

ACCELERATION SCIENCE PART 3

INTUITION LOG

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Use a calendar

- Use your desk's calendar to mark when your intuition was correct.
- Start now.
- Do this record with a pen daily.
- Mark a minimum of twice. Were you correct about the food? Or the garbage? Or the stranger? Or not to text a complaint against someone?
- Continue for 2-3 months.

Daily Reward

- Reward yourself with a positive statement after every realisation from your log. Say something like, "YES! YOU ARE LEARNING!" to yourself.
- Do not mark when you made the wrong choices for the first week.
- After week 2 add notes on when you made mistakes in reasoning about something or someone.

Unlearning Self-doubt

- ① You need to unlearn to distrust yourself and to feel and hear your own intuition from now on..
- ① Your intuition is your guide so make the decision to learn what it is telling you daily.
- ① You have the right to see red flags about something or someone. This is how you learn how to protect yourself from harm.

Long-term Commitment

- ① Repeat this process until you can follow your gut feelings in life.
- ② Keep looking at the log to feel a sense of achievement.
- ③ This a marriage between you and your gut feelings. Respect it and be loyal to it. This is your life and you are the hero in it. Act like a hero until these new actions becomes your automatic habits.