

Myers-Briggs Test Indicator
www.myersbriggs.org

Myers-Briggs Personality Test certified (\$)
www.mbtionline.com

If you want to take a free Myers-Briggs test, make sure it's from a certified MBTI practitioner the most accurate results.

Intuition Building Exercises

- **Journaling/Brain-Dump:** Wake up a little early and clear away any brain fog and mind chatter, concerns, anxiety, mundane to-do lists, and any reminders you'll need so you can clear your mind.
- **Meditate:** Meditation helps you listen to intuition's inner voice, quiets the mind of both chatter and visually, and relaxes any tension in the body. If you find sitting still difficult, you can find guided meditations on youtube, or try "moving meditation". Any actively that relaxes you and your mind works, but here's a few examples; yoga, gardening, nature walk, cooking, crafts, coloring, even washing the dishes as long as you focus on what you're doing in the present.
- **Fresh Air:** Clear you head and fill your lungs with fresh air while connecting with nature. Go for a walk on a nature trail or local park, go on a beautiful hike, do some yard work, go on a day trip to the beach or lake, plan a picnic with some friends, or pick one of your favorite outdoor activities.
- **Connect by asking a question:** Ask a question you have to "guess" like "What color of shirt is so-in-so wearing?" then text them for the answer. Get a deck of cards, spread them out and try to pick your card (Ace of Hearts for example).
- **Play with prediction:** Make a game out of trying to make a prediction, start out with simple ones. Try to pick the fastest check out lane the next time you're at the grocery store, who will be the next person to text you, the gender of some one who is pregnant, which sports team will win, or use dice by writing down the first number that comes to mind before rolling.
- **Feel, don't think:** When using your intuition, don't try to think of the out-come or best answer, just let the answer come to you. Use your feelings, not emotions.
- **Get out of your own way:** Once you've felt like you're in a good place with using your intuition, don't let doubt creep in, everything happens for a reason
- **Affirmations:** Re-enforce positive feedback by choosing and writing encouraging affirmations of self-love/trust/care.

Books on Intuition:

The Gift of Fear: Survival Signals that Protect Us from Violence by Gavin de Becker (instinct)
Practical Intuition for Success by Laura Day
The Intuitive Manager by Roy Rowan
21 Rituals to Ignite Your Intuition by Theresa Cheung
A Little Bit of Intuition: An Introduction to Extrasensory Perception by Cathleen Allan