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The One-Minute Intuition Check-In

A gentle practice for everyday choices



Healing by Bridget®

Welcome

I'm so glad you're here.

When you're used to considering what everyone else needs, it can take a moment to hear what you want. This little practice gives you a chance to listen to yourself before you ask someone else what they think.

Start with a small choice. Maybe you're deciding how to spend a quiet half hour or what would feel good to do after a busy day. Take an easy breath and notice what comes up.

If you're still unsure, you can give yourself more time. Come back to this page whenever you want a moment to check in with yourself.

With love,
Bridget



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The One-Minute Intuition Check-In

Before you ask what someoneelse thinks, take amomenttohearyourself.Startwithasmall choice, like how you'd like to spend a free half hour.

1. Pause

Take one easy breath. Bring the choice to mind.

What am I deciding?

2. Notice

Give yourself a few seconds to notice what comes up. It might be a thought, a feeling, or a sensation. If nothing comes to mind, give yourself time.

What did I notice first?

3. Choose

Consider what you noticed alongside what you know about the situation. You can take a small step or come back to the choice later.

What feels like a reasonable next step?