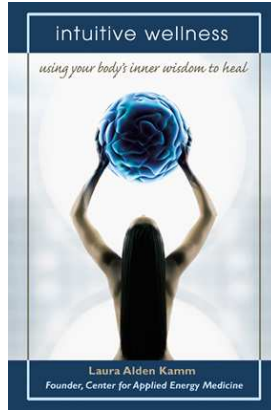


# Intuitive Wellness Worksheet

## *Using Your Body's Inner Wisdom to Heal Emotions*



When you need to repair your car, mend a tear in your favorite shirt, or take a hiking trip you would use the correct tools and equipment for the job, right? The same is true for when you need to heal your body, or create a calm, successful, and mindful life. You need the right tools for the task at hand.

By building your intuitive skills you can access information to help you heal your body and create new horizons for your life—horizons that are aligned with your true nature. By honing your intuitive skills you establish access to an infinite path of opportunities and potentials for your life. Take a moment, print the following worksheet, and answer the questions. The worksheet will help you to connect and to be guided toward building a healing relationship with your body and your life.

Become centered by taking a few cleansing, deep breaths and begin creating *Intuitive Wellness* for your body and emotions.

Intuitive Wellness Worksheet  
*Using Your Body's Inner Wisdom to Heal Emotions*

1. At this time, what area of your body needs your attention in order to create *Intuitive Wellness*?

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2. Breathe into this area, open your intuition, and sense what you need. Intuitively ask, "What emotions are present?"

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3. Of the possible, multiple emotions you may sense, can you intuitively discern the primary or strongest emotion?

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4. Ask if there is a specific time frame in your life when this emotional impact occurred; or did it build up over time?

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5. How has this emotion affected other areas of your life?

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6. Ask, "In what way has this emotion affected my physical wellness?"

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7a. Ask, "What gift has this emotion brought to my *Life*?"

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7b. Ask, "What gift has this emotion brought to my *Body*?"

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Intuitive Wellness Worksheet  
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8. Trusting your intuitive information is there a specific energy or unpleasant memory of a person, place, or event that your body is willing to release in this moment, helping you heal now?

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9. What part of you is willing to be accountable for these feelings?

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10. Take a few deep breaths into your body. Intuitively ask your body what combinations of colors you need to breathe into this area in order to heal and release this emotion? Listen to your intuition and trust the information. Breathe in and out in this healing manner for as long as your body's wisdom suggests. Write down your experience.

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11. Ask this area of your body if there is any other healing and loving information it can convey to you at this time?

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12. Now, what are the ways in which you can hold yourself accountable and continue to heal your body, your emotions, and achieve your wellness?

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13. What will be your reward when you achieve this success; and how will you feel?

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14. What type of support can you create so that you can stay on your path toward *Intuitive Wellness* and manifest your dreams?

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For more on Laura Kamm's work, please visit [www.LauraAldenKamm.com](http://www.LauraAldenKamm.com)