



Intuitive Life Design Workbook

created by Peyton Pugmire

How to Use Your Workbook

Welcome to Intuitive Life Design! This workbook is yours to record your discoveries throughout your journey. You can print and use these pages or use your own materials.

Written Journal Entries: Writing allows us to ground our abstract thoughts and connect with deeper clarity beyond the “heady” ideas alone. For each entry, allow time to reflect on the previous session’s DISCOVERIES and any RESISTANCE (fear, doubt, etc.) that may have bubbled up. Use your writing, as well, to reflect on your current homework and anything else that comes up in the moment.

And here’s the real magic: Use your journal to write about how you will INTEGRATE your intuitive guidance into your life in a practical way. Your cognitive discoveries throughout this process will be powerful. Transformation, however, occurs when you EMBODY the guidance! Your written journal is one way to integrate. Other examples of integration might include making a phone call, doing research, or buying a particular book to read.

Art Journal Entries: These entries will also help you to integrate your discoveries. This form of journaling is all about artistic expression! Unlike a written journal, words are not necessary. Most importantly, don’t allow your inner-critic to intervene; Art journaling is all about authentic expression and NOT perfection! So, grab your markers, crayons, colored pencils or any other art supplies and reflect on your previous session through art making.





Assignment #1:

- Written journal
 - Connect with your primary “clairs”
(use the recording from the resources page)
 - Experiment with honoring your intuition
(use the list of suggested activities
included in this section)

Written Journal Entry

Written Journal Entry Continued

List of Intuitive Rocket Boosters

created by Sonia Choquette

Here are some simple yet powerful ways to get into the habit of tuning into your life:

1. Announce the time before you look at the clock
2. Leave a place if it doesn't feel comfortable—you don't need a reason.
3. The moment you have a feeling to go in a different direction or to a different place, just do it.
4. If you don't like someone, trust there is a reason.
5. If you are suspicious of someone, trust there is a reason.
6. If you feel someone is lying, trust your vibes.
7. If you get an intuitive hit to call someone, stop what you are doing and call.
8. If you get an intuitive hit to change your plans, change them.
9. If something doesn't seem right with your food at a restaurant, don't eat it. Send it back.
10. If you get a positive feeling from someone, tell them.
11. If you get a bright idea to sign up for a class, sign up.
12. If you have the hunch that you would be good at something, try it.
13. If you feel you need to quit your job, start immediately looking for a new one.

List of Intuitive Rocket Boosters Continued

1. If you want to write a book or start another creative project, start today.
2. If you feel you shouldn't have something in your diet, leave it out
3. If your body tells you to go to bed, go to bed.
4. If you need time alone, take it.
5. If you get the feeling to check your tires, check them.
6. If you have bad vibes about someone, walk away.