

WRITE TURN

THE WORK

FREWRITE

When you allow your thoughts to flow without judgment, you get to the truth. When you allow the anger, confusion, or anything else to show up on the page you get to the heart of what's really going on.

WRITE BY HAND

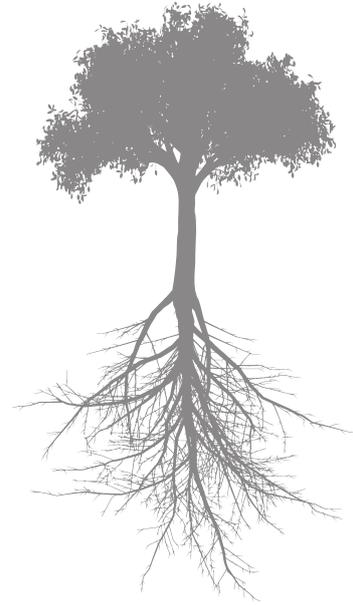
USE INTUITION

When you look back and reflect on your writing, what is the gut instinct you have about what you've written? Follow it.

ALL WAR BELONGS ON PAPER

Byron Katie reminds us that we must write out what hurts, only then can we see the truth.

BE BRAVE



TOOLBOX

TAKE BREAKS

**ONE QUESTION AT A TIME
CAN BE JUST ENOUGH.**

be gentle.

CONNECT TO YOUR BODY.

Staying in your body helps to keep you out of fight or flight.

YOUR BREATH

If emotions get overwhelming, practice tuning into the rise and fall of your chest.

YOUR INTUITION

Your intuition is what guides you through the world. This inner compass we were all born with tells you whether you should do something or not when you face forks in the road. When we exercise this muscle and experience positive results in our life, we begin to trust ourselves and build confidence.

Start small, if you're just starting out or haven't practiced in a while. Something like, "I should grab a coat on my way out," and later that day it starts to rain. Practice. When you follow your intuition write about the experience. Practice how it feels in your body.

Once you finish the questions wait a day or two and then read back over your answers with as little judgment as you can.

WATCH OUT: Past trauma can lead you astray, masking its voice as your intuition but is really an old reaction to a past threat. You have to be aware and honest with yourself when doing this work, that's why establishing communication by asking for signs from your spirit guides are helpful to separate past experiences from the truth.

Have you ever had a gut feeling? When did it happen? How did it feel in your body?

Give an example of when you followed your gut instinct and it worked out?

What does it feel like when you get a "yes" from a situation you are facing? Like when you solve a problem and you know the answer is a total "yes", what does that feel like in your body? Does it have a color? A shape? Write out as many details come to mind.

Visualize your higher self. What is she wearing? What does her hair look like? What would she say about a challenging situation you are currently facing?

When was the last time you were afraid? Ask your intuition what that emotion was trying to tell you and write the answer.