THE ART OF INTUITION

The Inner Compass

AN ORIENTATION COMPANION

Carry It Forward

Let what you have come to understand find a place in your life.

Choose one practice. Leave room to return.



LIFESTYLE RITUALS

Carry It Forward

Choose one understanding from listening, reflection, or experience. Give it a small expression in your day.

DATE _____

01 **Gather one insight**

What has become clearer through listening, reflection, or experience?

02 **Choose its expression**

What choice, conversation, boundary, or gesture would honor this insight?

03 **Give it a place**

When or where could this action fit naturally into your day?

04 **Return after living it**

What supported you? What changed, and what needs adjusting?

A QUIET RETURN

I can let what I know shape how I live.



Recognize Your Own Rhythm

Notice the pace that supports your present life. Choose a time or setting that makes one practice easier to return to.

DATE

01 **Notice your available energy**

When does attention come easily? When do you need quiet, movement, or rest?

02 **Consider what influences your pace**

How do responsibilities, surroundings, and expectations affect your day?

03 **Choose a supportive adjustment**

What time or setting would help one practice fit your present needs?

04 **Allow your rhythm to change**

What supports you now? What may need to change as your circumstances shift?

A QUIET RETURN

I can choose a pace that supports my life.



Let Experience Clarify

Give your impressions the company of context and lived experience. Understanding can deepen as you return.

DATE _____

01 **Recall a moment of guidance**

Bring to mind an inner impression you followed or set aside. What was it?

02 **Remember how it arrived**

Was it a sensation, thought, image, feeling, or quiet knowing? What was happening around you?

03 **Consider what followed**

What did experience confirm, complicate, or reveal? Include what you observed alongside what you felt.

04 **Carry the learning forward**

What will you pay attention to next time?

A QUIET RETURN

My understanding can deepen as I live.



My Inner Compass

Return to what matters to you. Let your values, needs, and lived experience help you choose your next step.

DATE _____

01 **What matters to me**

Which value or quality do I want this choice to honor?

02 **What I need**

What needs care, time, space, or support in my life now?

03 **What supports me**

Which people, conditions, rhythms, or boundaries help me listen and respond?

04 **My next small step**

What feels honest and possible? When will I return to notice what I learned?

WHAT I WANT TO REMEMBER

