


INTUITION: YOUR INNER COMPASS

A Neurographica® Experience for Trusting Your Inner Knowing


SECTION 1: "Tune In"

1. When I think about intuition, I believe it means:

 _____


2. How do I know when I'm in alignment?

(What does "yes" feel like in my body?)


 _____

3. How do I know when I'm not in alignment?


(What does "no" feel like in my body?)

 _____

4. A time my intuition was right:

 _____

5. A time I ignored my intuition (and learned from it):

 _____

SECTION 2: "Flow with Your Inner Voice"

Theme: Connecting logic + intuition through mindful lines.

Prompt:

Start with two circles — one for *Mind*, one for *Intuition*.

Let your hand draw connecting lines between them.

Round intersections to soften tension.


As you color, notice where you feel calm, curious, or surprised.

While drawing, ask yourself:


- What message might my intuition be sending me today?
- Where in my life do I need to trust myself more?
- What old "story" or fear might be blocking that?

SECTION 3: "Integrate the Message"


1. What did my drawing reveal about how I communicate with myself?

 _____


2. What part of the drawing feels most peaceful or powerful — and why?

 _____

3. What message or word stands out from today's process?

 _____

4. How will I act on this intuitive insight this week?

 _____

OPTIONAL: "Daily Practice of Trust"

Try one of these between now and the next workshop:

- Pause before a decision and ask: "What feels light vs. heavy?"
- Make a 3-minute doodle while breathing slowly — see what emerges.
- Write one sentence each night beginning with: "My intuition whispered today..."