

Blueprints for Change

BETTER DECISION-MAKING THROUGH INTUITION

Today's environment is filled with the need for fast and accurate decisions. Instead of living by a whole learned elaborate set of rules, if we just learn to trust, to listen to our intuition (that inner knowingness) and to live by it moment by moment, then inner guidance and intelligence can show us every step of the way.

Practice Listening to your Intuition

Everyone receives intuitive information. It's a skill and the more you practice, the better you become. How do you receive intuition? Is it a flash of insight, a feeling, words that just come to you or perhaps a bodily sensation? Do you just know? Some describe it as knowing something directly without going through a long analytical process.

Slow Down and Relax

If you are relaxed and open to receiving valuable insights, they are more likely to happen. When you need help making a decision, stop, take a deep breath or two and reflect on the issue or ask questions and allow impressions to come to you. They are usually subtle so pay attention to any images, words, emotions or physical sensations.

Is Your Path Clear?

Do you know what you want (rather than what you don't want) and what it looks/feels like? Being clear is the first step in creating it

What Excites You?

Passion and excitement about something are often intuitive messages. If a decision about a course of action leaves you feeling bored or drained, that's a message saying "Don't go there".

Go With Your Gut!

Instincts, gut-feelings such as "I knew I should have...", or "I had this bitter taste in my mouth about..." are intuitive signals. These clues can help you make decisions.

Put it in Writing

Frame a question or an issue and then write down the thoughts or feelings that come to you. Don't analyze the thoughts; just put this "stream of consciousness" down on paper.

Virtually all of the leadership theories list two unique characteristics of great leaders: the ability to make decisions on "little" information (or at least, less than other people need) and the ability to be comfortable in ambiguous situations. Both of these characteristics indicate that great leaders are comfortable in situations where they clearly don't "know it all". One is left to wonder - is there a difference between the inspired decision-making of great leaders and the "garden variety" intuition we can practice in our daily lives if we just let it happen?

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