

SOLIGHTLY *Living*

JOURNALING EXERCISE FOR INTUITIVE DECISION MAKING & DIFFICULT SITUATIONS

1. Access your intuition by relaxing and connecting with your body (take deep breaths or meditate).
2. In your journal, describe the issue you're facing.
3. Actively imagine an older and wiser you and write about it. What does older and wiser you look like? What are you wearing? What does older and wiser you feel like? What sounds are present? What is older and wiser you doing?
3. What does older and wiser you have to say about the issue you're facing?
4. Interpret your imaginary scene. Pretend the scene you imagined was a dream you had and analyze it like you would a dream.
5. Does your analysis (or any of the symbols) give you additional guidance for the issue you're facing or the decision you need to make?

Journal Making Decision

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