



30-day Trust Your Intuition Challenge Workbook

A Guided Workbook for Strengthening Your Inner Wisdom



Week 1: Awareness - Learning Your Voice

Day 1: Remember a Time

Think of a time that you “had a feeling about something” and you were right. How did that feel? How did the information come to you? Your intuition has been speaking to you without you even being aware of it.

Journal Prompt: Write about a time that you were called to call someone and they needed your call or a time you had a feeling and were right about it. That was your intuition. How did that information come to you and how did it feel?

Day 2: Notice the Pulls and the Nudges

Your intuition is quiet and subtle. Instead of nagging you and forcing you, your intuition shows up as gentle nudges or pulls towards that which is for your highest and greatest good. Maybe it shows up as a thought in your head, an opportunity that pops up, an interest that you didn't know you had.

Journal Prompt: Pay attention to the subtle inner pulls or nudges today. Where did you feel pulled or nudged towards? What popped up and felt right without thinking about it? Did you follow the pull?

Day 3: Intuition vs Fear

Intuition is subtle and allows your free will to ultimately decide. Fear is louder, limiting and even gripping at times. At times your free will can't even overcome it. Intuition lives in the space that calls you towards what feels right for you. Fear lives in the space of shoulds, doubts, criticism. It shouts, "If I don't then what? - If I do then what? What will they think?"

Journal Prompt: Write about a time when fear stopped you or pushed you. What did that feel like? Now write about a time when what felt right led you. How did that feel?

Day 4: Know Your Yes and Your No

Your body is your best barometer. Think of a time when you knew YES, this is right and it was. What did that feel like in your body? Where did you feel it? Now think of a time that you know it was a NO. Maybe you listened, maybe you didn't and found out the hard way. What did that feel like in your body? Where did you feel it?

Journal Prompt: Write about a time you felt a YES and describe how it felt in your body. Now write about a time you felt a NO and describe how that felt in your body. How were these feelings different?

Day 5: Check In With Your Body

Your body holds your energy. Where you hold that energy can help you work through your struggles. When you are thinking of a struggle or a decision, where do you feel it? Is it in your head, your throat, your chest, your stomach, your shoulders, your back? Where is the heaviness, the tightness? If it is in your head, you are overthinking. If it is in your throat, you may not be communicating properly, If it is in your chest, you may be feeling hurt. If it is in your gut, you may be oversensitive to the situation. If it is in your shoulders or your back, you may be feeling the weight of the world. Your body is telling you what work you need to do. Before you make a decision or react - pause, breathe and listen.

Journal Prompt: Think about something you are struggling with or trying to decide. Where are you feeling the tension, the heaviness? Does the explanation above resonate with you? Understanding this higher perspective can help resolve things much quicker when you understand possibly the work that you need to do.

Day 6: Small Decisions

Honor your preference in choosing something minor. Choose something today - something minor without thinking twice. Make the choice in a few minutes.

Journal Prompt: How did it feel to choose what you wanted without thinking or laboring over it - without worry, fear or criticism?

Day 7: Quiet Time

In order to truly connect to your intuition, you need quiet time. Your intuition is quiet and you may not hear it when there are too many distractions. Take 5 minutes of silence.

Journal Prompt: Take a deep breath in and a deep breath out. You can light a candle if you like. Ask your higher self, what do really need to know right now? Then write what pops in your head. It may be a word, a sentence - anything. Just write what comes to you.

Week 2: Clearing the Noise - Tuning your Radio

Day 8: Identify Doubt

Doubt has lived inside of you for a long time. Doubt stops you from realizing your potential , from developing your special gifts that lie deep inside of you. Instead of fearing doubt, treat it like a mirror - showing you what you need work on. Thank doubt for showing you then tell doubt - "Sorry, but you are wrong - I got this."

Journal Prompt: Write about a time when doubt limited you but you overcame it. You were right. Write about a time when you didn't think you could - but you did it anyway.

Day 9: Release Old Beliefs

"Whether you think you can, or you think you can't — you're right."- Henry Ford

Belief shapes outcome — your mindset influences your actions, persistence, and ultimately your results.

Journal Prompt: Write down one limiting belief that you have. Is this actually true or is it something you were made to believe?

What would you be able to do if you didn't believe it.

Day 10: Reduce the input

Limit outside opinion today. When you look outside yourself for the answers that affect you, what you receive may not be the best for you.

Journal Prompt: What did YOU think before you asked others or thought about asking for others' opinions? What resonated with you? What felt right ?

Day 11: Language Awareness

How we speak about ourselves has power. Language creates reality. Language has an energy and the universe will match our reality to our energy.

Journal Prompt: How do you talk about yourself? Is it empowering or demeaning?

Day 12: Fear Inventory

Like doubt, fear is limiting. It limits your ability to become all that you were destined to become.

Journal Prompt: List your fears. How is your fear holding you back? What is it protecting you from?

Day 13: Energy Audit

People, things and situations effect your energy. It can lift you up or deplete you. Notice what or who drains you or fuels you.

Journal Prompt: Who or what drains you? Who or what fuels you?

Day 14: Nervous System Reset

Respond - don't react. Stressful situations trigger our Fight or Flight response. It causes us to react. When faced with a stressful situation, stop, take 3 slow and deep breaths before responding. Reset your nervous system.

Journal Prompt: Did your clarity change after the pause?

Week 3: Strengthening the Trust

Day 15: Follow a Small Nudge

Act on one intuitive pull today.

Journal Prompt: What happened when you followed your pull? What unfolded?

Day 16: Body Wisdom

Remember, your body doesn't lie. It holds all the information you need. This about a current decision.

Journal Prompt: As you think about current decision, where does it sit in your body? If your body had to vote, what would it choose?

Day 17: Alignment Check

Our commitments are either in alignment with our highest and greatest good or they are not. Review your current commitments.

Journal Prompt: Which commitments feel aligned? Which feel forced?

Day 18: Ask & Listen

Ask yourself, "What do I need to know right now?" Then listen for the answer. Don't think. Our ego takes time to figure things out - to figure out what the answer SHOULD be. Our spirit - our intuition knows immediately.

Journal Prompt: What was the first answer that came through?

Day 19: Future Self

Imagine your most aligned self.

Journal Prompt: What would my most aligned self choose today?

Day 20: Boundary Practice

We all need to set boundaries to protect our energy. Sometimes that involves saying No to something that does not resonate. Today, say NO to something small that does not resonate.

Journal Prompt: How did honoring yourself feel?

Day 21: Intuitive Creativity

Listening to music, dancing or doing crafts is a form of meditation.

Draw, move or listen to music without overthinking.

Journal Prompt: *What did you notice when you stopped analyzing and just became absorbed in the process?*

Week 4: Living Your Truth

Day 22: Affirm Trust

Say “I trust myself.”

Journal Prompt: What resistance came up when you said, “I trust myself”?

Day 23: Signs & Synchronicities

Notice repeating patterns, signs & synchronicities today. Sometimes our nudges come by way of signs & synchronicities. You think of someone then they call or you run into them. You think about taking a class or reading a book then it comes up on your feed and then a friend tells you about a similar class or the same book. When you don't take heed the first time and notice, your intuition doesn't give up. It will gently nudge again. The more important - the more the nudges will repeat.

Journal Prompt: Did anything repeat or stand out today?

Day 24: Decision Practice

Make a decision today in 60 seconds.

Journal Prompt: Did quick clarity feel different than overthinking?

Day 25: Higher Perspective

Seeing a situation from a higher perspective changes everything. Staying in the energy of the struggle, feeling sorry for yourself, feeling the victim, not seeing a way out causes you to hold on to what does not serve you. The Laws of Attraction say that whatever you put your attention on, you will receive more of.

By changing your perspective and asking yourself, "What is this situation trying to teach me?" you shift the energy. When you shift your energy towards gratitude for the lesson learned, you will receive more to be grateful for. By releasing one energy for another, healing begins, change happens.

If this a repeating pattern in your life, you need to learn the lesson to release the pattern.

Journal Prompt: Answer this: what is this teaching me? What is the lesson?

Day 26: Release Comparison

Avoid comparing yourself today. You are unique. Be you. Let the light inside of you shine by following what lights you up. Comparison will steal your joy.

Journal Prompt: What feels true for you? Although you may aspire to be like your hero, how would you make your version authentic and different?

Day 27: Speak Your Truth

Communicate something honestly and kindly today. Speak from your heart with compassion and integrity. When you hold back, bite your tongue, meet others' expectations instead of your own, the energy builds up. You might feel like you have a lump in your throat, you might feel like you are choking.

Journal Prompt: How did it feel to use your authentic voice?

Day 28: Self Compassion

We are in Earth School. We are here to learn. We will make mistakes, it is part of the journey. Notice your mistakes without judgement. Give yourself grace.

Journal Prompt: As you notice your mistakes, how can you respond to yourself with kindness and grace?

Day 29: Integration

Review this month. What did you learn? What changed?

Journal Prompt: Where have I grown? What feels different?

Day 30: Commitment

Connecting to your intuition and developing your special gifts requires consistent practice. It looks different for everyone. Meditating, walking, dancing, quiet time, praying are all ways to make time to listen and open up. You just need to show up.

Journal Prompt: What will your spiritual practice look like? What feels right for you and not overwhelming? It shouldn't feel like work. It should fill you up, free you, support and connect you to your highest and greatest good.

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Thank you for allowing me to be part of your journey.

With gratitude,
Cathy Scarpitto ♥



