

M A P A N D K E Y

Develop Your Map and Key

Recall An Incident Where Your Intuition Was Correct and Write Out What It Felt Like In Your Body:

Take All Physical Sensations and List Them:

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Do this exercise a few times with a few different incidents. So that you have a thorough scope of different physical sensations you have experienced when you had an intuitive moment.

Once you develop your map and key, begin using it on a daily basis whenever anything comes in.

That's your intuition talking! It will give you those physical indicators! You now have your map and key to identifying and following your intuition!