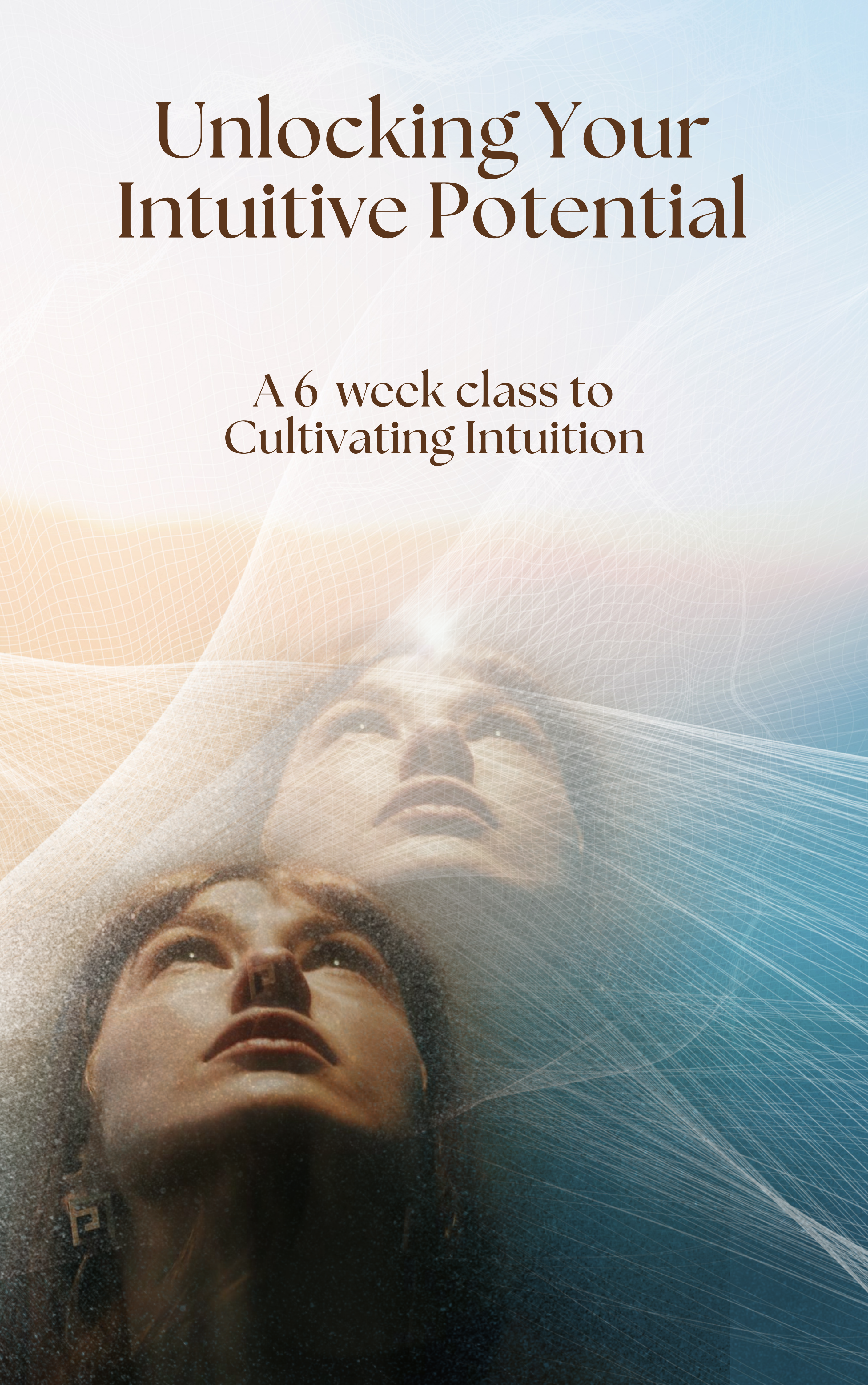


# Unlocking Your Intuitive Potential

A 6-week class to  
Cultivating Intuition





# Week 1

## Understanding Intuition

- **Introduction to Intuition:** Discover the power of intuition and its significance in your life.
- **Differentiating Intuition:** Learn to distinguish intuition from other thought forms like feelings & emotions, impulses, and fear.
- **Trust:** Explore how the brain processes information and clouds the trust of your intuition.
- **Exercises:** Identify past experiences where your mind got in the way of your intuition.



# Week 2

## Learn to Read Other People's Non-verbal Cues

- Learn to read the room: How to trust your gut feelings about people and situations.
- Learn to read others: See and feel what someone else is feeling or thinking.
- Listen to Your Body: How your body reacts in different social situations.
- Exercises: Think about times when your intuition served you well and when you ignored it to your detriment.



# Week 3

## Applying Intuition in Decision-Making

- **The Role of Intuition in Decision-Making:** Understand how intuition can complement rational analysis in decision-making processes.
- **Case Studies:** Analyze real-life scenarios where intuition led to successful outcomes.
- **Contemplations:** Reflect on past decisions and identify instances where intuition played a positive role.
- **Exercises:** Engage in decision-making exercises where intuition plays a key role.



# Week 4

## Intuition in Creativity and Problem-Solving

- **Creativity and Intuition:** Explore the relationship between intuition, creativity, and problem-solving.
- **Techniques for Accessing Intuitive Intelligence:** Learn methods to tap into intuitive wisdom to overcome creative blocks and solve problems.
- **Case Studies:** Study examples of innovators and creatives who attribute their success to intuition.
- **Exercises:** Engage in creative activities that encourage intuitive thinking.



# Week 5

## Tools and Rituals for Intuition Enhancement

- **Exploring Intuition Tools:** Discover various tools, routines, and rituals to foster and enhance intuition.
- **Journaling:** Learn the benefits of journaling for intuition development and try different techniques.
- **Visualization and Affirmations:** Practice visualization and use affirmations to strengthen intuitive connections.
- **Exercises:** Create a personalized intuition-enhancing ritual incorporating your favorite tools.



# Week 6

## Creating a Personal Intuition-Enhancing Routine

- **Developing Your Routine:** Create a personalized routine incorporating mindfulness, meditation and other intuition-enhancing practices.
- **Setting Long-Term Goals:** Reflect on your intuitive journey and set goals for sustained growth.
- **Resources for Continued Development:** Explore additional resources for further exploration and development.
- **Exercises:** Draft a long-term plan for nurturing and expanding your intuitive abilities.



# Sign up today



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