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CLARITY & MINDSET COACH

# Intuition Igniter

## *Reconnecting with Your Inner Wisdom*

This assessment is designed to help you explore your intuition and reconnect with your inner wisdom. There are no right or wrong answers, so trust your gut feeling and choose the responses that resonate most deeply.

Try not to dismiss your intuition as a mere hunch, it is the compass of your soul. It's the voice of your unconscious wisdom, a tapestry woven from your experiences, emotions, and deepest truths. By silencing it, you risk missing crucial clues about your path and desires.

Read each statement carefully and select the option that best describes your experience. Be honest, don't over think anything, and try your best to be as present in the moment as you can.

After completing the assessment, spend some time in quiet reflection. Pull out a journal and ask yourself:

- Did any of the answers surprise you?
- What emotions did certain questions evoke?
- What is your biggest takeaway from this assessment?
- What actions can you take to connect more deeply with your intuition?



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When faced with a decision, how often do you have a gut feeling about the right choice?

- A. Rarely, I mostly rely on logic and analysis
- B. Sometimes, if the situation feels strong one way or another
- C. Often, but I sometimes doubt or ignore it.
- D. Most of the time, and I usually trust it

How would you describe your connection to your body sensations?

- A. I rarely pay attention to my body's signals.
- B. I notice physical sensations, but I don't know what they mean.
- C. I sometimes sense tension or relaxation in my body, but I don't connect it to emotions.
- D. I am attuned to my body's signals and use them to understand my feelings & needs.

Do you ever experience sudden insights or "knowingness" without clear explanation?

- A. No, everything needs a logical explanation for me.
- B. Rarely, it might happen by coincidence.
- C. Occasionally, but I dismiss them as random thoughts.
- D. Yes, and I find them valuable guidance.

How comfortable are you with silence and quiet reflection?

- A. Uncomfortable, I need constant stimulation.
- B. Tolerable, but I prefer to keep busy.
- C. Okay, but I find my mind tends to wander.
- D. I enjoy quiet time and find it helps me connect with myself.

When making choices, how much do you consider your intuition alongside other factors?

- A. Not at all, I prioritize logic and external advice.
- B. A little, if it aligns with my reasoning.
- C. Somewhat, but I prioritize other factors if they conflict.
- D. Heavily, it plays a major role in my decision-making.



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### Mostly A's

You may be out of touch with your intuition, favoring logic and external validation. Consider incorporating mindfulness practices and paying more attention to your body's signals.

### Mostly B's

You may be out of touch with your intuition, favoring logic and external validation. Consider incorporating mindfulness practices and paying more attention to your body's signals.

### Mostly C's

You're somewhat connected to your intuition but haven't fully integrated it into your decision-making. Practice quieting your mind and actively listen to your inner wisdom.

### Mostly D's

You have a strong connection to your intuition and likely use it effectively in your life.  
Celebrate your inner wisdom and continue nurturing it.

Remember, this is just a starting point. Your intuition is an ever-evolving journey of self-discovery. Trust your unique process and continue exploring ways to reconnect with your inner voice.

Unsure of next steps or want to further understand your results

Book a free consult [here!](#)

