

## **Spirit Level Success™ System - Six Secrets of Self-Esteem**

### **Secret #2 SPIRIT – Week 2**

#### **S.H.I.N.E.™ - Intuition**

The **I** in **S.H.I.N.E.™** stands for **Intuition**. As human beings, we have a 'sixth sense'. A gut instinct. A feeling or sense that either something is wrong, or that you need to pay attention to whatever it is that is happening right now. Call it intuition or instinct, it is present in everyone to varying degrees. Some people are more in tune with their intuition (because they will listen to it more and over-ride it less), and others feel it less because, for whatever reason, they will usually over-ride their gut instinct with logic and reasoning.

**You will have many times in your life where you have listened to your own intuition. You will have recognised it and acted on it. Take a few moments now to reflect, and identify 3 examples of where this has happened;**

**What was the situation? Who was involved? What was the gut instinct decision you made?**

**1.**

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**2.**

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**3.**

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**You likely won't be able to explain logically the decision you made, but you acted on that decision nevertheless because you were absolutely certain that you were doing the right thing.**

**When you look back over these 3 examples – how do you explain what happened and the way in which you made your decision on**

**each occasion? Do you remember thinking about the situation? Did you stop and think or just act? Do you recall whether you noticed any kind of sensation anywhere in your body, maybe a tightening in your chest or a feeling of urgency in your stomach? Or something similar? Did you have any kind of overwhelming urge to 'fight, take flight or freeze'?**

**Write down anything you noticed here;**

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This kind of automatic response when you have it, comes from what is known as the reptilian (or oldest) part of the brain. It's the part of your brain that the cavemen relied on to keep them safe whenever they were out hunting and about to be attacked by a sabre-toothed tiger. And it's part of what makes us incredibly special as human beings. No other animal experiences intuition in quite the same way and it's not something that can be explained away with logic or reasoning. It's an animal instinct.

Over the years, you may have conditioned yourself to ignore your intuition. You may find that instead of trusting your intuition, you've developed a habit of talking yourself out of taking instinctive action by using reasoning and cognition. Either because something happened to you previously which led to you not trusting yourself anymore, or, like any other muscle that isn't flexed on a regular basis, you just gradually stopped listening to it over time such that it has now effectively become obsolete.

Sometimes your intuition will kick in, and you won't know what's behind it. In the very wise words of Gavin de Becker "Intuition is like going from A to Z without stopping at any of the other letters along the way....It's knowing, without knowing why". It is *not* a cognitive, thinking process. It's an automatic animal response.

So I wonder then why so many people ignore their intuition, and what prompts them to do that? Do you do that too?

You will have times in your life when you have ignored your gut instinct and intuition. We all do. And on many of those occasions, you may have come to regret that decision later.

It is never too late to start learning to trust your intuition again.

**Think about the last time you were in a situation where you had a gut instinct about the situation, but you ignored that instinct.**

**Who were you with and what were the circumstances?**

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**What was your gut instinct telling you to do and what did you actually do?**

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**When you look back, how do you feel about the situation now?**

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**If it was possible to turn back the clock (which clearly it isn't but just humour me), would you do so if it meant you could go back, trust yourself and respond differently?**

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**How often do you replay the situation and wish you had listened to your instinct? How much energy do you invest on wishing things had been different?**

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Any kind of regret or wishful thinking about things that have happened can and will never support you in having a solid self-esteem and sense of self-worth.

Always remember that you did what you thought was best at the time. You made the right decision for you, based on all the information you had available to you.

And the real success comes from being self-forgiving enough that you can learn from those past experiences, so that next time you are prepared to listen to your intuition and not dismiss it before even giving it a chance.

Re-learning to trust yourself and your intuition can and will massively help you to develop a really robust sense of self and self-esteem.

**Write down 5 examples of situations that are coming up in the next few weeks, where you could give yourself permission (at the point at which you need to make a decision) to pause, go inside and wait for your intuition to kick-in. And to only make your decision once you have a clear instinct of which way to go;**

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**Would you be willing to give this a try? Reflect carefully on your answer and write down any insights you get;**

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It's essential to honour your instinct in every single situation and circumstance. That's not to say you don't take a moment to reflect before making a final decision, but it means that by at least taking it into account, you will start to learn to naturally trust yourself again and have fewer regrets later. When you learn to trust yourself again, everything changes.

**It is really important that you take time during this week to repeat the work covered so far in this Secret.**

**Value yourself enough and really connect with your motivation, so you can prioritise this and spend *sufficient* time on it, ensuring you make a meaningful emotional connection with each step you take.**

**This is your time now, and you matter.**