

# WHY DEVELOP MY INTUITION?

BENEFIT	EXAMPLES	MY SPECIFIC REASONS
Physical	Heal faster. Sleep better. Manage pain. Increase energy. Improve body systems.	
Emotional	Relieve stress. Less fear/anxiety. Resilience to change. Improved relationships. Better boundaries.	
Mental	Better memory. Increased clarity. Reduce depression. Enhanced mental focus. Improved decision-making.	
Spiritual	Life purpose. Self knowledge. Higher guidance. Remove limiting beliefs. Confidence/empowerment.	