Daily Intuition

JOURNAL

Hello, beautiful soul!

And thank you so much for trusting me on your journey to connect to your inner guidance and intuition. I am so excited to offer you this free journal as a tool to help you check in with yourself daily and learn how to listen to your own gut feelings and intuitive hits.

How to use this journal:

This intuition journal is designed to be done daily in the morning (whatever that means to you). Allow yourself to either meditate for 5 minutes or take 10 deep breaths before doing the daily journaling exercises. Each day has a slightly different theme, and also asks that you journal about your dreams from the night before. Do this first. If you struggle to remember your dreams, it's okay. Just write anything you can remember. The intuitive hits pages are where you write whatever comes up after the check in. Print this journal each week and complete it, and keep previous weeks in a binder to see your progression. Happy journaling!

xoxo, Jen Haddix

SOUND HEALER - YOGA TEACHER - INTUITIVE GUIDE

Weekly check in

DATE

HOW DO I FEEL ABOUT MYSELF?

○

○

○

HOW MUCH DO I TRUST MYSELF? (1 BEING LOWEST, 10 HIGHEST - CIRCLE)

1.	2.	3.	4.	5.
6.	7.	8.	9.	10.

GOING INTO THIS WEEK, HOW CONNECTED DO I FEEL TO MY INNER GUIDANCE?

THE GUIDANCE I AM HOPING TO RECEIVE IS:

MY MAIN INTUITIVE GOAL THIS WEEK:

HOW I'M GOING TO ACCOMPLISH THIS:

Monday Morning Intuition

Date: _____

Do I feel I can trust my gut?

_____

_____

_____

Why or why not?

_____

_____

_____

What do my gut feelings FEEL like?

_____

_____

_____

This morning I feel:

- Calm
- Restless
- Nauseated
- Anxious
- Meditative
- Light
- Quiet
- Aware
- _____

This Morning's Intuitive Hits

Monday Night's Dreams

Tuesday Morning Intuition

Date: _____

Is it easy for me to make decisions?

_____

_____

_____

Why or why not?

_____

_____

_____

What does making a decision FEEL like?

_____

_____

_____

This morning I feel:

- Uneasy
- Secure
- Strong
- Easeful
- Action ready
- Shaky
- Lost
- Unsure
- _____

This Morning's Intuitive Hits

Tuesday Night's Dreams

Wednesday Morning Intuition

Date: _____

Do I find a lot of time to play?

_____

_____

_____

Why or why not?

_____

_____

_____

What are some ways that I play? (or would like to)

_____

_____

_____

This morning I feel:

- Uneasy
- Secure
- Strong
- Easeful
- Action ready
- Shaky
- Lost
- Unsure
- _____

This Morning's Intuitive Hits

Wednesday Night's Dreams

Thursday Morning Intuition

Date: _____

What does "soul connection" mean to me?

_____

_____

_____

Do I believe in a higher power?

_____

_____

_____

Does it reside within or outside of me? (no wrong answers)

_____

_____

_____

This morning I feel:

- Connected
- Floating
- Forgotten
- Disconnected
- Grounded
- Detached
- Lost
- Loved
- _____

This Morning's Intuitive Hits

Thursday Night's Dreams

Friday Morning Intuition

Date: _____

Who is inspirational to me?

_____

_____

_____

Why?

_____

_____

_____

What does that inspiration make me desire within myself?

_____

_____

_____

This morning I feel:

- Inspired
- Excited
- Capable
- Jealous
- Overwhelmed
- Aligned
- Left Out
- Small
- _____

This Morning's Intuitive Hits

Friday Night's Dreams

Saturday Morning Intuition

Date: _____

List some things you want to say "NO" to:

_____

_____

_____

List some things you want to say "YES" to:

_____

_____

_____

What stops you from saying "no" or "yes"?

_____

_____

_____

This morning I feel:

- People-pleasey
- Closed-off
- Open
- Boundaried
- Afraid
- Excited
- Protected
- Defensive
- _____

This Morning's Intuitive Hits

Saturday Night's Dreams

Sunday Morning Intuition

Date: _____

Some words I like to live by are:

_____

_____

_____

Some words I need to hear are:

_____

_____

_____

What do I need most right now?

_____

_____

_____

This morning I feel:

- Needy
- Blocked
- Ready
- Averting
- Allowing
- Awake
- Loving
- Preventing
- _____

This Morning's Intuitive Hits

Sunday Night's Dreams

Weekly Reflection

I'm Proud Of Myself For:

I'm Most Grateful For:

Biggest Accomplishment:

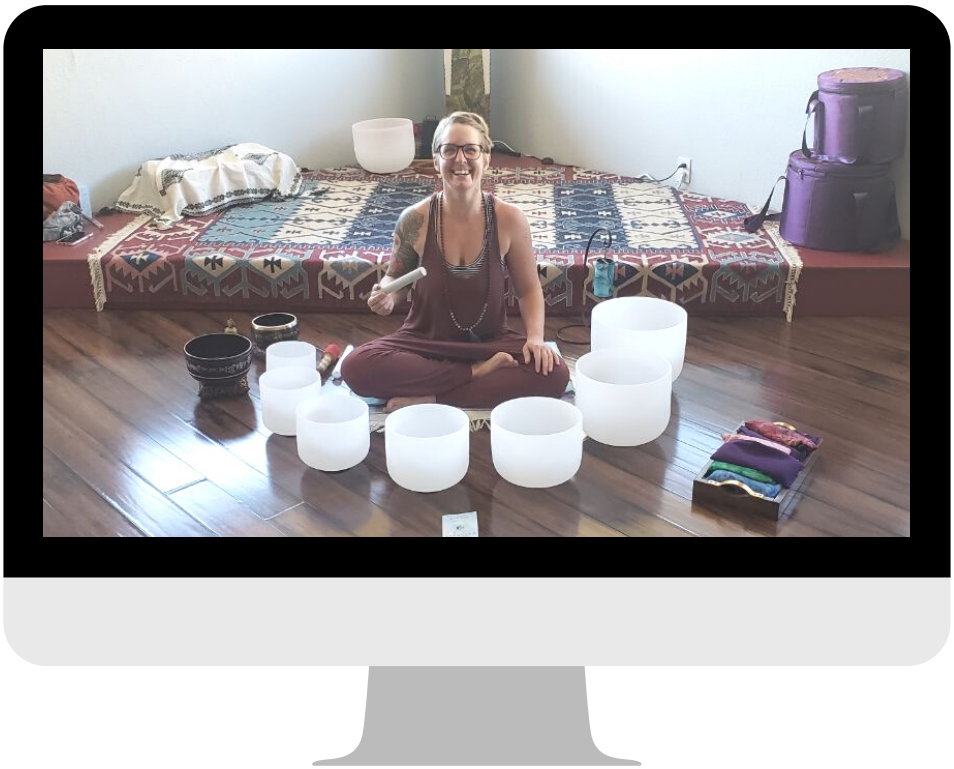
The Journaling Taught Me:

The Dreams Taught Me:

Next Week I Will:

I Am So Excited For:

Want more?



HEAD ON OVER TO MY WEBSITE!

You can book a 1:1 session with me, get a reading, download a sound healing and so much more. I am so grateful to be connected with you! Love and light.

CLICK HERE