



#READY FOR PURPOSE

DAY 4

LISTENING TO YOUR INTUITION & MAKING DECISIONS

Use this worksheet to help you through day 4 and make sure to listen to the live on my Facebook Page also!

What don't you want in your life?

What decisions do you find hard to make?

What don't you want to do?

What decisions do you find easy to make?

How do you NOT want to feel?

How does your body respond when you're in that decision making process? Do you feel it in your gut, heart or muscles?

Now, how DO you want to FEEL?

What do you want to invite in?

What decision do you need to make atm? What question do you have? Use the techniques on the Day 4 video to help you decide.



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3 techniques to help you listen to your body & your intuition in order to make decisions.

- Create two physical spaces that represent each decision you need to make and walk into them feeling that decision. What comes up? How does your body respond in that space?
- Test your muscle tension with kinesiology, reframe your question into your different options as if you have decided them... 'Yes I want.. No I don't want..' Then put your left thumb and little finger together to make an O shape and then place your right thumb and index finger together through the O. Say out loud the decision you've made and pull with your right hand. If the o breaks then it's a no ' the decision is weak'. If they stay tight then it's a yes, the decision is a strong one.
- Place your hands on your chest with thumbs facing up, breath in and out through your nose then hold your breath for 15 seconds. Repeat this at least 3 times and up to 30 minutes. Once you feel aligned repeat your decision as if you've made it. How does your heart feel when you do so?