

# **INTUITION LOG YOUR CATEGORIES AND SCORES**

## Contents

INTRODUCTION .....	3
CATEGORIES.....	4
YOUR SCORE .....	5
RECOMMENDATIONS.....	6
CONCLUSION.....	7

## INTRODUCTION

This score keeping is meant for people like us who have been told what to do and micromanaged most of our lives. This is also for women who fall in love to fast and don't follow any safety measures or put their gut feelings first. Lastly, we can read a thousand books but willingness to learn from our own gut feeling is more important than knowing content in books as our daily guide.

## **CATEGORIES**

Make a list of your categories that you would like to improve on. Examples are given below.

- People
- Places
- Time of day
- Events
- House & chores
- Work
- Social Media
- Reading, writing and speaking
- Texting

## YOUR SCORE

This section of your Intuition Log is about giving yourself a score on the categories you wish to improve your intuition on.

Instructions:

1. Choose a category and rate yourself from Week 1 until 2-3 months have passed.
2. Fill in Feedback row from Week 2 until your last week.
3. Be honest with yourself to improve your willingness to learn from your intuition.
4. NB Your health, hormonal changes, sleep patterns and moods may affect how willing you are or if you will ignore your gut feeling. Be careful of over confidence and elation when there may be a safety issue, be safe not sorry.

Example 1, Week 1 Scores

People	1	2	3	4✓	5
Places	1	2✓	3	4	5
Events	1	2	3	4✓	5
Social Media	1✓	2	3	4	5
Texting	1	2	3✓	4	5

Example 2, Week 2 Scores & Feedback

People	1	2	3	4✓	5
Places	1	2	3✓	4	5
Events	1	2	3	4✓	5
Social Media	1✓	2	3	4	5
Texting	1	2	3✓	4	5
Feedback	<p>My people intuition remains strong. Improved on places to go. I was right about events to skip and to attend. I still feel awkward on social media. Texting. I still can't tell if that is positive meaning or if I am negative.</p>				

## **RECOMMENDATIONS**

Give yourself recommendations to follow.

## **CONCLUSION**

What have you concluded about your willingness to heed or ignore your intuition? Not down anything significant that has happened whenever you followed or failed to follow your gut feeling.