10 Specific Ways to Reset Your Intuition

(NO CRYSTALS REQUIRED. JUST PRESENCE, INTENTION, AND YOU.)

1 UNPLUG TO REPLUG

Turn off your phone for 2 hours. No scrolling, no searching. Then ask: **What do I notice when the noise stops?**

2 SAY IT OUT LOUD

When you're torn on something, speak both choices aloud. Feel it in your body. **Which one lands soft? Which one makes your gut clench?**

3 WALK BAREFOOT (LITERALLY)

Touch the earth. Grass, sand, dirt — doesn't matter. **Say: I'm coming home to myself.** Let your soles reconnect with your soul.

4 BREATHE INTO THE BELLY

Place one hand on your chest, one on your belly. Inhale slowly until your bottom hand rises. Do this 10 times. **It gets you out of your head and into your body — where your intuition lives.**

5 USE "THE ONE-WORD DROP-IN"

Ask yourself: **What do I need to know right now?** Let one word float up. Don't force it. Whatever it is — trust it. Write it down. Let it lead you.

6 STOP ASKING FOR SIGNS

You Don't Want to See Ask for clarity instead of comfort. **Say: Show me what I need to see, not just what I want to believe.**

7 REVISIT YOUR CHILDHOOD "WEIRD"

What did you just know as a kid that people told you was weird or wrong? That "too much" you quieted might be **the very voice of your intuition**.

8 JOURNAL LIKE A PROPHET (NOT A PERFECTIONIST)

Open your journal and ask: **What's whispering beneath my thoughts?** Let it spill. No editing. No grammar police. No pressure to be profound.

9 DO ONE THING WITHOUT A PLAN

No to-do list. No outcome. Just one spontaneous YES. Paint something. Wander. Rearrange your bookshelf by vibe. This tells your system: **We don't need to overthink. We can trust the flow.**

10 SIT ON THE PORCH & ASK:

"Where am I outsourcing my knowing?" You'll feel it in your gut. Then say: **I call it back.**

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