



## RUT RESISTANT: MOVING FROM INTUITION TO ACTION

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### **MOVING FROM INTUITION TO ACTION**

Think back to a time when you trusted your intuition, when you saw the signs and you acted accordingly. What were those signs?

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What action did you take? How did it go?

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Was there a time when you didn't listen to yourself? How did that work out for you? What did you learn from that experience?

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