

# Discover Your Intuition

## Tips and Exercises

Hello! I want to thank you again for signing up to get your “Discover Your Intuition” package. I firmly believe that if more people embraced their intuition and used it on a daily basis the world would be a better place, and everything would go much more smoothly.

You’re obviously ready to start using it more, and I can tell you that you’re likely to start feeling more confident, collected, and more freedom knowing that you can depend on yourself to make the best decisions in the moment.



Let’s go over a few tips that will really help you to discover your intuition and start leveraging it.

### **Journaling**

I know that some people hate the idea of journaling. You may even be cringing at the idea of having to sit down to a book and write something out. But I cannot overstate the importance of keeping an intuition log.

If you’ve studied successful people at all, you likely know that many experts attribute their success to journaling. Many will go so far as to say that journaling is one of the key differences between people who succeed and those who don’t. It’s the same with discovering your intuition. You are more likely to begin recognizing the signs of your intuition kicking in if you keep a written log of incidents.

Here’s what you should be writing down:

1. When you thought your intuition was telling you something.
2. How it came to you (the thought, feeling, sensation, etc)
3. Whether you did or did not follow your intuition
4. What happened (or didn’t happen) due to following or not following

Soon – probably sooner than you think – you will begin to see a pattern. You will see that you are writing down similar thoughts or feelings, and this will help you to recognize them faster when those “nudges” come in the future.

When it comes to journaling, there really is no right or wrong way to do it as long as you are keeping track of the incidents.

Your exercise for this tip is to work on writing down an occurrence when your Intuition was definitely trying to get your attention at least once a week. If you focus on doing this once a week, you'll probably find yourself doing it more.

## **Meditation**

There is a good chance that you already spend time in meditation, and you know the benefits of it, so I won't linger on this too long.

But I will challenge you to take some time (at least once a week) to meditate with the specific purpose of growing your Intuition. You can use the meditation that you got with this report, or another if you prefer, but in the time that you are meditating, just focus on expanding your awareness far outside of your physical self. Then focus on expanding beyond what you are physically capable of hearing and seeing. This invites your Intuition to step forward and let you know what is going on.



## **Buddy Up!**

This exercise is one of the most fun, but if you don't have a support system of people who "get" you and what you're doing it can also be the most awkward.

What you need for this is a like-minded individual who also wants to work on their Intuition. You need to have good chemistry with them and enjoy talking to them a LOT. If you have someone like this, work on your Intuition together.

Having a partner on this journey is invaluable, because they can encourage you when you are feeling like your exercises aren't working, or they can confirm when you have "AH HA!" moments. It is likely that you will feel like you're crazy a time or two (or hundred) as you're working on your Intuition, and you'll wonder if you're just making things up – you really need someone who can encourage and support you!

Depending on the person and how your Intuition works, you may even be able to invest "games" to play. I have friends who I've played the "I know you're thinking about me, who can dial the phone faster" game with. 😊

If you don't have someone like this, or you want to dive even deeper into developing your Intuition, check out the "Love Your Intuition" 90-Day Program at <http://lindseyrainwater.com/intuitioncourse/>

## **Give Yourself Freedom**

When I say "freedom" I mean a lot of things.

I want you to give yourself the freedom to follow your Intuition. When you feel like you should take a new route to get where you are going instead of the regular one, even though the regular

one is 10 minutes faster and you're running late, allow yourself that freedom. If you feel like you shouldn't say yes to an offer even though logically it sounds awesome, allow yourself the freedom to trust yourself.

I also want you to give yourself the freedom to fail. The freedom to be wrong. Sometimes you will not follow your Intuition, and things will take a poor turn because of it. Instead of beating yourself up about it (which I've done more than I'd like to admit,) treat it as a learning experience instead. We can turn on ourselves and our Intuition far too easily, thinking that if we failed once to follow it, or to pick up on it at all, that we shouldn't even try – and that is a terrible and dangerous thought to have.

Finally, give yourself the freedom to explore your Intuition. Make it a point to not get caught up on how you think it should come to you, or whether your Intuition comes across as strongly at others' do. Allow yourself to see if it comes to you as a vision one time, and a feeling the next. The more lenient you are with your Intuition and yourself, the better results you will start seeing.

## **Patience**

Finally, be patient. This is the thing nobody wants to hear, because we do love our instant gratification. But if you haven't worked on your Intuition before, or you have purposely shut it off at some point in the past, it is likely going to take some time for you to hone it and learn how to feel or hear it.



You need to allow yourself time to master it, just like you would with anything. You wouldn't expect to be able to flawlessly play an instrument or speak a new language in a matter of days, so why would working on your Intuition be any different?

Remember as you work on these things that strengthening and honing your Intuition is not a destination. You do not get to a final point and suddenly your Intuition is strong and perfect – like anything else, there is always room for growth and improvement.

That being said, the fact that you have read this report and are going to implement the advice it holds says a lot about how committed you are to improving your Intuition and making this energetic investment in yourself. And I'm glad.

I'm proud of you, and you should be proud of yourself!

– Lindsey Rainwater  
<http://lindseyrainwater.com>

Have questions about anything in this report? Something that you think I need to cover? Just want more information about your Intuition? Please get in touch!

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Want more support in developing your Intuition? Click the image for info on how to take it to the next level . . .



# Love Your Intuition

90 Days to More  
Confidence,  
Clarity,  
& Inner Peace