



Awesome Life Guide *Quickies*[™]
Reconnect with
Your Intuition

Created by Stephenie Zamora



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Welcome!

An Introduction to This Guide



Hi friend!

I'm so excited to share this *Awesome Life Guide Quickies™* ebook with you!

Intuition is your ability to understand something immediately, without the need for conscious reasoning. Most people get far too caught up in their thoughts to recognize their intuitive hits and that's a real shame. Your intuition is a sense of knowing, without any logic to "back it up." It's that feeling that something's right or wrong, fitting or unfitting, safe or unsafe.

When you're disconnected from your intuition, it can be near impossible to know what you should do in important situations. Should you move in with the person you've been seeing? Should you take that job offer? How can you answer fully and completely from your heart and soul when you're too busy weighing the pros and cons or thinking about the how-tos and what-ifs?

Don't get me wrong, logic and rationalizing has its place, but your intuition is a power beyond measure and is essential when working to build a life you love. Especially when you've lost sight of yourself and what you truly want.

When this happens, it means we've neglected our intuition in favor of listening to logic, other people's opinions, what society tells us is "right," etc. Your intuition lives in your body, not your mind, which is an important distinction to make.

Are you ready to reconnect with your intuition? Let's get to work...

Lots of love, xo

Stephenie Zamora

Reconnect with Your Intuition

Checking in with your intuition is a matter of checking in with your body and energy. What do you feel when a big decision or opportunity is presented to you? Not what you think you feel or think you should feel. What do you PHYSICALLY FEEL?

Let's take a look at some examples...

When it's a NO: When you're getting a "no" from your intuition, you'll feel tension, tightness and physical stress. You'll feel closed off and an actual physical resistance to the option in front of you.

When it's a YES: When you're getting a "yes" from your intuition, you'll feel open and expansive, energized, excited, fluttery and expansive. You feel drawn and pulled into this option.

The important part of checking in with yourself is to recognize what you feel immediately after something is presented to you. If you take too long to assess your reaction, you're going to start over thinking it. This is completely natural, but it's not very helpful when trying to connect with your intuition! The sensations that you feel in your body will have a direct link to the answer that you're seeking. If you know the difference between feeling open, light, compelled, drawn towards, etc... and feeling resistance, tension, heaviness, unsettled and physically ill... you'll be able to extract guidance from checking in with your body and what you're feeling.

If you have trouble determining what your intuition is saying to you, you may be very disconnected. That's okay! It's absolutely possible to regain that connection, you just have to start small. For the next week, I want you to start paying attention to the small intuitive hits that you get. When an invitation, small opportunity or little decision is presented to you, I want you to take a moment to note your physical response.

Simply note it, no need to overthink or act on it just yet. Then, go about your decision making process. After the fact, see how the experience or decision panned out for you. If it didn't go well or you weren't happy, what did you feel beforehand that would've signaled you to this outcome? If it was awesome and just what you needed, what did you feel to clue you in that this was something you should do?

Let's take a look at some examples on the next page...

Reconnect with Your Intuition

Here are some examples:

Example 1: A friend shoots you a text message to invite you out with some other friends for dinner. You're pretty tired from the week, and you're honestly not sure how you feel about this bunch anymore, now that you're moving in a new direction in your life. You feel some stress and tension at the thought of saying yes... but, these are your friends, you don't want to be a loner sitting at home and you feel like you should go out. So you do, and you have a ROTTEN time. You realize after the fact that you knew it was a better idea to stay home. Tension and stress mean NO.

Example 2: It's the weekend and you're thinking you need to take care of some things around the house. The laundry is piling up and you should probably get around to mailing that package for your mom. Your love suggests heading to the mountains for the afternoon and the thought of sunshine and fresh air makes you feel so relaxed and energized. But, these things really need to get done. You go over the pros and cons, and finally decide to heck with the chores and head out. It's exactly the break you needed! You have a lovely afternoon outside, laugh a TON and have an impromptu date night at your favorite restaurant after. The next day, you get all your "tasks" done in record time because you feel so much more energized. The positive feelings you had when the option was presented meant a HECK YES!

Example 3: You're out to dinner with your family at your favorite restaurant. You love, love, love the ravioli, but your dad is pressing you to try the spaghetti because it's the best he's ever had. You feel hesitant and a little frustrated. You don't get to go out much and don't want to miss the opportunity for your favorite dish, but he is paying and spaghetti's pretty good too. So you go with it. It's "meh" and something about the sauce gives you heartburn. You think back and realize, you should've gone with your favorite dish. The hesitation and frustration meant no.

One important thing to note: Anytime you find yourself saying "think" or "should," you're in your head justifying why you should go one way or another, NOT checking with your intuition!

Use the following worksheet to determine what your intuition is telling you on big and little decisions. Feel free to print out as many as you need on an ongoing basis until this is second nature.

Reconnect with Your Intuition

WORKSHEET

1) What's the decision you need to make?

2) Brain Dump

Begin by doing a brain dump of all the pros, cons, thoughts, things you think you should do, objections, opinions, reasons, rationalizations and other bits of informations that are running through your head when you think about this experience, decision or option. Nothing's too big or small! Unload:

3) Get Still

Now that you've unloaded everything that's on your mind about this decision, find somewhere quiet you can sit for a moment. Get comfortable and take a deep breath. Inhale. Exhale. Now, think about the decision, opportunity or choice you have to make... what do you FEEL? Write down the sensations and feelings you're experiencing in your body when you think of DOING this. Write down the feelings and sensations in your body when you think of NOT DOING this.

4) Truth Time

Based on the FEELINGS above, what is your intuition telling you? Yes or no?

5) AWESOME. Trust that and move forward accordingly!

Meet Stephenie

Life Coach + Lifestyle Expert

Stephenie Zamora is a life coach + lifestyle expert. She helps unconventional men and women transcend “the quarter-life crisis” by translating their passions into profitable online businesses.

Stephenie created her business with a simple philosophy – Men and women who take personal responsibility for creating the lives (and jobs) they desire are happier, healthier and have a greater impact than those who don’t.

After earning her bachelor’s in graphic design, Stephenie had everything she thought she ever wanted: A lucrative design job, a new townhouse and a long-term relationship with her high school sweetheart. Having filled every societal prerequisite for happiness, her life looked perfect from the outside. But deep down, nothing felt right.

Over the next 5 years, she threw herself into four different jobs (and a new relationship) – all the while hoping passion, purpose and happiness would somehow find her. It wasn’t until she stumbled upon Jack Canfield’s “Success Principles” that Stephenie identified her life’s purpose: Accepting personal responsibility for her happiness and teaching others to do the same.

Stephenie Zamora is the founder of stepheniezamora.com, a full-service, life-purpose development, design and branding boutique. Here she merges the worlds of personal development + branding to help young women build passion-based businesses. Her articles have been featured in *The Huffington Post*, *Yahoo Shine*, *Positively Positive* & *Brian Tracy International*. [Click here](#) to download her free guide, “[The Unexpected Trick to Transforming Your Life With ONE Single Question.](#)”

I would love be connected, so please visit me on [Facebook](#), [Twitter](#) and [Instagram](#), or [drop me an email](#) to say hi!



Creating change and positive shifts in the world.

I’m on a mission to help you work through your quarter-life crisis to become the best, healthiest and happiest person you can possibly be!

Are you interested in working together?

Here are different ways I can support you in rediscovering yourself, finding your passion and building a life and/or business around it...

- » [One-on-One Coaching 8-Week Program](#)
- » [Foundations for Unshakable Joy™](#)
- » [Love. Launch. Live.](#)

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