**Sacred Self-Mastery program
with Julia Mikk**

 **5th Module:** **Master Your Intuition**



When you can feel an inner knowing guiding you, how do you recognize it? What is the feeling, sensation or a knowing that comes with it? How do you recognize it is your intuition? Bring 3 most recent examples you can think of:
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Make a task to pay attention to your intuition every day, and write down in the evening what did you ‘hear’ or ‘feel’. Sometimes you might feel and hear its guidance and not follow it. At other times, you choose to take action on it. Make notes of both.

Continue making daily notes in your journal throughout the whole intuition module. You most likely want to continue in your journal.

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Why do you sometimes decide not to follow your intuitive guidance? What are the fears or beliefs that stand in the way?
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What would you need to know or believe in a different way in order for you EASILY trust and follow your intuitive guidance? This is a big one!
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Bring at least 3 examples of the most recent situations where you HEARD and FOLLOWED your intuition, **resulting in something great -** **something that was a great proof that your intuition was trustworthy, and it was a good idea to listen to it.** ………………………………………………………………………………………………………………………………………………………………….
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