



INTUITION JOURNAL

REFLECTION SHEET

WHISPER NO. 02 OF 52

"Your intuition knows what to do. The trick is getting your head to shut up so you can hear."
- LOUISE SMITH

ABOUT THIS WHISPER

Your intuition is your inner compass. It speaks in feelings, images, gut nudges and quiet knowing. This Whisper invites you to strengthen your connection with this wise inner voice.

DATE: _____

SITUATION OR QUESTION I'M EXPLORING: _____

	MY FIRST IMPRESSION What was my very first gut feeling or impression?	
	WHAT I FELT What emotions or sensations came up for me?	
	WHAT I CHOSE What decision or action did I take?	
	WHAT HAPPENED What was the outcome?	
	WHAT I LEARNED What insights did I gain from this experience?	
	HOW I CAN GROW How can I trust my intuition even more moving forward?	
	ADDITIONAL REFLECTIONS Anything else I would like to note.	

Carole's Whisper
This week, pause before you decide. Take a deep breath, close your eyes and ask your heart what it needs you to know. Your intuition is always speaking—are you ready to listen?

AFFIRMATION
"I trust my intuition and follow its gentle guidance."