



7-DAY SUMMER BUNDLE

Intuition Reset

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Reconnect to Your Intuition When Things Get Crazy

This toolkit is for those who've been holding everything together but still feels a little disconnected from herself. Whether you're in the thick of summer chaos or finally catching your breath, this is your invitation to reset gently and reclaim your inner connection—with no pressure, only presence.



BY AMY NORMAN-FOSTER

www.purely_intuitive.com



hello & welcome!

Welcome to Your Summer Intuition Reset

This season, you're not just taking a break—you're coming home to your inner compass.

The Summer Intuition Reset Bundle is your soulful invitation to slow down, tune in, and reconnect with the wisdom that's been quietly guiding you all along.

Whether you've been feeling

- overwhelmed,
- out of sync,
- or just craving a deeper sense of alignment,
- this bundle offers a gentle and refreshing reset.

Inside, you'll find intuitive tools, calming rituals, and inspiring prompts designed to clear your energy, spark insight, and help you realign with your true direction.

Let this be your summer of clarity, connection, and quiet magic.

Your intuition is ready—let's begin.



About me

I'M AMY NORMAN-FOSTER

an intuitive coach and clairvoyant guide with over three decades of experience helping clients, Empaths, Healers, and emerging psychics tap into their inner wisdom and awaken their natural gifts. My journey into intuition wasn't a straight line—I had to learn how to trust the nudges, quiet the noise, and rebuild confidence after years of second-guessing myself. Now, I help others do the same, whether you're just starting to sense energy or ready to step into your power as a powerful reader, guide, or healer.

Clairvoyance isn't just a talent—it's a skill set you can strengthen and expand—with the right techniques, support, and tools. Inside my trainings and community, I offer step-by-step methods to read energy clearly, interpret intuitive messages accurately, and build the confidence to give powerful readings (for yourself or others). If you've ever felt like your gifts are "almost there" or wondered if you're meant to do more with your insight, you're in the right place. Let's turn your intuitive spark into something real, reliable, and life-changing.

“When you make intuition your superpower, guidance stops being a mystery—and starts becoming your strategy to take the lead in your life.”

VISIT MY CONTACT PAGE TO ARRANGE A PRIVATE READING

STAY CONNECTED WITH ME ON INSTAGRAM :

@PURELY_INTUITIVE



Want to find out more? Contact me at www.purely_intuitive.com

WELCOME TO THE INTUITION RESET

THIS LITTLE TOOLKIT HAS 4 PARTS:

Each carefully created for one purpose only- to help you easily get back into alignment with your inner self and knowing..

A little journaling, a guided creative visualization and other tools will provide the framework to enter into a direct connection with your intuition.

So you can easily reconnect to your inner compass and spiritual path again...

And so that you don't have to lose touch with your inner source of wisdom... even in age of information overload.

Enjoy the journey,
Amy Norman-Foster



TABLE OF CONTENTS:

PAGE 4

7-DAY INTUITION JOURNAL
FOR INNER CONNECTION

PAGE 6

GUIDED VISUALIZATION:
“MEET YOUR FUTURE SELF ON
THE BEACH”

PAGE 8

SUMMER TAROT SPREAD:
“WHAT'S BLOOMING FOR ME
NOW?”

PAGE 10

BONUS CHECKLIST: DAILY
ENERGY RESET IN 10 MINUTES
OR LESS

PART 1



7-Day Intuition Journal
With Prompts for Inner
Alignment

DAYS 1 & 2

Each day includes a gentle prompt designed to reconnect you to your intuitive self. No rules. Just open-hearted reflection, a cup of tea (or iced matcha), and your favorite pen.



Day 1

What do I most need to hear today?

Let your inner wisdom speak—without editing or hesitation.

Day 2

What does my body want me to know?

Tune in and be aware.. Where is your energy flowing—or blocked?

DAYS 3 & 4



Day 3

When do I feel most like my authentic self?

Reclaim a memory, the energy, or a way of being that feels 100% natural and good.

Day 4

What am I ready to stop carrying?

Release the invisible backpack. What energetic burden doesn't belong to you?

DAYS 5 & 6



Day 5

What message from your future self is calling you forward?

Write a bit from that perspective. What does your future want you to know?

DAY 7

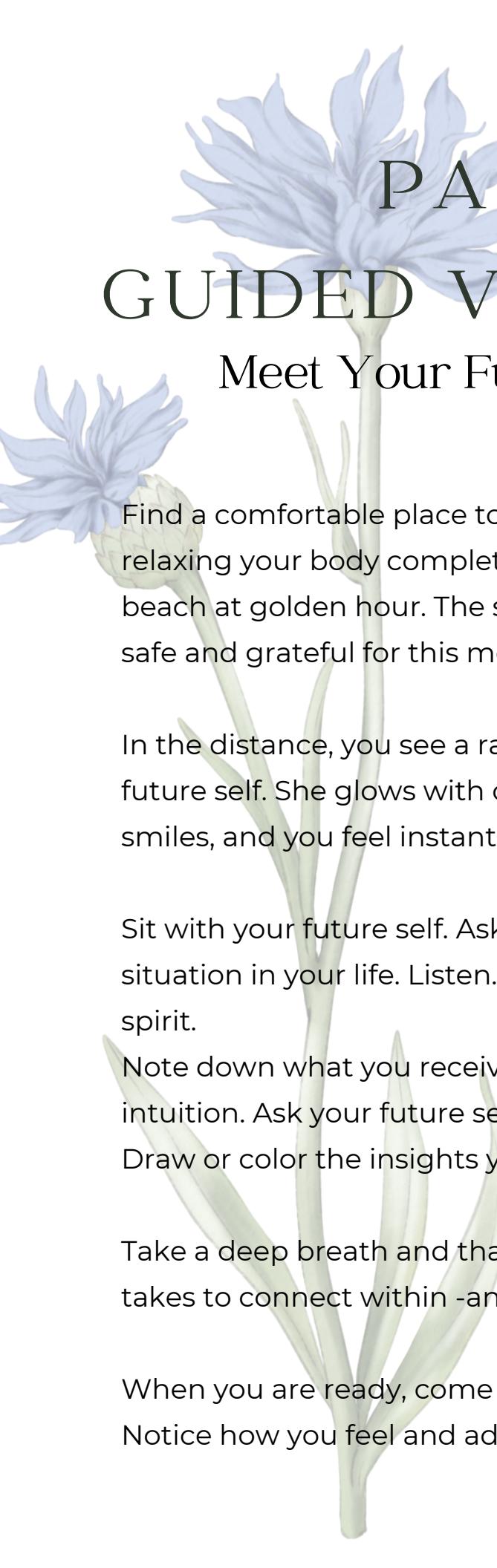


Day 6

What do you know for sure your intuition is saying to you, but you have doubted or ignored it? Why do you think you resist it? What stands in your way?

Day 7

What kind of support do you need right now? Inner or outer support? Imagine receiving it. How would you feel or act, if you had all the support you need?



PART TWO: GUIDED VISUALIZATION

Meet Your Future Self on the Beach

Find a comfortable place to sit or lie down. Take three slow breaths, relaxing your body completely. Imagine walking barefoot on a warm beach at golden hour. The sun is setting, the tide is low, and you feel safe and grateful for this moment.

In the distance, you see a radiant figure walking toward you—it's your future self. She glows with color, peace, and loving acceptance. She smiles, and you feel instantly connected and acknowledged.

Sit with your future self. Ask her to give you guidance on a current situation in your life. Listen. Let the words speak into your heart and spirit.

Note down what you receive, and allow your pen to flow with your intuition. Ask your future self to give you a vision of what's possible. Draw or color the insights you receive in symbols or in words.

Take a deep breath and thank her in your heart. Know that this is all it takes to connect within -anytime you need guidance.

When you are ready, come back to the present moment. Breathe. Notice how you feel and add that to your notes.



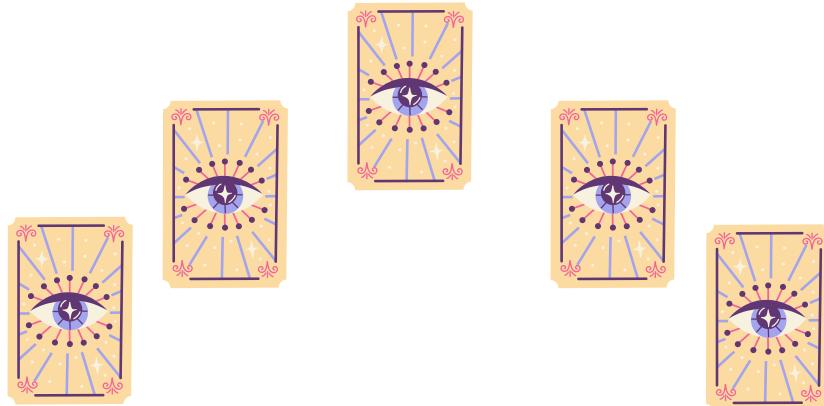
PART 3

A Little Tarot Magic

Use this spread during the Summer Season—when you want to reconnect with your inner self for realignment and direction.

TIP: If you don't use oracle or tarot cards. Journal these questions instead! *

Summer Soulstice Oracle Spread



- 1.What needs my attention to grow and blossom?
2. What do I need to let go of, to restore my balance?
3. What is truly important to me which I can be grateful for?
4. What excuse is it time to stop believing about my life?
5. What little steps will make all the difference, and align with my inner knowing?



You have a destiny. You have a soul that helps you to gravitate towards your earthly karmic lessons. And visionary dream that stirs in your spirit and makes you wonder, what could be possible ... just beyond the now.

When you ignore it, you feel lost, tired and frustrated with your life.

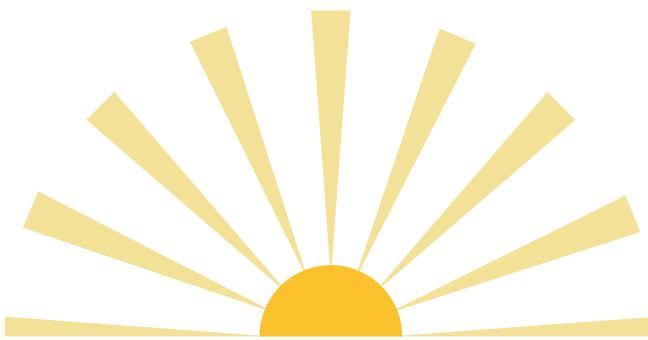
When you trust it--- ah, yes. That is where the magic of intuition comes to life.

Part Four: Bonus Energy Reset (in 10 Minutes or Less)

Bonus: Daily Energy Reset Ritual

Use this as a morning ritual to start your day with intuition, re-center your intentions, and manifest your true path.

- 1.Breathe deeply for a minute or two and reconnect with your body.
- 2.Gently sweep your aura with your hands or a selenite crystal wand to smooth out the energy.
- 3.Say an affirmation that feels right for you. (e.g., "I release any energy that doesn't belong to me.")
- 4.Do an intuitive check-in: Ask yourself: What do I feel? What do I need? What do I want?
- 5.Draw a single tarot or oracle card for today's guidance. "What does my intuition want me to know?"
- 6.Close the morning ritual with a feeling of "Thank you." in your heart- for yourself, or someone else in your life.



BOOST ENERGY BINGO

Look for the positives	Dress-Up	Treat yourself	Favorite movie
Deep breathing	Call someone you love	Uplifting music	Eat healthy food
Appreciate your life	Do a little dance	Put your phone down	Smile More
Reflect on your capabilities	Read a book	Journal your best moments	Snooze an hour more

More Good Vibes

✨ Ready to strengthen your intuition?

Join us for a free introductory session in *Clairvoyance Club*

Where you can expect to:

Experience authentic intuitive insights that dispel doubt and indecision in your life and light up your best ideas & direction.

Whether you're just starting out or ready to deepen your gifts, this is your space to feel supported, seen, and spiritually sparked.

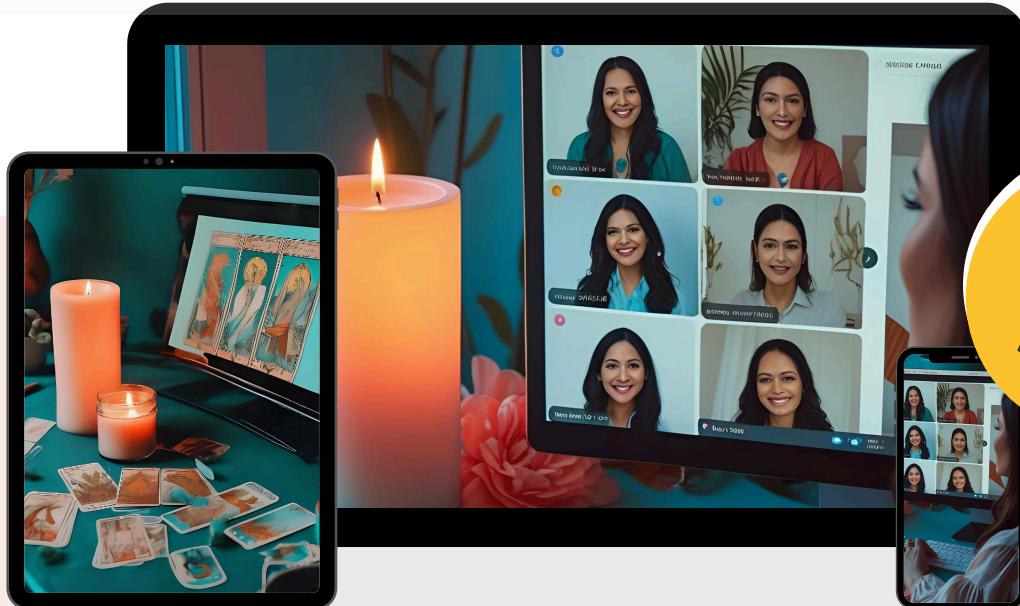
Come experience the magic—no pressure, just pure intuition.

👉 Reserve your spot now and get a taste of what it's like to grow with positivity, wisdom and inspiration, lead by an expert intuitive.

Go to my website to join the Full Moon Session for Free!

<https://www.purely-intuitive.com/>

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In Closing



A Note from Amy

You don't need to get more busy—reconnect to yourself and get in your flow.

This 7-Day Summer Reset was created to get you centered and grounded in guidance, intuition, and practical self-care.

Come back to it again when life feels noisy, overwhelming, and discombobulated.

Use this process to discover your inspired next steps- your intuition knows best!

Cheers,
Amy Norman-Foster
Intuitive Consultant + Trainer

WISHING YOU A MAGICAL SUMMER

AMY NORMAN-FOSTER

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Let's stay connected on Instagram:

@purely_intuitive

