

In this final part of the 4 part series I want to explore how Intuition, Intention and Inspiration can work together to improve our lives. In Part 2 I shared some ways to consciously tap into intuition. In Part 3 I gave some examples of intention, and explored inspiration and inspired action.

What might happen if we set an intention to listen often for intuition, that still small voice within that reveals the truth for us in any moment, and to listen for Internal Guidance on what action would be for our highest good? Could we be inspired? Could inspiration serve us in creating our new normal? What if we develop new habits that serve us better now?

## **Habits**

Our normal routines have been disrupted by the recent changes. Habits that worked for us before may not work as well now. How do we develop new habits?

We are creatures of habit. Think about how often you do things because they are a habit.

“The Power of Habit” by Charles Duhigg is an excellent book, with scientific discoveries that explain why habits exist and how they can be changed. One of the most valuable things I learned from this book is that it works best to attach a new habit to one that already exists. For example, if you already brush your teeth every morning, or go to the bathroom as soon as you wake up, see if you can attach the new habit to that current habit. I have found this a very useful way to implement habits that improved my life. I put post-it notes on or near my mirror in the bathroom. One of my favorite meditation teachers suggested getting into the habit of meditating early in the morning, shortly after waking. I printed a document that has a couple affirmations that I say every morning. I put that paper on my toilet seat at night to remind me to say them every morning.

Do habits of thought affect the level of stress you feel? For example, are you in the habit of saying “I don’t think I can do this.” or “I feel restricted by the rules set by my boss or the government.” or “I’ve always had trouble creating wealth and abundance in my life.” or “I’m tired of struggling to survive.” Does stress impact your life and health? Does stress affect your family life?

What if changing your habits helped reduce your stress? How would your life improve with less stress?

## **Design a New Normal**

Most of us realize that we have to change our normal routines and habits. We may already have new routines since March 2020. Wearing masks, social distancing, and frequently washing our hands are new habits for most of us. How can you design a new normal that will be filled with satisfaction and joy? Can you imagine yourself with the new normal and feel how good it will be?



Developing different habits will help. Using intuition, effective intentions, and receiving inspiration are valuable. Find what works best for you. We are all unique, and it is important to use tools and techniques that fit us. We are always choosing. What will you choose?

Some people find it helpful to have a coach. Contact me if you want to discuss how I coach my clients.