



Do you TRUST YOUR INTUITION?

4 JOURNAL PROMPTS
TO (RE)BUILD THE TRUST
IN YOUR INTUITION

Lot of


Light

HELLO! WELCOME TO THIS LESSON.

I'm very glad you're here, ready to research your intuition and willing to give it the attention it deserves. My name is Liselot, from Lot of Light. Teaching people like you how to listen to their intuition is my passion.

There is just so much wisdom inside of us, and I think we all should be able to connect to ourselves to find out what is there.

That's what the online courses of Lot of Light are all about.



These journaling prompts are all about if we can trust our intuition. Maybe you feel you don't really know how. Maybe you've felt or 'heard' your intuition before, but you feel like you're missing it very often too. Maybe you feel like you can't, right now. That could be because you were taught not to. Our societies show us it is safe and secure to trust logic and serious thinking. We find it very difficult to connect with our heart, feelings, our body. We don't have any training in it, unless we choose to relearn this, later in life.

If you neglect what your intuition is trying to let you know, it sort of 'shies away' from you a bit, it gets softer and softer. But the opposite is also true! Once you start to listen for prompts from your intuition, you'll begin to hear them more and more. And if you then choose to follow up on them, act on them consciously, the messages become louder and clearer! Like a sort of snowball effect...!

In these prompts you'll go back and look at when you've not trusted your intuition, why, and should you have - or not? If you research this for yourself, you can start to recognize the messages better for next time around, and you can actively consider whether you want to go with your thinking mind or your intuition. You then give your intuition an honest shot!
Let's dive in!

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SURE TO KEEP AN EYE OUT FOR LOT OF LIGHT'S
UPCOMING COURSE

THE INTUITION TOOLKIT



Access your inner wisdom and be
who you truly are, *every day*

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