

# 6 Signs

## Not Trusting Your Intuition Is Costing You



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LEADERS WHO WANT TO  
BREAKTHROUGH





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# WELCOME

I'm so excited for you! By signing up for this resource you're already showing you're an action taker and curious about what could be missing in your life.

So if you're reading this you probably already know that it took a FACE PLANT for me to evaluate how seriously I was sacrificing my sanity and health to try to be "successful."

And you probably know the path I took was spending two hours a day alone, in nature, learning about this thing called intuition and how it works.

By far one of the most rewarding journey's I've been on and why I believe that not only are you intuitive, but you have the gifts and insight you're looking for already inside of you. How do I know you're looking for it? I don't. But after reading this guide, you'll know. If you identify with any of these signs, now is the time.

# POP Quiz

Before we dive into these let's do a quick inventory of where you stack against these 6 signs I'm going to share with you.

## Physical Concerns

Do you feel run down physically? Are you experiencing concerning energy crashes or weird symptoms?

## Emotional Concerns

Is your life taking a toll on your emotions? Do you feel like dramatic events or toxic people are around you often?

## Financial Concerns

Do you constantly feel like you're stressed about money? Do you feel like no matter what you're not making enough?

## Career Concerns

Do you feel stuck professionally or bored? Do you know you're in need of a new challenge or innovation but can't figure it out?

## Energy Concerns

Do you feel like you're always over giving and lack basic boundaries? Or maybe you have boundaries but struggle to hold them?

## Results Concerns

Are you addicted to personal development and yet still haven't had the traction you've expected?

## Total Points

If you answered YES to more than one, you're in the right place. Keep reading.

YES	NO



# Before We Dive In

You should know this about me. This is not a guide from someone who is preaching at you how to "do better". This is a guide from someone who gets it and has been where you are.

I used to roll my eyes when a boss would justify a key business decision by saying, "I have a gut feeling." I thought it was a cop out to not having a logical progression to back up their decisions. Back then I didn't believe in a gut any more than I believed in following my heart. Both seemed to be language borrowed from fairy tales. So I doubled down and went all in on left brain logic and strong armed life to try to get to where I wanted. It was exhausting but it worked... sort of. I had built a 7 figure business but was a wreck emotionally and health wise.

Then I face planted in the middle of the day on my kitchen floor in front of my two kids and realized I had completely lost connection with myself. I had no gut feeling because I was overusing my brain to solve it all. I wasn't using my imagination to solve the problem, I was using someone else's hustle culture roadmap to success. I wasn't slowing down, I was pushing my body to keep going. I was depleted, frustrated and worried that I didn't have a logical answer for what I was experiencing.

I didn't know what the missing link was. So I took a mentor's advice and I went to Sedona on a "Soul Adventure" and met with healers and gurus who kept talking about intuition and slowing down like it was some holy grail of solution. Maybe it was how desperate I was or that I couldn't imagine resuming my life at the pace I had been, and this was my only other option. But I started to consider the idea of slowing down.





# Then I had one life changing conversation. That's all it took.



One conversation to realize I was driving my body into the ground because I didn't know how to rest or value rest. With no other recourse, I decided to take time each day to be alone and during that time I developed trust with my inner guidance system, something called intuition. Over time it has developed into my complete GPS system. It's been the defining tool I've used to create success in a brand new coaching business and hit multiple 6 figures without sacrificing my sanity and health.

I'm telling you this because I believe in this like I believe the sun will rise tomorrow. This is the single most important tool you can develop and when you do it'll change everything.

I'm going to share with you six signs not trusting your intuition is costing you.

And in case you feel exposed, I want you to know I was guilty of all six before I started this journey. Being stuck in these places is a place I'm familiar with and also here to help you with.

# Sign 1 You're body can't keep up with you and is crashing

Our bodies are wise and it will do whatever it takes to get us to slow down and get back into a sustainable rhythm. Our bodies house the seat of our intuition: our sacral. You know that "gut instinct"? One of the core ways intuition speaks to us is through our bodies, our senses, our physical symptoms. So look at symptoms like this as messengers and listen to the message it brings.

One of the signs of ignoring your intuition shows up in our bodies. We are programmed by hustle culture to "work through the pain" and to ignore any warning signs of burnout. But when you sustain hard work, insane work hours and do it from the energy of "pushing yourself" your body goes into a stress response and your nervous system gets fried. Symptoms of chronic stress like irritability, anxiety, headaches, insomnia are sadly things we have normalized in most Western work environments. Does any of that sound familiar to you?

Here's why I'm starting with this.





# Sign 1

## You're body can't keep up with you and is crashing



If you're a product of Western culture you have also bought into the myth that the ONLY way to success is through hustle and grind. To do this literally means you have to ignore your bodily needs and limitations. When we do this we silence the body's cries and when our intuition pops up to help, we silence that too. We do this because we're taught to distrust our feelings because they're fleeting.

Believe it or not one of the most profound ways your soul gets your attention is through your body. And if you ignore it's many cries for help, the symptoms often get worse. Physical symptoms like: adrenal fatigue, brain fog, energy crashes, feeling dizzy or light headed and even autoimmune diagnosis can be linked to stress.

And one of the signs you're out of alignment in your life or business is when you can't physically manage the stress.

While I'm a huge advocate for getting bloodwork done and meeting with medical professionals if any of the above symptoms are impacting you, I also advocate for looking at these symptoms as messengers.

- What is your body trying to tell you?
- Is it time to slow down?
- Are you outside your purpose?
- Are you pushing so hard to make something work in your life or business that doesn't actually fit?

# Sign 2

## Your life is dramatic and it's incredibly hard to regulate your emotions

One of the signs of not being led by their intuition is someone whose life resembles a sitcom, that's how dramatic their real life plot twists are. You know that person who you ask "How are you?" and they launch into a sob story that places themselves firmly as the victim of circumstance and you walk away feeling so bad for them and also knowing about five intimate facts about your mutual acquaintances that you wish you didn't know about.

I think we all have either experienced this personally or seen someone in our life navigate life and we feel like we're about to witness a train wreck but we also can't look away. Drama pulls us in and entices us, but if you've ever lived inside it, it's miserable.

In my coaching it's almost always anchored one core identity complex: The victim identity

This identity is rooted in believing you're a victim of circumstance. And what does a victim need? A villain.





# Sign 2

## Your life is dramatic and it's incredibly hard to regulate your emotions



So alongside feeling like the world is against you, you have a habitual pattern of blaming everyone BUT yourself. This leads to not taking ownership for your role in every negative situation. And why this is so damaging is that when you don't acknowledge the role you play in the negative outcomes you're experiencing, you don't take responsibility for breaking the cycle.

### Note:

I want to acknowledge that not every single negative outcome is your fault and I don't want to bypass that there are certainly times you are a victim at no fault of your own. This could be through experiencing hate speech, racism or other dark sides of our society. You could also have been a victim of sexual abuse, domestic violence or other crimes in which you are certainly the victim. So I want to make allowances for that and be clear that what I'm speaking to above is for the times in which we're perceiving ourselves as victims, versus actually being one.

Okay so what does life look like when you're listening to your intuition? How can you shift out of this?

Intuition shifts victim consciousness because to access your intuition requires space and patience. Two things drama cannot survive with. When you slow down to pause a lot clarifies. Your true emotions come up and you're able to ask yourself questions like "What does this mean?" "What is this teaching me?"

# Sign 2

## Your life is dramatic and it's incredibly hard to regulate your emotions

When you practice doing this you practice setting aside quick flash judgements and you reach for curiosity.

One of the greatest ways to get out of drama and victim consciousness is the power of curiosity. It brings you out of your single viewpoint and allows you to see alternative possibilities.

Additionally, intuition is built on a foundation of believing that the Universe (or God) is FOR you. That means that you're divinely supported and allows you to see that if negative moments come your way, it can be a tool to teach you something you need.

When you're inner guided and led by your intuition it's amazing how peaceful life becomes, how much easier it is to re-organize your memories and experiences into more generous assumptions of others.





# Sign 3

## You aren't making the money you want to and are frustrated



When we don't trust our intuition to guide us one of two things happen:

We wait for others to hand it to us  
We frantically scramble to get ahead and have someone in the back of our mind that we're comparing ourselves to

On the first hand we can feel like we have to wait until our boss recognizes our hard work, or clients realize how great we are. We feel like it's a waiting game hinging on how "good we are" and when we don't get the raises or clients we'd hoped for we internalize it as a reflection of our inherent worth. One of the big gaps here is self-esteem. In this case we're waiting for our income to reflect our self worth. And that means we're just given away our self worth to others. This is why it's tempting to get depressed or feel resentful of our places of business.

On the second hand, we can get desperate and start to just become fire balls of action without a real plan. All we know is we "deserve more, like \_\_\_\_\_" and we allow petty comparison to snowball into chaotic action. This is very rampant with digital entrepreneurs, comparing follower counts to brand photos to launch models. We think we have to "do better" and that if we're not making what we want we need to buckle down and do more. Because we've bought the lie that "more is better".

# Sign 3

## You aren't making the money you want to and are frustrated

But when you anchor into your intuition you start to know a very important fact:

You are priceless.

There is no amount of money that can ever reach "what you deserve."

You also start to appreciate that you are unique and no one else can be you. When you take time to be alone and tune into your inner guidance you start to love more about yourself and you find your inner magic. And you also calm the f\*ck down. So your energy settles and you're not running around like a chicken with your head cut off.

Side note:

When it comes to manifesting clients or dream jobs, the magnetic energy you need is rooted in authenticity. That's why branding experts talk about it so much. They know the power owning your truth and being in your authentic vibration has on the marketplace.





# Sign 3

## You aren't making the money you want to and are frustrated



When you follow your inner guidance, you are brought back to your own unique energy and you chart a course forward that aligns with your soul and creates a magical draw to whatever you do. It's so wild to watch happen and here are some my clients have experienced, just to name a few:

- Videos go viral with >1.4 million view and 1.5k new email subscribers and booked sessions literally as they sleep
- Have a dream about a past client and wake up to an email from that past client wanting to sign back up
- Decide they want to book more speaking gigs and get an email out of the blue asking if they'd be willing to speak for thousands of dollars
- They meditate on the exact amount of a raise they need to feel at ease and then they release the control over that and the next day walk in to find they've been given that exact raise they wanted

Your income is positively correlated to your authenticity and self trust. When it's all over the place I'd be willing to bet you aren't showing up as your true self and you don't trust your instincts. Learning to tap into and decipher your intuition is essential to create steady growing income.

# Sign 4 You're bored or stuck professionally

You feel like you're stuck doing the same boring thing day after day and it's getting harder to feel excited by your work. Suddenly you look around and you went from a vibrant, talented rockstar to someone who is living for the paycheck and planning the weekends. It's depressing to admit, but when we feel stagnant and uninspired.

Maybe you want to innovate your role but it overwhelms you because you built your career emulating what others have already done or made work. And you're essentially a copycat. (Don't worry that isn't meant to sting, many many successful professionals simply take what's proven and iterate on it with their own twist). The issue here is that you're not even sure how to iterate off of where you are or what your unique angle is.

Maybe you want to bring something new to life, something creative and exciting but you don't know where the inspiration will come from. You feel worried and overwhelmed thinking about it. This is a sign that you are operating from the left side of your brain, the logical one that excels in reverse engineering things but not ideating things.





# Sign 4

## You're bored or stuck professionally



Your right brain is what you need here and if you aren't magnifying it with an activated intuition you're missing out. Some of the boldest and brightest minds on earth credit their intuition for their most influential inventions.

When we talk about intuition we're talking about the right brain. Intuition starts off as imagination, curiosity and the creative process. That's how most of us who grew up in the West understand it.

To access your intuition requires slowing down, taking a break, changing up your environment, getting into a creative and playful energy. So naturally it's not well supported by hustle culture, so we don't think about it right away when we feel stuck.

But if there's one thing I know, if you need something to stoke that fire of inspiration, your intuition is the place to start.

# Sign 5

## You lack boundaries & struggle to hold them

We had to go here. One of the core signs of not trusting our intuition is we have energy leaks. What is an energy leak, you may ask? Imagine your energy filled up a large inflatable pool float. But then your cat gets a hold of it in the garage and attacks it with its claws. The next time you try to use that pool float, what do you imagine will happen? Yep, it doesn't work very well. It's just floppy. Well our energy works the same way.

Signs of leaked energy are irritability, overly critical, passive aggression, anger or lashing out, withdrawing from people you love, burn out, feeling numb, being obsessed with results at a cost to you or your team, medicating or overindulging to feel good about anything and the list goes on. This list is so harmful not only to your business but you. You don't deserve to live like this.

So when you identify energy leaks it's not hard to pinpoint these two offenders: lack of boundaries and people pleasing. When you lack boundaries essentially you don't know how to patch energy leaks and protect your energy. And what's wild about this is this is what "high performers" are praised for in hustle culture. They're praised for having no boundaries with work and being a role model of work ethic. So let's all give ourselves a little break for not being taught how to do this.





# Sign 5

## You lack boundaries & struggle to hold them



In my experience, people pleasing is a huge source of resentment for everyone involved. And part of people pleasing is not knowing how to set boundaries OR hold anyone accountable for fear of being perceived negatively. These are massive energy leaks and it translates into letting low performers survive in your organization a lot longer than they have any reason to be there. It can also look like letting energy vampires (a great term for anyone who habitually feeds off your energy but you walk away feeling drained and depleted) survive in your inner circles.

But when you tune into your intuition you start to believe something groundbreaking: My value is in who I am not what I do.

This was a massive shift for me and is available for us all. When we begin to value who we are and take time to slow down and connect with ourselves, our energy starts to settle down. We get out of frantic energy and we come home to a homeostasis we forgot all about.

When you develop your intuition you start to value your energy and when you do that you see a lot more clearly what is sucking your energy.

# Sign 5

## You lack boundaries & struggle to hold them

It's like finally looking at the world through neutral colored glasses and no longer having the colored filters of fear, jealousy etc. You see more clearly. Your intuition starts to show you who you are when you slow down and just are being yourself, not performing for love or trying to impress others.

When this happens it's like inhaling pure oxygen and you're giddy. From this place, anchored into how you were designed to be, it's a lot easier to look at boundaries and start protecting yourself.





# Sign 6

## You're a personal development junkie but seem to be caught in the same cycles & patterns



So this one is for all the overachievers, who when we feel stuck, decide it's a good time to start inhaling information, listening to all the podcasts and go to retreats to "break through" to the next level. This always starts from a pure intention to get out of the current circumstances and rise up. And it feels good to take any action.

But without a developed intuition even this popular "self help" routine can become toxic. Because when you consume and don't integrate it's like trying to drink through a fire hose and realizing you're still thirsty.

I'm not saying never invest in yourself or trust a coach to guide you. I'm looking at the overall pattern here. If you're someone who has a history of hiring someone and then jumping to the next shiny object and continuing until nothing you've invested in has ever been fully implemented, you have a bad habit. I'm just saying stop doing it as a reaction to sabbateur voices inside you. Don't do it out of fear of missing out. Don't hire someone because you're lost and don't trust your own instincts. Don't pay for a program because you want to copy someone else's success step by step in their way and using their frameworks. And you sure as hell better not be distracting yourself with another coach or course to postpone you finally stepping out of the shadows and commanding your truth and mission on earth.

# Sign 6

## You're a personal development junkie but seem to be caught in the same cycles & patterns

If you want to invest in something, invest in unlocking your intuition. Hire a teacher or guide who doesn't get off on giving you advice or enmesh your success with theirs in a creepy way. It's giving away your power. And when you struggle to trust yourself it's literally the worst thing you can do.

What intuition teaches us is to invest only in what we need and are led to. It teaches us the wisdom of slowing down and listening to what we need. It ignores the urgent rush to buy everything now, and it paces you so you can absorb as you learn.

There is an ebb and flow to how intuition directs us that spares us from over spending on expensive coaches and courses and then remembering very little of what was gained by doing so. As a coach I can say, there is no sales goal worth hitting if it's only distracting someone from the deeper work they need to do.

You're here to take back your power. To cultivate your inner wisdom, true knowing and "gut instincts". Find coaches or programs that protect and honor that journey.





# MORE RESOURCES

If you loved this and feel like I'm speaking right to you,  
then check out what else I'm up to and let's stay connected!



## Success Codes

Learn how to harness your unique success codes, build your intuition and step into your power!

[Learn More](#)



## 1:1 Coaching

I do keep a small roster of 1:1 clients! My coaching style helps you unlock your wisdom and navigate from your truth.

[Learn More](#)



## Take Two Book

If you feel stuck and ready to hear about a "new" way to repair your life, then consider my best selling book!

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## Take Two Challenge

The way I opened up my intuition was spending two hours a day alone. Let me guide you into this sacred experience.

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