



21-Day

# INTUITION

Mastery Workbook

aluxuriousmind



HI, I AM

TIFFANY

**Hello, fellow Seeker!**

Thank you for choosing the **21-Day Intuition Mastery** workbook. This is a subject I am very passionate about! Most of us are raised to outsource our decision-making to practical stories from the mind and external voices like coaches, teachers, and family. We often don't even realize we are doing it.

I hope you find this information valuable and the 21-Day journey helpful!

Talk to you soon! Tiffany

**PS** - If you would like additional information on how to listen to your intuitive voice, check out my **free Intuition Guide HERE**

**LEARN MORE**

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SET YOUR

# INTENTIONS

BEFORE YOU BEGIN

WHAT AREA(S) OF YOUR LIFE MOST NEED INNER GUIDANCE RIGHT NOW?

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WHAT IS THE MOST IMPORTANT DECISION OR CHOICE YOU NEED TO MAKE RIGHT NOW?

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3 THINGS YOU WOULD LIKE CLARITY ON IN THE NEXT 21 DAYS

# INTUITION & THE MIND

In the journey of self-discovery, distinguishing between the voice of the mind and the voice of our inner wisdom is a game changer. The mind often operates through logic and reason, constructing narratives based on past experiences, societal expectations, and perceived limitations. It speaks in 'shoulds' and 'musts' and spins stories to offer logical explanations that often override our inner knowing.

On the other hand, the voice of intuition is subtler and more profound. It communicates through feelings of expansiveness and freedom, resonating deeply within the body without a need for rational explanation. Intuition often feels right even if it doesn't make logical sense. It might manifest as a gentle nudge towards a seemingly irrational choice that feels surprisingly aligned with one's deeper desires. This intuitive guidance is frequently experienced as a physical sensation of openness or contraction, guiding us toward what is truly in alignment with our essence.

While the mind is designed to push us toward the more practical or "secure" path, marked by immediate logical benefits like social approval, intuition pulls us toward what fulfills and expands us on a deeper level, often leading to greater personal satisfaction, abundance and authentic living. The mind is concerned with plotting a "safe" course forward, while intuition is about embracing the journey that feels inherently right, even if it's layered with uncertainty.

Recognizing these differences allows us to make more informed choices. By identifying when we are being led by our mind's fears and stories, versus when we are guided by our inner clarity and expansiveness, we can choose paths that are not only successful but also resonate with our truest selves.

# RED & GREEN FLAGS

## Red Flags (Signs it is your mind or it's a NO)

- ▶ **Contraction and restrictive (in the body)**
  - The thing, idea or decision makes your body feel contracted, stiff or tense.
- ▶ **Experiencing Resistance**
  - Hating the thing or the work you are doing.
  - Trying to push through something and it feels like moving through quicksand or molasses.
  - Things are harder or feel heavier than it should.
- ▶ **Grounded in logic and fictional stories**
  - Mind is offering a logical story (e.g., "If I do x then y will happen", "I should do this because...", "X person would say to...")
  - Mind is telling a fictional story (e.g., "I am not good enough to..." "There is no point because... they wouldn't hire me anyway", "I failed", "you're being irrational")

## Green Flags (Signs it is your intuition or it's a YES)

- ▶ **Expansive and freeing (in the body)**
  - The thing, idea, or decision feels expansive, clear, clean, and good in your body (but you don't know why)
- ▶ **Things Flow**
  - The work is easy, things move or progress easily.
- ▶ **Often doesn't make sense**
  - It's the thing that feels right but you don't know why and you don't have a logical explanation why...
- ▶ **Divine inspiration through dreams, nudges and symbols**
  - The intuitive voice is often a gentle nudge in a particular direction that says "What about this?". Additional nudges may lead you down a path that culminates into something more significant.
  - Spirit guides, angels, ancestors, dieties, angel numbers, etc.

# TIPS & TRICKS

- There is magick in the micro. Notice or play with using your inner voice on small things like shopping, deciding what to listen to in the car, etc.
- Very often intuition is a quiet voice (a whisper) because the mind dominates with a louder voice.
- There is a place for external inspiration, advice, or information. If the external influence or inspiration feels like permission to be yourself, if it feels like a sigh of relief - then it is a YES. Especially when that thing goes against logic or expert advice.
- When unsure - go ahead and make the decision with the mind (run into the fire), but be quick to notice if resistance comes up.
- Allow space for the intuitive voice to speak. Notice when the mind is spinning stories and find ways to get quiet and time in your own aura.
- Jealousy leaves clues – If you feel like your intuitive voice doesn't exist or you really can't hear it, notice things and people you are jealous of, and dig into why.
- If this is something you really care about and you are still struggling to identify the voice of your intuition, Human Design can help you narrow down how the voice of your intuition speaks to you.

START DATE

21-Day  
**INTUITION**  
Mastery

COMPLETED ON

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RECORD YOUR

# REFLECTIONS

AFTER YOU'VE FINISHED

DID YOU IDENTIFY ANY PATTERNS ON HOW THE VOICE OF YOUR INTUITION SPEAKS TO YOU OVER THE PAST 21 DAYS?

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YOUR BIGGEST REVELATION FROM THE LAST 21 DAYS

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DID YOU HAVE ANY "AHA" MOMENTS?

Three empty rounded rectangular boxes arranged horizontally, intended for users to describe their 'AHA' moments.