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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Let Your Intuition Guide You to Prioritise

By Wendy Hearn

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Choosing your priorities varies from person to person. We're all different and our priorities, both personally and professionally, will be individual to us. So often, it's too easy to go off at a tangent and set priorities which we think are important, yet are often someone else's idea. To set priorities that work for us and are easier to follow through, we need to choose our own priorities. To find out what's really best for you, listen to your intuition. In other words, listen to your heart, your inner voice and trust your own instincts. Intuition comes from inside you and is therefore totally in tune with you as a person.

Your intuition will guide you perfectly to choose your priorities – if you listen to it. It's too easy to discount what your intuition says. Using your left-brain, the logical and rational side, is a great way to prioritise your life and it's even more powerful when you combine it with listening to your right brain, the intuitive part. Your intuition quickly tells you things and if you pay close attention to it, you will make better choices and faster decisions.

Your intuition will show up in thoughts, feelings, images and dreams. You may experience your intuition actually in your body, often referred to as gut instinct, or gut feelings. You will be able to listen to your intuition

in any of these ways and for most of us, there is one dominant way in which our intuition shows up. You may already know for yourself how you experience your intuition but if not, pay attention to all the different ways.

When you're prioritising your to-do list, a project or other aspects of your life, one way to access your intuition is to ask it a question. Questions such as, "What is a priority for me at the moment?" or "What can I let go of for the time being?" There are many more questions you can come up with and I suggest you ask

yourself the question and then relax, and see what happens. The answer won't always show up immediately but at some point it will. The answer will often come when you least expect it. For instance, when you're in the shower, drifting off to sleep or waking up, or involved in a completely unrelated task. Remember – after you've asked the question, you must be aware of all the ways your intuition can respond to you.

When you've received a response from your intuition, you need to act on it. I've found that it's trusting, relying on and acting on your intuition that's the hardest part for most people. If this is new to you or you want to develop it further, it's just like anything else that you want to be able to do well. You must practice. Intuition is a muscle that needs to be exercised and the more you use it, the stronger your faith in it will become. At first you may just want to take small steps when acting on your intuition. These small steps can be built on as time goes by and your confidence in yourself and your intuition builds.

Your intuition is guidance from your higher self and has your best interests at heart. Choosing your priorities by following your intuition means you're choosing what is really right for you. You're not so likely to be pulled between different priorities.

Wendy Hearn – Personal and Professional works with business owners, professionals, executives and managers who are ready to enrich their lives. . . finding more success, fun, balance, joy and time. Free Report – How to Focus on Achieving What You Really Want Send email to <mailto:AchieveArt@wendyhearn.par32.com> <http://www.Business-Personal-Coaching.com> Coach

10 Ways to Develop Your Intuition

By Susan Dunn

10 Ways to Develop Your Intuition by Susan Dunn, Coach

Intuition is innate to all of us; it's hard-wired. To develop this crucial lifeskill and learn how to trust it takes practice. Here are some ways to do that.

1. Suspend disbelief.
2. Be relaxed and not in a hurry.
Nothing grows well when it's rushed.
3. Don't try to use willpower or force.
4. Some people's intuitive ability increases if they ask an inanimate object (a rock, a leaf, whatever) to "give" them the information.
(It takes the pressure off!)
5. Establish a regular place, time and routine for practising accessing your intuition.
6. Start slowly and practice on inconsequential things.
7. You'll know when it's your intuition, because you'll have great clarity and certainty.
8. Intuition is contagious.
Therefore, hang out with people who have strong intuition, value it and use it.
9. Don't do anything you feel confused or uncomfortable with under the guise of "intuition." If you're confused or uncomfortable, it isn't your intuition.
10. Get an intuition coach or teacher. Feedback is good when you're learning, it helps you keep the ego-aspects in perspective, and keeps you from overload.

Susan Dunn is a personal and professional development coach, speaker, writer, and director of a distance learning school. Email her for FREE ezine.



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