

WORKSHEET: LISTEN TO YOUR INNER VOICE

Stuck in a rut? Perhaps it feels as though your talents are lying dormant? Maybe you just don't feel connected?

Kick off the New Year with a renewed intention to listen out for the guidance and steering of your inner voice. It is your highest knowing and can lead you to a richer and more connected life.

As Steve Jobs said to the students at Stanford in his famous speech [How to Live before You Die](#):

“Don't let the noise of others' opinions drown out your own inner voice.”



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1. Bring to mind a few occasions when you had that very strong sense of knowing. Rekindle incidents from your childhood, teenage years and adult life.

2. Can you remember how you knew? What were the so-called somatic markers? These are the physical signs in your body that alert you to your knowing.

3. Can you remember times when you followed your inner voice and the outcome was very different - even superior - to any outcome you could have thought up consciously?

4. Start becoming more aware of your 'hunches' as you live your life. Notice how they manifest. Do you hear a voice, see images or do you get a feeling? Record your hunches in a journal.

FURTHER WORK

You may wish to record the changes you notice in your journal — short notes will do, you don't need to write lengthy entries.

5. Try to reorganise your life to create some regular 'space'. This could be time in nature, sketching, drawing or another type of making like cooking or gardening. Notice whether you become more aware of your inner voice.

6. Meditate regularly. Meditation helps us to notice our thoughts and emotions — to see that they are like passing clouds in the sky. As we become aware of our thoughts from a new perspective we can identify which sound from our inner voice — and which may be the words or judgement of others.

If you are new to meditation, I highly recommend starting with a free trial of the Headspace mobile and web app.

7. If you need to make a decision or are looking for an answer to a question, try the following: find a quiet spot somewhere — perhaps out in nature — tune into your body, create an inner silence and ask your question...

Trust whatever information that arises. Even if it doesn't make immediate sense, go with it and see what happens...

I hope these exercises help you tune into your inner voice — and listen to what it is telling you.

Renee
