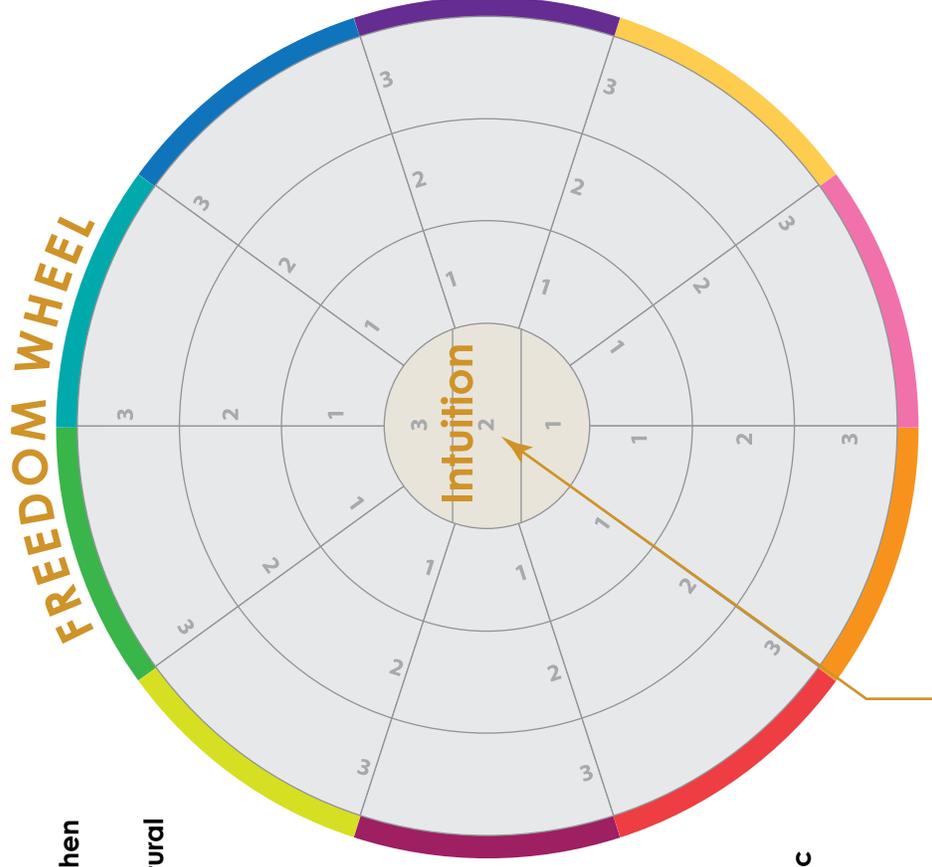


IntuALife™

INTUITION FIRST

Shade in the sections that pertain to where you are in your life right now. Also shade in number below, ex: if you shade in a #2, shade in #1 as well. Think of the wheel as a bike wheel with spokes; do you have a smooth ride? Add the numbers together. The highest number is 33 for Mastery of your life.



Nutrition

- 1 I currently have no real plan with my diet
- 2 I have a healthy diet plan in place
- 3 The foods that I choose support my vitality, memory and perfect weight

Advanced Massage

- 1 I treat myself to the occasional massage or I've never received a professional massage
- 2 I get massages regularly and have a sense of how my emotions affect my body
- 3 I feel where I need work and my body responds quickly. My muscles are pliable, flexible, strong and healthy. Any tightness leaves quickly through massage therapy.

Inner Peace

- 1 I currently have no practice for creating inner peace
- 2 I am able to have moments of peace
- 3 I live in Harmony despite my surroundings

Emotions

- 1 I don't feel I have much control over my emotions
- 2 I'm aware of my emotions but not always sure how to work with them
- 3 I am fully conscious of my emotions and I know how to balance them

Quality of Questions

- 1 I have more questions than answers
- 2 I receive answers to my questions but get mixed results
- 3 I have found inner wisdom that leads me to the answers I am looking for

Hypnotherapy

- 1 I am not aware of my subconscious thoughts
- 2 I have some awareness of my subconscious thoughts but, not sure what to do with them
- 3 I understand my hypnosis cycles and am the master of my subconscious mind

Postural Correction

- 1 I have no idea what my posture is like
- 2 I have some idea of my posture and when I think of it I try and adjust my posture
- 3 I have good posture and practice postural support daily

Handwriting Analysis

- 1 I have no knowledge of how my handwriting affects my life
- 2 I am aware my handwriting shows me my subconscious behavior
- 3 I am consciously using my handwriting as a tool to make positive changes in my life.

Dream Therapy

- 1 I don't always remember my dreams
- 2 I remember my dreams regularly
- 3 I understand my dreams are a symbolic language and provide insights

Coaching

- 1 I currently don't have a plan to set and achieve personal goals
- 2 I set goals but get inconsistent results
- 3 I set and achieve my goals

Intuition (Depth—Your Well)

- 1 I'm not really aware of it or what is Intuition?
- 2 I notice my Intuition but don't always follow it
- 3 I trust my Intuition and it guides my every step