

# ENERGY & INTUITION FOR INFJS

## WORKBOOK 1

### JOURNALING PROMPTS:

*Please take about 10 minutes to journal your answers to the questions below. Do not censor yourself or edit your answers, just be as truthful as you can be.*

Think back on your life and your relationship to your intuition. Have you viewed your intuitive ability positively or negatively? How have you been treated by others when you tried to share your intuitive ability with them?

Do you trust yourself? How often do you use thinking to soothe your anxiety? How easy (or hard) is it to let go and let your intuition take the lead? What do you feel when you imagine fully surrendering to your intuition?

### INTUITIVE ASSIGNMENT #1:

Find a photograph that you feel is compelling that includes two or more people in the picture. This photograph can be of people you know, people you don't know, or celebrities. Ideally, the picture will not include you, but if you feel strongly drawn to a photo that does include you, go with your gut feeling and use that picture for this exercise.

Take a few moments and look at the photograph. Look at the eyes of each person and look at the mouth of each person. Look at the way they are standing or sitting with each other in the picture.

Now, take a few minutes and write down any intuitive impressions you have about these people. Don't take too long to think about it, just focus on the simple basic feeling you're getting from each person in the photo, and how they feel about each other. Write it all down without censoring yourself.

Feel free to repeat this with multiple photos.

### INTUITIVE ASSIGNMENT #2:

As you live your daily life this week, try to slow down and notice when your intuition is trying to tell you something. Make a note of it, whether in a journal or just by making a

mental note to yourself. Try to notice how your intuition shows up, and how you feel about what it's telling you.

There is no "right way" to do this assignment, and everyone will have different results. Experiment with this and have fun.