

Is Your Intuition Pointing To YES or NO?

Here's A Quick Clarity Checklist To Find Out:

When you're facing a decision, it can be difficult to tell whether you're hearing your intuitive insight, fear, wishful thinking, or outside influences. Use this checklist to notice the subtle clues that often reveal which way to go.

Signs Your Intuition May Be Saying YES

- The thought keeps returning gently and consistently over time.
- You feel curious, energized, or inspired when you imagine taking the next step.
- The opportunity feels like expansion, even if it stretches your comfort zone.
- You notice a sense of relief when you imagine choosing it.
- The decision aligns with your values, dreams, and the person you want to become.

Signs Your Intuition May Be Saying NO

- You feel heavy, drained, contracted, or resistant every time you think about it.
- You are considering it mainly to please someone else or avoid disappointing others.
- The opportunity pulls you away from what truly matters to you.
- You find yourself constantly trying to justify or force the decision with logic.
- Deep down, you already know your answer but keep searching for permission.

5 Mental Traps That Can Distort Intuitive Clarity

- Fear of Missing Out (FOMO)**
You worry you'll regret saying no more than you genuinely want to say yes.
- Scarcity Thinking**
You believe this is your only chance, making it difficult to evaluate clearly.
- People-Pleasing**
You focus on keeping others happy rather than honoring your own truth.
- Analysis Paralysis**
You collect more and more information instead of listening to your inner knowing.
- The Sunk Cost Trap**
You continue because you've already invested time, energy, or money—even when your heart has moved on.



3 Practical Tips To Help Unblock Your Intuition

The "Future Self" Clarity Test

Close your eyes and imagine yourself six months from now.

Picture two versions of your future:

Version One: You said YES.

Version Two: You said NO.

Notice:

- Which version feels lighter?
- Which version creates excitement, peace, or relief?
- Which version feels more authentic?
- Which version seems to have more energy and momentum?

Often your deeper wisdom reveals itself through these subtle emotional responses.

Journal Prompts for Insight

Set a timer for 10 minutes and write without editing or censoring yourself.

Start with this sentence:

"If I completely trusted my inner knowing, I would..."

Then continue with:

"What excites me most about this choice?"

"What concerns me most?"

"What am I afraid might happen?"

"How has my intuition worked out in the past?"

"What answer keeps repeating itself beneath all the confusion?"

Finally, write:

"My next step is..."

The goal is not to force an answer. The goal is to create enough space that your own inner knowing and creativity can be heard. Many people discover that they already know their answer—the journaling simply helps them hear it more clearly.

The "Future Self" Clarity Tip:

Intuitive insight often feels calm, a do-able next step, something that could be beyond what's expected, but surprisingly right for you.

Fear usually argues, complicates. Tries to justify. Holds tight, resists.

Overthinking usually circles in painful delays and self-doubt.

Your deeper knowing often points out the message clearly and consistently, until you're ready to take it on, and act. 🌙 ✨

I hope this cheatsheet has helped,

Let me know! I am here with Intuitive Sessions and Support via the Contact Page:

With highest regards, Amy Norman-Foster

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