

ENERGY & INTUITION FOR INFJS WORKBOOK 4

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.

Name your important needs in life. What are some ways you can begin to make these needs a priority and take action on them in an empowered way?

What do you know a lot about that could be helpful to people who are struggling? What sounds like a fun way to package this knowledge? Articles? Videos? Writing a book? Brainstorm about what you know or could create.

INTUITIVE ASSIGNMENT:

This week, choose one of your most important needs and TAKE ACTION ON IT.

Examples of this might be:

Buying art supplies to fulfill your need for creative self-expression

Spending an afternoon walking through a forest to fulfill your need for nature or alone time.

Exploring a new neighborhood or taking a road trip to fulfill your need for adventure.

Joining forces with someone else on a creative project to fulfill your need for community or collaboration.

These are just examples—please feel free to come up with your own ways to take action on fulfilling your needs.