

DIVINE LIFE WELLNESS COACHING PRESENTS...

INTRO TO INTUITIVE LIVING

*A Soul-Centered Guide to Reconnecting
with Your Inner Wisdom*

——— *Shae Jackson*

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STEP ONE

ARRIVE:
WELCOME TO
YOUR INTUITIVE
JOURNEY

Hi and Welcome—

I'm so glad you're here.

Whether you found this guide in the middle of a transition, a burnout cycle, or simply from a quiet nudge inside, you're in the right place.

This guide was created to help you reconnect with the wisdom already living within you—the part of you that knows what you need, even when life gets noisy.

That wisdom is called intuition, and when you learn to trust it, you begin to live with more clarity, alignment, and peace.

Step One: Arrive

**Let's clear the air a bit:
Intuitive living isn't about being perfect,
predicting the future, or avoiding
structure.**

**It's not all about tarot cards or
crystals (though they're welcome
here too).**

**It's not a
one-size-fits-all
solution or a
magic switch.**

**It's tuning
out the noise
and tuning in
to your own
truth.**

**It's about noticing, feeling,
and honoring what's real for
you—moment by moment.**

**Intuitive living is about learning to
listen inward.**

Step One: Arrive

Who This Is For?

This guide is for you if:

- *You're spiritually curious and open-hearted*
- *You've felt disconnected, burnt out, or overwhelmed by outside expectations*
- *You're tired of overthinking and ready to reclaim your self-trust*
- *You want to live a life that feels guided—not forced*

Whether you're brand new to intuition or simply looking to reconnect, you'll find something meaningful here.

Step One: Arrive

How to Use This Guide

This is a soft space. Take your time.

- *Read a little at a time, or in one sitting*
- *Highlight what speaks to you*
- *Use the included prompts and practices in your journal or in stillness*
- *Don't try to "get it right"—intuition is a practice, not a performance*

You don't have to do this perfectly. You just have to be willing to listen.

STEP TWO

REDEFINE:
WHAT IT MEANS
TO LIVE
INTUITIVELY

What is Intuitive Living?

A Soulful Definition

Intuitive living is the practice of listening inward and allowing your inner wisdom to guide your choices, rhythms, and way of being.

It's about living in alignment with what feels true—not just what looks good, pleases others, or fits a checklist.

When you live intuitively, you learn to trust your body's signals, your emotional responses, your energy shifts, and those quiet nudges you used to second-guess.

You stop outsourcing your decisions and start reclaiming your sovereignty.

Intuitive living doesn't ask you to abandon logic—it simply invites your soul into the conversation.

Truth to Remember:

“Your intuition won’t always speak the loudest—but it always speaks the truest.”

What It's Not

Let's clear up a few misconceptions:

It's not just "going with the flow" or living without structure

It's not only about spiritual tools like tarot, astrology, or crystals

It's not about always feeling peaceful or knowing the future

It's not an escape from responsibility

What It Is

A practice of tuning in before you act outwardly

Noticing what feels expansive vs. contracting

Honoring your body's wisdom and emotional truth

Trusting subtle cues and inner knowing over external noise

*Giving yourself permission to shift, rest, say no, or say yes—based on how something **feels** in your system*

It Might Look Like...

Saying "no" even if it disappoints someone

Taking a nap instead of pushing through

Trusting your gut feeling even when it's not "logical"

Feeling pulled to change direction, even when it's uncomfortable

Using rituals or silence to hear your inner guidance

STEP THREE

AWARENESS:
WHAT GETS IN
THE WAY OF
INTUITION?

Let's Be Honest...

If intuitive living feels hard sometimes, you're not alone.

Most of us were taught to value logic over feeling, performance over presence, and approval over authenticity. So we learned to second-guess, silence, or override our inner voice—just to stay safe or accepted.

This section names the blocks not to judge them—but to gently bring them into the light.

COMMON INTUITION BLOCKERS

1. Overthinking

When the mind races in circles, it drowns out the quiet clarity of intuition.

Intuition whispers. Anxiety shouts.

2. People-Pleasing

When your focus is keeping others comfortable, you lose touch with what you really feel or want.

You can't honor your inner truth if you're always tuning into someone else's.

3. Perfectionism

Trying to “get it right” can keep you from taking aligned, imperfect action—especially when your intuition invites you to choose the unfamiliar path.

4. Unhealed Trauma or Emotional Wounding

Trauma can disrupt our ability to feel safe in the body—and intuition lives in the body.

*Your inner voice might be muffled beneath fear, shame, or old survival strategies.
(This is why nervous system care is so vital.)*

5. Noise & Distraction (Digital Overload)

When you're constantly stimulated—scrolling, consuming, comparing—you may stop listening inward altogether.

Too much outer input = not enough inner space.

Mini Self-Quiz:

What Might Be Blocking My Intuition?

Check all that resonate—be honest, be gentle.

Overthinking / Mental Noise

- ☐ I second-guess myself, even when I feel clear at first
- ☐ I get stuck in “what ifs” or try to think my way into safety
- ☐ I feel like I need a “logical reason” to trust what I sense
- ☐ I often ask others what they think before making a decision

People-Pleasing / External Approval

- ☐ I worry about how others will feel if I follow my own truth
- ☐ I say “yes” even when my body says “no”
- ☐ I struggle to set boundaries, especially when I might disappoint someone
- ☐ I shape-shift or shrink to keep the peace

Perfectionism / Fear of Being Wrong

- ☐ I delay decisions because I don’t want to make a mistake
- ☐ I feel pressure to get it “right” before I act
- ☐ I avoid intuitive nudges that don’t make sense on paper
- ☐ I equate “messy” with “failure”

Unhealed Emotional Wounding / Trauma

- ☐ I don’t always feel safe in my body
- ☐ I learned to silence my needs to stay accepted
- ☐ Feeling emotions or sensations is overwhelming for me
- ☐ I find it hard to trust myself—especially under pressure

Digital Distraction / External Noise

- ☐ I check my phone before checking in with myself
- ☐ I constantly compare myself to others
- ☐ I scroll or binge content when I feel uncertain or disconnected
- ☐ I rarely spend quiet time alone with my thoughts or feelings

Now What?

*Look over what you checked. Which group had the most marks?
That may be your most active block right now. You don’t need to “fix” anything.
Just begin by noticing—gently. Awareness is the first form of intuitive self-care.*

STEP FOUR

ALIGNMENT:
5 WAYS TO
RECONNECT WITH
YOUR INNER
KNOWING

Why Daily Practices Matter

Intuition is like a muscle. It grows stronger the more you use it.

These practices are here to help you return to yourself—even in the middle of a busy or uncertain day. They're simple, low-pressure, and soul-nourishing.

Don't try to do them all. Just choose one that speaks to you—and start there.

Step Four: *Alignment*

1. Morning Check-In

Ask: “What do I need today?”

Start your day with yourself—not your to-do list, phone or social media.

Close your eyes. Place a hand on your chest or belly. Ask your body, your energy, your spirit:

“What do I need most today—emotionally, physically, spiritually?”

Write down or speak what comes up. Trust the first thing that arrives.

2. Body Wisdom Scan

Your body holds deep, intuitive signals.

Pause mid-day or during a moment of stress. Close your eyes. Ask:

“Where in my body feels tense? Where feels calm?”

When you are faced with a question or decision today, ask:

“Is this a yes, a no, or a not yet?”

Your body always knows—even if your brain’s unsure. **Feel** the answer.

3. Symbol or Sign Tracking

Pay attention to repeating numbers, dreams, overheard phrases, or subtle nudges.

Keep a running log of:

- Words or symbols that stand out
- Recurring themes in your life
- Things you **feel** rather than can explain

This practice reminds you that your soul is always in dialogue with the world.

4. Inner Dialogue (Optional)

Use a blank page, tarot or oracle card. Ask:

“What do I need to know or see today?”

“What part of me wants to speak?”

Pull a card, write freely, or imagine your intuition as a trusted voice or guide. Let it speak.

5. Evening Soul Notes

End your day with this 3-part reflection:

- What ***felt*** aligned today?
- When did I ignore or honor my intuition?
- What will I carry forward into tomorrow?

This helps you gently self-correct and build awareness—without judgment

Reflection Prompt:

Which practice feels the most natural for me right now—and which one feels unfamiliar but intriguing?

STEP FIVE

EMBODY: JOURNAL PROMPTS FOR INTUITIVE CONNECTION

Why Prompts Matter

Your intuition speaks in subtle ways—through emotion, energy, body language, even silence.

Journaling helps you catch those whispers before they fade.

These following prompts aren't about finding "answers." They're about creating space for honest noticing.

Use them in the morning, before a decision, after a tough moment, or whenever you **feel** disconnected from yourself.

Step Five: Embody

Listen Inward

Reflective Prompts for Inner Awareness

When was the last time I trusted myself—and it turned out well?

What does my intuition feel like in my body? (tight, warm, tingly, expansive?)

Where in my life am I still seeking permission when I already know the answer?

What decision or direction have I been avoiding because it feels “too big” or “too unclear”?

What part of me do I override the most—my rest, my truth, my joy, my boundaries?

When I think of feeling safe in my intuition, what image or feeling comes up?

If I could live one week purely by intuition, what would I do differently?

Free Write Prompt:

“Dear Intuition, what would you like me to know right now?”

Let your pen move.

No filter. No edits.

Gentle Practice Note:

“Your answers don’t need to make sense right away. Just start writing. Insight often arrives in the release—not the control.”

STEP SIX

INTEGRATE:
THIS IS JUST THE
BEGINNING

Final Note

Thank you for walking through this guide with your heart open.

Every moment you took to reflect, slow down, or listen inward was an act of sacred resistance against the world's noise—and a return to your truth.

Living intuitively isn't about being perfect. It's not about getting it right every time. It's about coming back to yourself—again and again—with gentleness and grace.

If this guide sparked something in you—curiosity, relief, alignment, or even a little resistance—I want you to know that's not random.

That's a sign. A nudge. A remembering.

Step Six: Integrate

How I can Support You

If you're ready to go deeper on your intuitive journey, I'd be honored to hold space for you.

Through Divine Life Wellness Coaching, I offer:

- 1:1 intuitive wellness coaching
- Tarot & energy guidance sessions
- The Reset & Realign 30-Day Soul Tune-Up
- Workshops, workbooks, and soul-aligned tools

My coaching is trauma-aware, spiritually grounded, and led by intuitive insight. We go beyond surface-level healing—and into soul-alignment.

Step Six: Integrate

Stay Connected

Want to explore working together, get more tools, or receive intuitive insight?

- **Book a free clarity session**
- **Follow:** *TikTok @the_shaejackson*
- **Join my email circle for exclusive downloads + updates:**
mydivinelife_llc@gmail.com

Final Affirmation:

“My truth is always within reach. I only need to pause, listen, and trust.”

You’ve already begun. Trust that. Return often. You are your own sacred guide.

— Shae

A large, faint, stylized lotus flower watermark is centered in the background. It has eight petals, with the top four being larger and more pointed, and the bottom four being smaller and more rounded. The lines are a light cream color, and the overall tone is a very light lavender or pale pink.

Until Next Time...

