SHIFT · PHASE 3

Intuition As Tool

> *"Intuition is not a feeling. It's information your rational mind hasn't caught up with yet."*

When to use this toolkit

When you want to distinguish between pattern recognition and fear. When you sense something but can't explain it rationally. This toolkit helps you separate control from intuition, recognize inner signals, and learn to trust the process.

Session instructions

Print this PDF. Grab pen and paper. Door closed. Phone off. At least one hour. No distractions. No external input. Just you and the truth.

Worksheet 1: The Control Illusion

Identify where you're losing energy on control that has no real effect.

1. What do I check daily, even though it changes nothing about the outcome?

2. Where do I intervene, even though it would go fine without me?

Colin's example: I checked the app ratings every morning. Every day. As if my watching would change the number.

3. Which result am I trying to force by hovering over it?

4. What would actually happen if I let this rest for a week?

LIE DETECTION **Who am I as long as I keep controlling?**

Worksheet 2: The Inner Radar

Recognize the signals you feel before your mind can properly explain them.

5. Which decision am I putting off, not because I doubt, but because I'm afraid?

Head says:

Gut says:

6. What do I already know without evidence?

Head says:

Gut says:

7. Which feeling do I structurally ignore?

Head says:

Gut says:

Worksheet 3: The Synchronicity Radar

Patterns are information. Recognize what keeps returning and what it's trying to tell you.

8. Which pattern keeps returning in my life or business?

9. What is this pattern trying to tell me?

10. Which coincidence am I ignoring because I have no rational explanation for it?

Worksheet 4: The Trust Test

Trust is the difference between standstill and movement.

11. Where don't I trust myself?

12. Where don't I trust the process?

13. What would change if I did trust it?

LIE DETECTION **Which decision are you not making because your intuition is telling you something your mind doesn't want to hear?**