4. **Tool #1:**
- Ask Yourself:
-
.....
.....
5. Your intuitive brain is a brain.
 6. **Tool #2:**
 7. When we're opening up, we're turning the..... on.
 8. Intuition is the practice of noticing the.....
 9. This technique is designed to bring you to state quickly.
 10. An intuitive mind is a mind.
 11. We are all far more intuitive than we acknowledge because we have
our..... moments.

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12. **Tool #3:**

13. **Tool #4:**

14. The whole key is to quiet & distract the

15. **Tool #5:**

16. The 3 Questions you need to ask with this Tool #5:

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

17. Let yourself start vocalising

18. **Tool #6:**

19. Give your intuitive brain a different name. Write it below (have fun!):

.....

20. The question you need to ask yourself to know if you're on the right path:

.....

21. **Tool #7:**

21. When you're doing this technique, think of these questions:

.....
.....

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Use this space for any additional notes you have: