




ACCELERATION SCIENCE PART 3



# INTUITION LOG



# Contents

- Use a Calendar
  - Daily Reward
  - Unlearning Self-doubt
  - Long-term Commitment
- 




# 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

- You need to unlearn to distrust yourself and to feel and hear your own intuition from now on..
- Your intuition is your guide so make the decision to learn what it is telling you daily.
- 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

- Repeat this process until you can follow your gut feelings in life.
- Keep looking at the log to feel a sense of achievement.
- 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.