

RECLAIM YOUR INTUITIVE POWER CHALLENGE EXPANDING & CONTRACTING

What Does Expansion and being in Flow Look like for me?

What Does Contraction and Feeling Misaligned Look Like for me?

EXERCISE: TAKE ACTION! PRACTICE FIRST RESPONSE IN DAILY DECISIONS

1. Does it Expand Or Contract Me?
2. Take one small action today based on your intuition. It could be something as simple as deciding what to eat or what task to focus on. How does it feel to follow your inner guidance? These small wins build confidence in your intuition!