

# Marishka

*Your Personal Guide In Life*

## 10 things you can do to activate your Business Intuition...

1. Write your professional goals – intuition supports clear intentions
2. Visualize your success. Imagine exactly what you want in your business.
3. Make sure you get enough sleep. Intuition shuts down when you are tired.
4. Keep a journal. Write down you AHA moments and bright ideas as they come.
5. Practice with your intuition. Play guessing games.
6. Meditate – take quiet time to get rid of “mind chatter”
7. Balance your life. All work and no play does not allow the creative juices to flow.
8. De-clutter. Your mind cannot think clearly when there is too much chaos around.
9. Face your Fears. They are signs to move you forward in your business.
10. Pay attention to your dreams. They simplify your life and make you aware.

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