

Awaken Your Intuition

Reconnect. Realign. Trust Yourself Again.



If you have been second guessing yourself, overthinking decisions, or feeling disconnected from your inner guidance, this is going to bring you back to center.

This is not about guessing or hoping you are right. This is about understanding how your mind and body already work together so you can make clear, confident decisions without the constant back and forth.

By the end of this, you will know how to recognize your intuition, trust it, and actually use it in your everyday life.

Let's Get One Thing Straight

Your intuition is not broken, missing, or reserved for a select few people. You were born with it. It has always been there, working in the background, guiding you. The problem is not that it disappeared, it is that over time you were taught to doubt it.

You learned to second guess yourself, to look outside for answers, and to ignore that quiet inner voice that was trying to guide you. This guide is about reconnecting to that voice and learning how to trust it again in a real, grounded way.

What Intuition Really Is

Let's take the mystery out of it.

Your intuition is your brain and body working together at a higher level. It is your mind recognizing patterns, your subconscious processing information faster than your conscious thoughts, and your nervous system picking up on subtle signals.

Science explains this through neuroplasticity, which is your brain's ability to rewire itself, and the reticular activating system, which filters what is important to you. Your body also plays a role by sending signals that tell you when something feels right or off.

So when you feel like you "just know" something, there is actually a real process behind it. You are not guessing. You are processing information quickly and accurately. The only issue is that you may have trained yourself not to trust it.

Why You Feel Disconnected From It

If you feel out of touch with your intuition, there is nothing wrong with you. There are very real reasons this happens.

Constant noise, overthinking, outside opinions, and the habit of second guessing yourself all weaken your connection. Every time you ignore that first instinct and replace it with doubt, you are training your brain to stop relying on that signal.

The good news is that the same way you trained yourself out of it, you can train yourself back into it.

Step 1: Slow Down and Create Space

Your intuition is not loud or forceful. It is calm, subtle, and quick. If your mind is constantly busy, you will miss it.

Start by creating small moments of quiet in your day. Sit for a few minutes without distractions. No phone, no input, just breathing and allowing your mind to settle. You are not trying to force anything to happen. You are simply creating space so you can start noticing what is already there.

Step 2: Notice Your First Response

Your intuition usually shows up as the first response you have before your mind starts analyzing and questioning it.

Begin asking yourself simple questions throughout the day, like whether something feels right or whether you should move forward with a decision. Pay attention to the very first answer that comes up before the overthinking begins.

That initial response is often your intuition. The longer you wait, the more your logical mind starts to override it.

Step 3: Pay Attention to Your Body

Your body gives you clear signals that support your intuition. While your mind can create stories and doubts, your body tends to respond honestly and quickly.

When something is right, you may feel calm, open, or clear. When something is off, you may feel tension, heaviness, or discomfort. These responses are not random. They are part of your internal guidance system.

The more you start paying attention to these signals, the easier it becomes to recognize what your intuition is telling you.

Step 4: Strengthen It Through Action

Understanding your intuition is one thing, but strengthening it requires action. Every time you trust your intuition and follow through on it, you reinforce that pathway in your brain.

This is where neuroplasticity comes into play. You are literally training your brain to trust your internal guidance again. The more you act on it, the stronger and clearer it becomes.

Step 5: Stop Looking Outside for Every Answer

It is easy to fall into the habit of asking for multiple opinions or seeking constant validation. While guidance can be helpful, relying on it too much disconnects you from your own inner voice.

Start making decisions with more confidence. Trust your initial instincts and allow yourself to follow through without needing reassurance every time. This builds self-trust, which is a key part of strengthening your intuition.

Daily Intuition Practice

Each morning, take a moment to ground yourself and set the tone for the day.

Repeat to yourself:

I trust myself.

I make clear decisions.

I listen to my inner guidance.

I act on what feels right.

I walk away from what does not.

Then ask yourself one simple question: What do I need to pay attention to today?

Give yourself a moment to notice what comes up, and carry that awareness with you throughout the day.

Next Step

You already have intuition. This is about using it with intention so it actually works for you.

If you want to go deeper and start rewiring how you think, decide, and follow through, the next step is simple.

Download the guide: [Rewire Your Brain for Prosperity](#).

This will help you strengthen the mental patterns that support clear thinking, confidence, and consistent action.

The more aligned your thinking becomes, the stronger your intuition gets. And when those two are working together, everything moves faster.

Final Thought

Your intuition is not something you need to find. It has always been there. It is steady, reliable, and constantly guiding you.

The shift happens when you start listening, trusting, and acting on it.

P.S.

Most people will read something like this, feel motivated for a moment, and then go right back to overthinking. Do not do that. Use this today. Trust one decision. Act on one instinct. Pay attention to one signal. That is how you start building real self-trust.

And if you are serious about changing how you think and show up, go download the next guide and keep going.

For additional information, we invite you to subscribe to our newsletter and follow us on social media to discover how you can empower yourself. It is important to recognize that while your beliefs are indeed powerful, not all beliefs are necessarily true. You have the capacity to replace limiting beliefs with uplifting and empowering ones, enabling you to live the life you truly deserve and wish to manifest.

Here's to an abundant and prosperous life. ~ Leah Reinhart from the WGTS

