



# INTUITIVE DEVELOPMENT

FOR DAILY-LIFE

## JOURNALING FOR INTUITIVE DEVELOPMENT

We are CONSTANTLY picking up on information through our intuition. Bringing our awareness to it is step one, and really the most powerful part of it. The second most powerful step is writing it all down and acknowledging it all. This is where journaling comes in.

The benefits of keeping an intuitive journal are many. In addition to helping you acknowledge your insights, you can come back to them later and prove to yourself that "Yes, I am actually pretty intuitive, because I got this or that impression right". This is hugely helpful for those days you begin to doubt yourself and your abilities, because we tend to forget our winning moments and just focus on the moments when we got it wrong.

Once you begin paying attention to your intuition and acknowledging what is coming through it, you are strengthening it and encouraging more intuitive insights to come through.

Create a separate journal or reserve space in a journal or planner that you already use, for your daily intuitive insights.

A close-up photograph of vibrant pink flowers, likely azaleas, with green leaves, set against a blurred background. The flowers are in sharp focus, showing their delicate petals and stamens.

# INTUITIVE DEVELOPMENT

FOR DAILY-LIFE

## YOU CAN WRITE DOWN:

- Your daily repeating thoughts
- Your daily out-of-the-blue thoughts
- Your body's reactions to meeting certain people or to going certain places
- Any dreams that you remember upon waking.
- Any other intuitive impressions or insights that come to mind
- Past intuitive experiences that turned out to be correct
- Synchronicities

## INTUITIVE DREAMS

Your dreams are another way in which your intuition tries to give you information about what's going on in your life or about what is coming up in your life.

How you might receive intuitive information through your dreams:

- Metaphors and symbols
- Repeating themes (for example dreaming of travel several times a week, or dreaming of a baby several times close together)
- Things that are emphasized in the dream (your attention being drawn to a certain detail, or something made very clear).
- Dominant colors (for example a blue tint to the whole dream, or lots of red objects showing up, or your attention being brought to a specific color).
- Characters and archetypes (animals, wise-woman archetype, or friend archetype, or child archetype, etc)



# INTUITIVE DEVELOPMENT

FOR DAILY-LIFE

Place your journal next to your bed, and immediately upon waking, you can write down everything you remember about your dream, down to the last detail. Don't worry if you can only remember small parts of it, or just a general feeling from it. The more you pay attention to your dreams, the easier they are to remember. It's important to try to write down your dream as soon as possible after waking, or at least go through the dream in your head if you don't have time to write immediately. Dreams have a tendency to fade once we start our day.

There are lots of books and websites out there that you can search for the meaning of specific symbols that show up in your dreams.

Write down both the dream and the interpretation in your journal, even if it's not clear to you yet what the dream is referring to. You can look back through it later when it might make more sense. Not all dreams are of an intuitive nature, and are instead more about processing the events of your day-to-day life. However, your intuition still has a way of inserting itself even in these dreams, so it's important to pay attention to all of it, and still keep a habit of writing down even the more boring ones.