

Intuition

— 5 STEPS TO TRUSTING YOUR INTUITION —

You are already intuitive.

The question isn't whether you're intuitive.

The question is whether you've learned to recognize and trust the quiet voice within.

Intuition isn't reserved for a gifted few. It's a natural part of being human. Like any relationship, the connection becomes stronger the more attention you give it.

These five simple practices will help you begin listening with greater confidence.

Laura Traplin
PSYCHIC MEDIUM



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Step 1: Create a Daily Pause

Intuition rarely competes with busyness.

Set aside just five minutes each day to become still. Put away distractions, take a few slow breaths, and simply notice what is happening within you.

Ask yourself:

“What do I need to know today?”

Don't force an answer. Simply create space to receive.

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Step 2: Notice What Comes into Your Awareness First

Before your mind begins analyzing, intuition often arrives as a first impression.

It may be:

a feeling, a word, an image, a knowing, a sense of peace, a quiet “yes” or “not this”.

Practice noticing your first response before your thoughts begin debating it.

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Step 3: Listen to Your Body

Your body is constantly communicating. It's your strongest intuitive receptor!

When something is aligned, you may notice:
a sense of ease, a deeper breath, relaxed shoulders,
feeling grounded.

When something isn't right, your body often lets you
know through tension, heaviness, or discomfort.

Learning your body's language is one of the fastest ways
to strengthen intuition.

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Step 4: Keep a Journal

Every day, write down:

What you sensed
Whether you followed it
What happened

Over time you'll begin recognizing patterns.

Confidence grows through evidence, and your own experiences become your greatest teacher.

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Step 5: Act on Small Nudges

You don't build self-trust by waiting for complete certainty.

You build it by taking small, aligned actions:

Take the first step.

Say yes.

Say no.

Gather additional information

Journal your thoughts for more clarity

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Remember

Intuition isn't about being perfect, it's about being present.

The more you listen, the more you trust.

The more you trust, the more confidently you move
through life.

Your intuition has always been there.

Each time you honour your intuition, you strengthen your
relationship with yourself.

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