

## INTUITION TRUSTER

*"It's that thing between instinct and reason"*

Learning and knowing how to trust your intuition begins with understanding yourself, which is precisely what your Mindset Reset will help pinpoint. As you continue your exploration of perception, with it comes interpretations, realizations and decisions. Each revolves around how to act on your continued experiences with the world around you, especially in your encounters. One deciding factor is your ability to access and rely on your intuition. Just to be sure we know what we're talking about here, let's begin by getting on the same page starting with Webster's definition: **In•tu•ition** (noun)

- 1) *The ability to understand something immediately based on instinctive feeling and without the need for conscious reasoning.*
- 2) *Attaining direct knowledge or cognition without evident rational thought and inference.*

The next facet to consider is the extent to which you access your intuition. In fact, the well-known personality assessment, called the Myers-Briggs Test, gauges psychological preferences in four categories. To evaluate how individuals process information, it distinguishes a preference as either by sensing or by intuition.

According to the Myers-Briggs Foundation\*, someone who prefers sensing pays attention to physical reality in what they see, hear, touch, taste and smell. They focus on experiences that are actual, present, current and real. They live in the now and rely on facts. Those who are more intuitive try to find the deeper meaning in things based on impressions and patterns of information. They prefer to think problems through rather than depending on hands-on experience.

SENSERS	INTUITIVES
<p>The following statements generally apply to me:</p> <ul style="list-style-type: none"> <li>• I remember events as snapshots of what actually happened.</li> <li>• I solve problems by working through facts until I understand the problem.</li> <li>• I am pragmatic and look to the "bottom line."</li> <li>• I start with facts and then form a big picture.</li> <li>• I trust experience first and trust words and symbols less.</li> <li>• Sometimes I pay so much attention to facts, either present or past, that I miss new possibilities.</li> </ul>	<ul style="list-style-type: none"> <li>• I remember events by what I read "between the lines" about their meaning.</li> <li>• I solve problems by leaping between different ideas and possibilities.</li> <li>• I am interested in doing things that are new and different.</li> <li>• I like to see the big picture, then find out the facts.</li> <li>• I trust impressions, symbols, and metaphors more than what I actually experienced</li> <li>• Sometimes I think so much about new possibilities that I never look at how to make them a reality.</li> </ul>

\* <https://www.myersbriggs.org/my-mbti-personality-type/mbti-basics/sensing-or-intuition.htm>



# MINDSET RESET



As the core premise of his landmark book, *Blink*, Malcolm Gladwell made the case that those who trust their gut with decisions make at least as good, if not better decisions as those who overthink things and get caught up in the proverbial analysis paralysis. The underlying concept refers to a decision-making technique, called “thin-slicing” for which the purpose is to identify singular data points that represent all you would need to know about something on which to base a decision.

For example, if you had a decent job or a certain friendship that you value for any number of reasons, but the one seemingly avoidable constant is excessive stress that impacts your health, that is all you would need to know to be better off with a new job or relationship.

The point is that something like “thin-slicing” can provide an added advantage to clarify your intuition in order to make the right decisions.

Another facet of using your intuition is to heighten your awareness to recognize certain triggers. Certain interactions and circumstances might “make your antennae go up,” which is another way of describing “Spider Senses.”

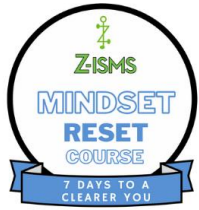
A common indicator of going in the wrong direction is when - for whatever reason - you feel like you’ve been “banging your head against the wall,” “pushing a boulder uphill, running in place, swimming upstream - or whatever your preferred cliché.

In general, if you experience a certain level of stress and you are not entirely sure why - that’s when you need to check in with yourself. This is your alarm system. The same applies to when you find yourself in the “try and try again” mode. By the time you get to the third try, it may be time to alter the definition of what success means to you.

At what point of doing the same thing over and over again does it become apparent to not expect a different result? That’s the tricky part.

Then there are times when things trend in favorable ways. Just about everyone knows the expression, “Go with the flow.” It’s a fundamental part of making a conscious effort to be present and intentional about detecting and managing energy,

Being in the flow is a personal experience. Hopefully, you encounter a healthy share of positive, flow-like encounters that you find meaningful and bring you joy. Even those who hone this awareness can attest that sustaining that flow state can be difficult given all the curveballs life throws us. They’re right. Then again, life skills can always be improved.



# MINDSET RESET



The key to connecting and reconnecting to that feeling is to purposefully weave gratitude into your daily life. This includes tuning into the experiences you're having and the energies that are associated with them. We'll soon explore gratitude techniques in depth.

Of course, it's also about staying aware and picking up on cues. When we see that something is trending - be that with external events or among our internal observations (like your inner monologue) - that may be a good opportunity to figure out which way the current flows. As you practice and accuracy improves, so will your "Earned Confidence."

## Techniques to Sharpen Your Intuition

FROM WITHIN	OBSERVATIONS	ACTIONS
• Quiet your mind	• Track your dreams	• Align your values
• Meditation	• Meaningful coincidences	• Spend time in nature
• Heighten your senses	• Notice energy shifts	• Get creative
• Tune into your gut	• Opportunities that knock	• Be more spontaneous
• Feel more than you think	• Sense/release resistance	• Subconscious hypnosis
• Align your inspirations	• Consult your past	• Read up on this topic

### ACTIVITY 1: GUT CHECK (TIME: 10-15 MINUTES)

Make time to stop. Tune into your thoughts and feelings. Identify sources of stress and resistance. Are there events and circumstances in your life that feel like you're swimming upstream or make you feel as if you're banging your head against a wall? If you are swimming upstream in any parts of your life, what would it mean to turn around and swim with the current? Do you identify with getting caught up in Analysis Paralysis? How can you trust your gut more? You might consider utilizing this "check in" every day or week.

### ACTIVITY 2: INTUITION HONER (TIME: 15-20 MINUTES)

Choose at least one technique from each of the three columns above to improve your intuition within, through observations and taking certain actions. Spend at least 5 minutes to give each a try. Make note of your observations and consider what you might try next.

FROM WITHIN	OBSERVATIONS	ACTIONS
•	•	•