

THE INTUITION AWAKENING GUIDE

Welcome,

You didn't land here by accident.

If you've ever felt like there's a quiet voice inside you that knows—this guide is for you.

Whether your intuition feels strong and clear, or foggy and hard to trust, is your invitation to reconnect with the part of you that always knows the way.

No special powers required. You're already intuitive. You may have just forgotten how to listen.

Let's remember together.

— Sarah
Goddess in Training



WHAT IS INTUITION?



Intuition is your inner guidance system.
It's the deep sense of knowing that arises
from within, beyond conscious reasoning.
You might think of it as the voice of your
soul, or a sensation, instinct, or gut feeling.

It's that quiet nudge or spark of insight
that pulls you toward what feels right
for you.

The mind analyzes, but intuition knows.
It's the wisdom that whispers the answers
you need, guiding you to your truth.

Signs You're Already Intuitive



You don't have to see spirits or meditate on a mountain to be intuitive.

If any of these sound familiar, your intuition is already active:

- You get “*a feeling*” about people or places
- You've had dreams that felt meaningful – or even prophetic
- You've ignored a nudge and regretted it later
- You often say, “*I just knew...*”
- You feel drained around certain people, or lit up by others
- You've made a leap that didn't make sense – but changed your life



5 Daily Practices to Strengthen Your Intuition

These don't take long—but done consistently, they'll bring you back to yourself.

Morning Stillness

Start the day with 2 minutes of quiet. Breathe. Ask, “What do I need to know today?”



Write What You Know

Journal prompt: “My intuition says...” — then free-write without editing.



Follow the First Nudge

Trust the small instincts. Reach out. Pause. Change course.



Notice Your Yes & No

Feel into how yes/no shows up in your body. Your nervous system is wise.



End with Gratitude

Before sleep: “When did I listen to my intuition today?”



INTUITION
AFFIRMATIONS



Goddess
IN TRAINING

- ✦ • I trust my inner knowing. •

I already have the
answers within me.

- My body is a compass.
My soul is my guide.

- It is safe to follow what feels aligned. 🌙





Conduit. Ark Builder. Goddess in Training.

I'm many things—and I don't always fit
the mold. Not religious. Not particularly woo.'

✧ Just a woman who speaks the language
of intuition and knows that wisdom lives within us all.

I call myself a conduit because
tuning into Spirit and inner knowing has
transformed my life.

I call myself an ark builder because
healing is contagious—and
sharing our stories lifts the collective.

✧ From boardrooms to back porches,
I've found we're all longing for the same thing:
Love. Connection. Truth.





✦ Thank you for
being here.
You are not here
by accident.

☉ Ready to go deeper?

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