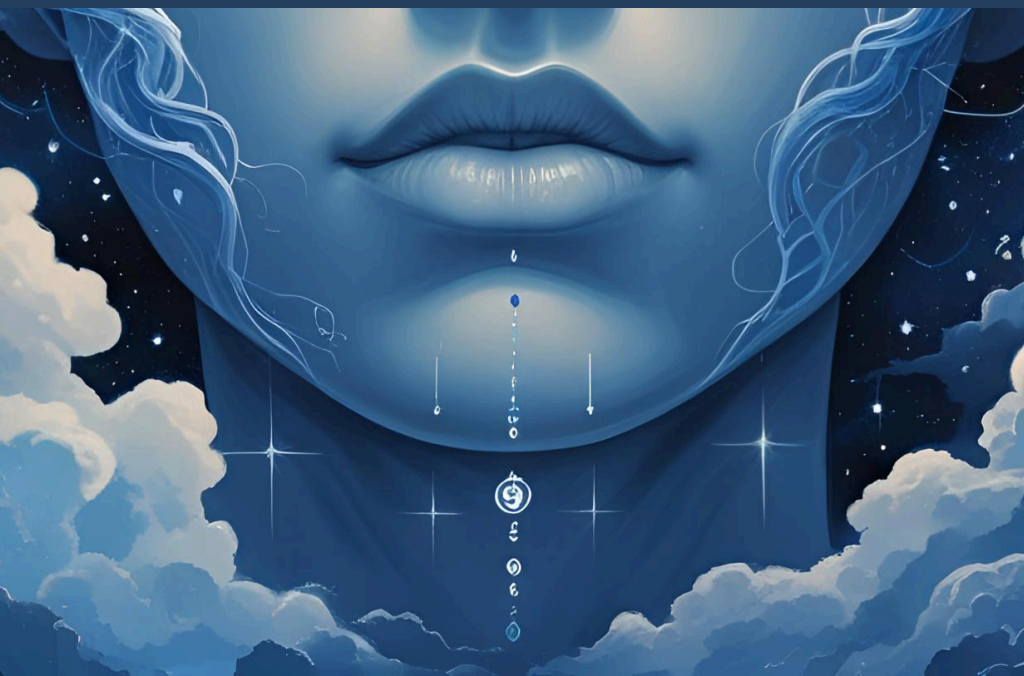
TRUSTING YOUR INTUITION: SIGNS, SIGNALS, AND SACRED KNOWLEDGE



Welcome, Beautiful Soul

This workbook is your sacred space to go deeper into the wisdom shared from the Journey of Awakening Podcast episode: Trusting Your Intuition.

Trusting your intuition is one of the most powerful steps on your spiritual journey.

As you complete these exercises, allow yourself to slow down, turn inward, and listen to the soft whispers of your soul.

You are awakening to your sacred knowledge.

With love and light,
Lynna K Teer
Spiritual Teacher | Conscious Manifestation Coach

Understanding Your Intuition

How Does Your Intuition Speak to You?
(Check all that apply or write in your own.)

- ☐ I get gut feelings
- ☐ I feel energy shifts around people or places
- ☐ I hear inner guidance or a quiet voice
- ☐ I see images or flashes of insight
- ☐ I just “know” things without reason
- ☐ Other: _____

Reflection Prompt

Describe a recent moment when you followed your intuition. What was the outcome?

True Self-Assessment

On a scale of 1-10, how much do you trust your intuition?

☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

What would help you trust it more deeply?

_____

_____

_____

_____

_____

_____

Developing Your Gifts

Daily Practice Tracker

Choose 1-3 practices to commit to this week. Check them off each day.

Practice	M	T	W	TH	F	S	SU
Morning Meditation	☐	☐	☐	☐	☐	☐	☐
Intuition Journaling	☐	☐	☐	☐	☐	☐	☐
Quiet Tine/Nature Walk	☐	☐	☐	☐	☐	☐	☐

Energetic Protection Exercise

Visualization:
Envision a golden or white light surrounding your body like a protective cocoon.

Affirmation:
“I am divinely protected and guided by truth and love.”

How did this feel?
__Grounding __Empowering __Emotional
__Neutral

Describe Your Experience:

_____

_____

_____

_____

_____

_____

Intuition in Action

Ask & Listen Practice

Ask your inner guidance:
“What does my soul need right now?”
Close your eyes, breathe deeply, and wait for a word, image, or knowing.

What came through?

_____

_____

_____

_____

What action can you take based on that message?

_____

_____

_____

Sacred Knowing Journal

Record intuitive insights, synchronicities, or dreams throughout your week.

Date:

Intuitive Message / Sign/Action Taken/Outcome:

_____

_____

_____

_____

_____

_____

_____

_____

_____

Integration & Action

Your 3 Action Steps:

1_____

_____

2. _____

_____

3. _____

_____

Your Proof List

List three moments when your intuition was right:

1._____

2._____

3._____

How do these moments make you feel about your inner guidance now?

_____

_____

_____

_____

_____

Closing Affirmation

“I trust the sacred wisdom within me. I am divinely guided in every moment.”