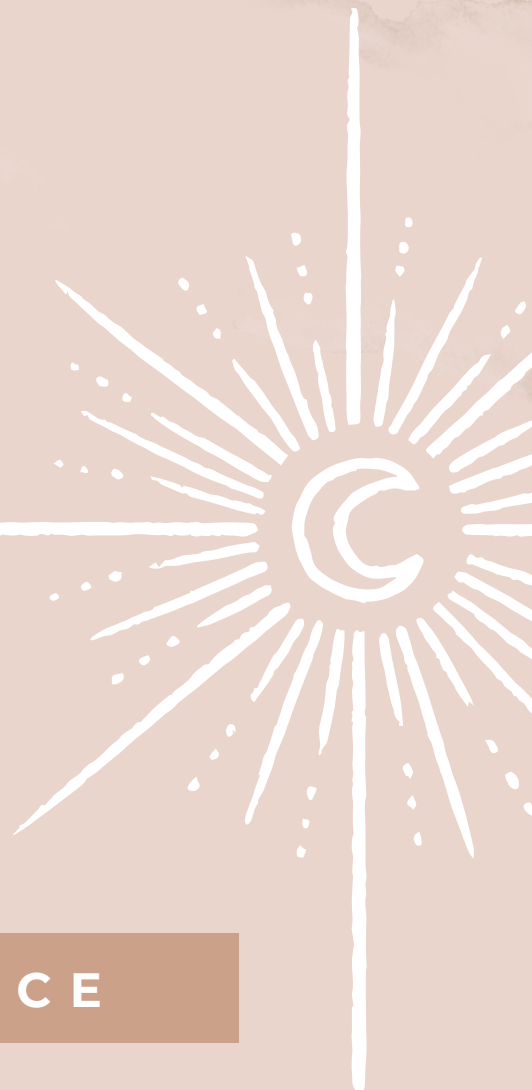


How To

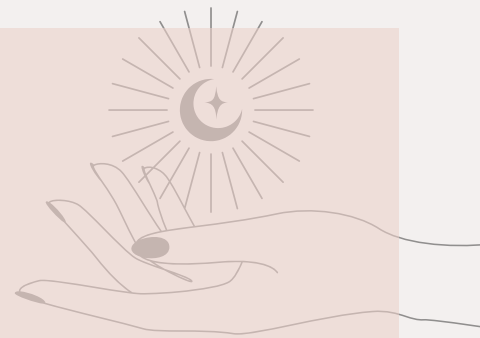
Increase
your Intuition



A FREE RESOURCE

WWW.PARULSHARMA.COM.AU

Hey Beautiful Soul



Are you looking to increase your intuition?

Then this freebie is the one for you!

Let's talk about dreams...

You know how when you wake up and at first, you can't quite remember what you've just dreamt about? But, if you really think hard and pay attention, you'll begin to piece the dream together and it helps you to remember what happened with more clarity.

This works for intuition in the same way...

As you focus on it, it grows.

And the more you pay attention to how you receive the information best, whether that's...

- **Visually**
- **Auditory**
- **Gut Feeling**
- **Mentally**

... the more you can refine your skill. With time, your intuition will become more frequently present and accurate.

A great exercise to help you do this is to keep a journal.

Think of it like a dream journal, a place where you can track, develop and refine your intuitive muscle.

Your soul dropped into
your body knowing what to do,
where to go, how to be.
Stop questioning yourself"

Alyssa Nobriga

Start by tracking these intuitive hits. Try doing this a few times a week. You'll begin noticing how your intuition already speaks to you and you'll start to naturally build confidence in it!

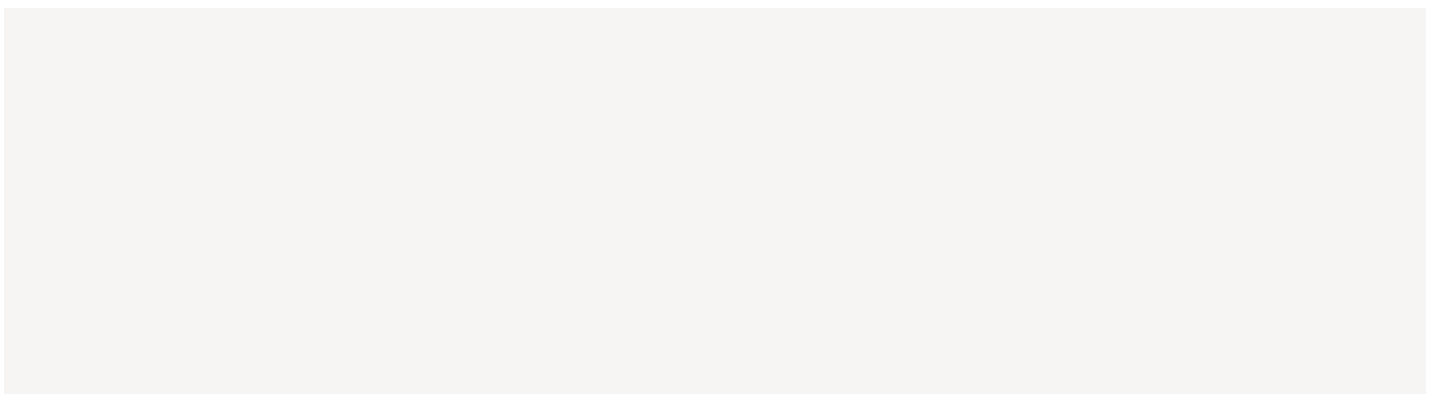


Your Journal Prompts



1. WHAT: "WHAT WAS THE GUIDANCE I RECEIVED?"

Eg. - I was looking for a parking space and felt the pull to go down a random street that I'd never previously parked down before.



2. HOW: "HOW DID IT COME THROUGH?"

Eg. - I just had a gut feeling.



3. ACCURATE OR NOT?

Eg. - Yes, there was a parking space close to the building that I was visiting.



So, here's what you're going to do...

- ☑ **IDENTIFY A SET AMOUNT OF TIME TO DO THIS - LET'S START WITH ONE WEEK.**
- ☑ **TRACK YOUR INTUITIVE HITS IN THE NOTES OF YOUR PHONE OR IN A JOURNAL, SO YOU HAVE IT EASILY AVAILABLE TO YOU WHEN YOU RECEIVE THEM.**
- ☑ **AT THE END OF THE WEEK, WRITE DOWN INSIGHTS, THEMES, OR CONCLUSIONS THAT YOU DISCOVERED THROUGH THIS WORK.**

Sometimes it won't be conclusive because you won't know the end result, but paying attention to it and still tracking it helps you build the muscle and continue to deepen the connection to your intuition.

Other times it will be conclusive, and this will help you to become more comfortable, clear, and confident using it for all sorts of different reasons.

I hope this helps you increase your intuition.

A stylized, handwritten signature in black ink that reads "Parul x". The letters are fluid and connected, with a small 'x' at the end.

Soulful Mindset & Confidence Coach



NOTES

Intuition
- how

THE ABILITY TO UNDERSTAND SOMETHING INSTINCTIVELY,
WITHOUT THE NEED FOR CONSCIOUS REASONING.