

Creating Your Dream Life

Module 8: Exercises & Lifework

Listen to Your Intuition

Exercise 1: How does intuition show up for you?

Exercise 2: Pose a question.

Lifework: Add 15 minutes of meditation to your daily practice.

“When you reach the end of what you should know, you will be at the beginning of what you should sense.” - Kahlil Gibran

Exercise 1: How does your intuition show up for you?

As a flash of inspiration, in a dream, breakthrough idea while you are visualizing your goal, as a nudge, as a hunch, as a gut sense. Take time to identify your intuitive feelings so you recognize them when they come to you.

Exercise 2: Pose a question in meditation, then listen and stay in the listening. Pose a question at night before you go to sleep and allow the subconscious to go to work on it while you are sleeping.

Bonus: Watch the Mindfulness webinar with Michelle DuVal on Module 8 of your course.

Lifework: Pose a question in meditation, then listen and stay in the listening.

Pose a question at night before you go to sleep and allow the subconscious to go to work on it while you are sleeping.



Phase 1 Planting the Seed

Step 1: Discovering
Step 2: Designing & Testing
Step 3: Deserving

Phase 2 Bridging the Gap

Step 4: Facing Your Fear
Step 5: The Law of Attraction
Step 6: Changing Your Paradigm

Phase 3 Acceleration

Step 7: Listen to Your Intuition
Step 8: Power of Forgiveness
Step 9: Creating a Circle of Power

Step 10: Enjoy Your Dream



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