

Intuition Exercises

The Intuition exercises can be used through reflective thought by yourself but also make for great conversation between two people. You might not think that Intuition lends itself to exercises in the manner outlined in the Situational Awareness chapter, but that isn't true. It's surprisingly easy to tap into your Intuition. Most likely you're merely out of the habit because you don't have to rely on your Intuition on a daily basis to survive long enough to see your next sunrise. However, it can be difficult to set out and deliberately trigger your Intuition, since it usually speaks to us only when needed. It can't, in a practical sense, be generated at will.

The key therefore becomes tapping into it when it presents itself. Start with the following list of impressions and feelings and allow them to serve as indicators that something, anything, is up. (Note that these are not necessarily bad or good but should be viewed in the context in which they occur.) I encourage you to print this list, write it down, or put it on your phone.

Intuition Cues:

1. A hunch about someone or something
2. A gut feeling that something is about to happen
3. Suspicion about someone's intentions or honesty
4. A feeling something is "wrong"
5. Doubt about doing, buying, or agreeing to something
6. Nagging feelings that come to you before or after an event
7. Anxiety. Be sure not to include things that make you anxious as a habit or that you prefer not to do because they're unpleasant.

Likewise, if you're a naturally anxious person, don't view that as an indicator. Anxiety in this sense is something that makes you noticeably or acutely more anxious than you might otherwise be.

8. Dark or dismissive humor about something. If you feel there's a joke to be made about something dangerous or risky, listen to it.
9. Hesitation about something or someone
10. Dread
11. A conviction that something or someone is "right" or "good"
12. Knowing you're doing the right thing or in the right relationship, without external validation or possibly even against others' opinions.

As you encounter these Intuition cues, think about why you're feeling them. Your thoughts may not have any concrete backing, and that's alright. Intuition is, by its very definition, not conducive to quantification or metrics. What I want to do here is restart your connection with your own evolutionary safety switch and inner Cro-Magnon.

Exercise 1: How to Determine Friends and Influence People Assessment

I want you to think of a time when you had a strong impression of someone based only on one (or more) of the cues above. Pick someone who became important to you, disappointed you, or possibly became a problem. What were the first impressions you can recall? If you've chosen someone from your distant past and are struggling to recollect, try someone more recent.

Remember, only use very first impressions. The workplace is often a good place to find someone, or while traveling. Write them down. Do it, don't skip this step.



Were those impressions in line with the actual events (disappointment, becoming a problem, etc.)? Do they match that person's personality or intent? Do you feel more confident in your Intuition abilities or do they seem to be off? Spend time on this. Don't treat it as a onetime exercise. Of the three exercises associated with Rule 2, this first is the most informative. Come back to it again and use another person. Earmark this page if necessary and keep the list above handy.

Exercise 2: Planes, Trains, and Automobiles (and the Mall)

This exercise is for when you find yourself in motion or surrounded by others in a public space that has larger numbers of people. Pick from the following environments.

1. Riding on public transportation such as a subway, bus, train, or airport rental/hotel shuttle
2. Walking through shopping centers like a mall, crowded plazas, or public beaches
3. Wandering through the aisles of something a bit smaller, like a Home Depot, Office Depot, or other stand-alone retail center, someplace that will provide the opportunity to observe a broader cross section of society wherever it is that you live or simply happen to find yourself

Now, pick a person, preferably with a trait from the above cues list. Single individuals are better than two or more people. Try and encounter them here and there in the store. Don't get too close—you're not stalking them. And don't overthink it. Just go with the flow. Here are the questions for this exercise:

1. How do they make you feel?
2. Would you ask them for a lift or to jump-start a dead battery in your car?
3. Would you want to engage with this person on a personal or professional matter?
4. Are they a kind person or cruel?

Remember, these are impressions, not calculations nor derived from reason. You're only looking with your gut. When you're not in their vicinity, make a note, not a mental note but an actual note. List what it is about them that makes you feel about them the way you do. Add any word you like to this list, no matter how descriptive or basic. What you write down can even seem off base or nonsensical. That's often the best of all because it's coming from your subconscious and therefore the voice of your ancestors across the millennia.

Think about your answers and these people. Do this several times. Try and come back to this exercise from time to time.

Exercise 3: Mystic Pizza

For this exercise find yourself a pizzeria (or any restaurant), though hotel lobbies will work as well. You can also try a park, but regardless, your location needs to be stationary. Find a lone person again. Someone who will likely remain in one spot long enough for you to spend fifteen

to twenty minutes studying them. Don't creep them out by staring. Also, no drinking or mind-altering substances. It dulls your senses. Once you have your person, try and figure out their story. What are they doing there? What does their attire tell you about them? How about their body language? Are they intense? Hunched over? Or leaning back like they own the place?

I don't want to throw a laundry list at you here. The intent is to get you listening to yourself, not some external source or expert (not even me, your trusted narrator on this journey). Because you have more time to consider this person than in Exercise 2, think about who they are:

1. What's their story? Their background and education?
2. How are they dressed? For success, to impress, or something less?
3. What are they radiating? Positive energy, negative? Or are they merely there, occupying space? If the latter, pick another person.
You want something more interesting.
4. Would you date this person?
5. Hire them to babysit your children?

Again, make a written list of their attributes, not just a mental one. Writing things down makes you more aware of them, and the important notes and biggest impressions can then rise to the top of your list. This is where some fun can kick in. If you're with someone else, talk about the person. Try and tell your person's story to each other. As you do, you'll find yourself having to delve into why or why you would or wouldn't start a business with or marry this person. In the end, I want you to reduce them to just a few words, no more than half a dozen. That is who they

likely are. Not the details of their life, but how they go about it and the good (or ill) they visit upon others.

Then know that what you're tapping into is on target. Trust it. Believe it.

Strengthening Your Intuition

If you really want to strengthen the power of your Intuition, you'll need to progress past these steps and do more than review the list above (which is not comprehensive, because describing the feelings associated with your Intuition is limited only by your imagination), read this book, do the exercises, and think about it a few times or never again. Taking it to the other end of the spectrum by obsessing over every tiny tingle will likely not produce the desired insight either. I suggest putting the Intuition Cues list and exercise sheets on your phone, somewhere prominent like your home screen where they're readily visible. Look at the cues list from time to time (as opposed to FB, Instagram, and Twitter) so that you become more familiar with it.

Whenever one of these signs consciously comes to you, think of the book's hand symbol and...stop.



Think about it in that moment, then go with what that “gut feeling” or “women’s intuition” tells you. Later, reflect on how the situation developed and compare your Intuition with the results—which is why writing your impressions down in the moment you experience

them is so important. It's only over time and repeated use that you can consciously improve your relationship with Intuition.