



Intuition Development

How to Get Clear About What's Next

Here's a nice little exercise to help you decipher what your next step is. If you've got too much to do and you aren't sure where to put your attention, this will help. What's great about this exercise is that you will be accessing your intuition gently and easily (right here, right now).

Once you complete this exercise, you will know which projects get your attention right away, and which ones can be put off to the side for now. Figuring this out will help you to breathe a little bit easier. (And that always makes for a much happier entrepreneur, doesn't it?)

Ok, here we go.

Step 1. Make a List

Make a list of all the things that are on your mind. Include in this list things you have to do and things which keep coming up as distractions.





Step 2. Breathe

Close your eyes, and breathe deeply. Allow yourself to just simply acknowledge your list, and to get some space from all of its intense *“pay attention to me NOW!”* energy.

Step 3. Ask

Ask the top three items to just float to the top. (Ok, you might have to use your imagination for this one a little, but try it anyway.) If you need to, write them down. (You may not need to because chances are, you are already pretty friendly with them, right?)

Step 4. Get Clear

Ask the one project that needs to be done or focused upon most to show itself to you. (You may see it with light around it, or maybe it will become a little cartoony-type of caricature, or maybe it will say “me, me, me!” or something else. Just allow whatever happens to happen.)





Step 5. Trust

Decide to trust what you get, and select one or two steps you can take toward handling, managing, or completing this project, and choose to do those actions by a certain date and time. Be sure it is doable, and reasonable, because if you don't you will sabotage yourself (and we definitely don't want that!).

Step 6. Take action

Write down in your calendar what you have committed to doing. Schedule your time to do the steps you have decided to take. If you schedule it, you will be more likely to actually take the action.

Step 7. Ask for help

Ask for help from the Universe, from the Divine, from your angels and from your guides in clearing the way for the other items to get done. And then go find something to do that supports you.





And that's it! Easy Peasy!

Divine hugs to you,

Anne

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Now go get your Divine ON!

