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Take today to think about at least 5 occasions when you knew something you should have otherwise not known or made a decision purely on ‘gut instinct’ and it turned out to be bang on.

Be sure to count simple things - like the time you were talking about how you needed to call so and so and lo and behold - they had already called you.

When was the last time you just *knew* something - an answer to a question, a solution to a problem, a behavior you expected someone to do - and they did - with no real, tangible reason as to why? Think about it,and write at least 5 things down in this notepad provided for you.

Then, keep a journal this whole week for all the hunches you've had or any random thoughts that just popped in that seemed to be weird coincidences etc.
This act alone actually brings about your inner awareness and is signalling yourself that you are open to and becoming more attuned to these abilities you naturally have.

I think you'll also be pleasantly surprised with what you learn about your own gifts and how they come in.

After you've jotted down your first 5, pop over to the Triple M lounge and share them with the group

. It helps all when you acknowledge what's in all of US. You never know what you may remind somebody of when you share your teaching with us, It's a form of teaching. And that has a huge ripple effect.

5 Occasions of Inner Knowing:

1.

2.

3.

4.

5.

YOUR JOURNAL

Where I've used my Inner Knowing This Week