



**From Hunches  
to Clarity**

**Unlocking &  
Downloading  
Your Intuitive Wisdom**

**In 5 Days.**

[www.TheLeadingHeart.com](http://www.TheLeadingHeart.com)



# Set and Affirm Your Intention in Your Heart

To unlock your intuitive potential within five days, your first step is to confront your beliefs and convince yourself that you can do it. This means that each day, you should move through your day with the intention that a "whispering voice," "the hunch," or "nudge" is communicating with you.

For years, many of us were taught that we have to attend church or go through a ritual to receive the whispers of wisdom. However, we don't need to because we've had them all along. If you take some time to reflect, you can probably recall a time when you had the "intuition."

On this first day of unlocking your intuitive wisdom, I'd like to give you permission to start with a new intention. This intention is a strong inner belief that you want, desire, are ready for, accept, and intend to unlock your intuitive potential and download wisdom every day. It doesn't matter what you call it; there are many names for it such as Holy Spirit, Universe, God sightings, Prana, gut sensing, etc.

The unlocking process can begin the moment you set the intention. To reinforce your intention, it's crucial to affirm every day (and throughout the day) the following: "I am excited about downloading intuitive wisdom. I accept, allow, and believe that I will intuitively know when the wisdom is speaking."

Repeat this affirmation for 30 days until you have memorized it, just like reciting your ABCs.

The Steps  
To  
**UNLOCKING**  
Your  
Intuitive  
Wisdom

**Intend  
&  
Affirm**



## Day 2

# Become Aware, and Observe

On day two, I want to challenge you to confront the stories that are in your head. Keeping a journal will be helpful as I will ask you to record the thoughts associated with these stories. If you decide to buy a journal, I suggest starting with a clean one that has never been used. You may even want to consider having two journals: one for negative stories that create anxiety, fear, sadness, anger, or any negative feelings, which we will refer to as the negative egoic MUCK stories, and another for stories or thoughts that create peace, joy, love, anticipation, light-heartedness, ease, and comfort. These stories we will refer to as Love Vibration stories.

As you move through your day, make a note whenever you feel negative and identify the story or situation playing through your head. Then, decide if the story or situation falls under LOVE or MUCK.

What you are learning to do on day two is to increase your awareness about how you are moving through your day. Feelings are just messages coming from the consciousness of two energies: love and fear. It is part of the human experience to become entangled with these stories as we live. However, I want you to understand that your intuitive inner voice, when you really learn to hear it, always comes from the Love energy and never the egoic MUCK. It may not even make sense, but you will learn to trust it, respect it, and it will guide you - if you don't let the MUCKY stories convince you otherwise.

To feel your intuitive nudges, hunches, and the whispering voice in your head, you need to know what you are looking for and trying to hear or sense. It's always coming from the Love energy and not negative egoic fear energy. So, practice today becoming aware. Make a list of the stories, thoughts, and situations you have played in your head throughout the day. Then, identify the energy they are based in, love or Mucky Fear.

And, continue your intentions and affirmations that you learned from day 1.

## The Steps To UNLOCKING Your Intuitive Wisdom

## Intend & Affirm Challenge Awareness





**Day 3**

## **Quiet the Mind**

On day 3, I suggest that you develop a disciplined practice to quiet your mind. This is crucial because the constant chatter of our minds can easily distract us, overwhelm us, and make it challenging to focus on the present moment. In addition, the noise of the world around us can drown out our inner voice, making it difficult to hear its guidance.

To connect with your intuition and inner wisdom, take some time to quiet your mind through meditation, deep breathing, or other mindfulness practices. When you challenge your beliefs and listen to your inner voice, you can gain clarity and insight into your life's direction.

To get started, plan and intend to have a minimum of 20 minutes each day to quiet your mind. During this time, you should:

- Start by saying your intention that you learned on Day 1.
- Add a second intention that you will develop a practice and discipline to quiet your mind while learning to unlock your intuition.
- Review some of the stories in your head (you can open up your journal) and take a deep breath in, remembering them, and then blow them away, as if they were weather that comes and goes.
- Put your journal away and simply notice your breath. You may do this while sitting, lying down, running, or even while staring at something. It's essentially putting your mind on autopilot and checking out.

By doing this every day for 20 minutes and continuing to review your intentions, say your affirmation, and observe, you can advance your awareness so that you can hear your intuition more clearly. Remember, this is a disciplined practice, so commit to it and stay consistent to see the benefits.

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**Intend &  
Affirm  
Challenge  
Awareness  
Quiet**



## Day 4

# Tune In

On day 4, hopefully, you have been stating your intentions and affirmations and practicing quieting your mind. Today is the day you intend to align your energy with your innate intuitive intelligence. This means your 3D human self steps aside and you're knocking on the door of your intuition, saying "I'm ready to communicate." You may have already received hunches, nudges, and thoughts or feelings that make you wonder if it's your intuition or just you thinking. Just the mere fact that you're wondering means you're already advancing your awareness.

So today, I want you to relax and let go of any previous notions or contexts you may have about communicating with your intuition. You don't need candles, prayer beads, or a specific sitting position on a pillow. Your intuition is always with you, flooding you with peace, creativity, ideas, hope, and joy. It's not the inner voice that brings fear; that's the egoic MUCK negative energy. So remember to write your stories in your head to stay aware.

Today, pay attention if you sense something, see something repetitive, or hear something. For example, I often hear a song playing in my head repeatedly and wonder why I'm thinking about it. Then I look up the lyrics, and something stands out and speaks to me. Then I may hear another song, and the lyrics again affirm the same notion.

So today, begin to tune in and really become aware of what you see, hear, and sense. Everyone has a different style when it comes to downloading intuitive information, like GPS guidance systems with many makes and models. Ask your intuition to communicate and guide you, and make notes of it in your LOVE journal.

# The Steps To UNLOCKING Your Intuitive Wisdom

## Intend & Affirm Challenge Awareness Quiet Tune In



## Day 5

# Download The Wisdom

On day 5, I'm so glad you made it this far. The journey is just beginning as you unlock the door to your innate intuitive intelligence, which will guide you towards clarity and decisiveness. Many people wonder what happens if they do it wrong. There is no wrong. Your inner guidance system will know exactly how to guide you in every situation. All you have to do is continue to summon it, connect with it, listen to it, and act upon it.

So, on this day, I want you to think of your intuitive whispering voice in your head as your daily friend that you bring with you in every situation. And again, whatever name you have for it is fine. Your guidance system is unique to you, and you will know that when you are aligning with it, you will experience a sense of peace even in the toughest and most challenging situations. You will also begin to have a sense of knowing and build your intuitive and empathic muscles.

Continue daily with your practice of setting the intention with a strong will and desire. Affirm that intention with daily affirmations. Get into a disciplined routine so that eventually you are not even having to think about taking time out to settle your mind.

Now, I would like to suggest that you keep track of your hunches, nudges, God sightings, and intuitive hits. Write them down even if they don't make sense. Do this for a minimum of 30 days and continually review them. Even if you have a sense that you keep seeing the color green over and over again, write it down. If a tune, a name, or a thought comes into your head, maybe you have a repetitive dream, write it down. The whispering voice of intuition, also known as the Love Wisdom, will begin to communicate with you in a variety of ways. So, start conversing! Each day you may ask, "What am I to know today? Is there some action I am supposed to take today?"

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# Congratulations!

I am thrilled that you have taken the initiative to connect with your innate intuitive intelligence and have completed this 5-day challenge. As someone who has been using my inner voice, which I call the Bold Love, for guidance, I can attest to the profound impact it can have on your life. It has helped me to stay clear of negativity and to act with courage and wisdom.

In fact, my passion for this topic has led me to create an online community called The Leading Heart. This is a community that offers experiences for leaders, high-achievers and role models. Come together with like-minded peers and advance your awareness and continue to experience of Wisdom Leadership and Intuitive Leadership. There are a plethora of FREE and paid courses, experiences, and gatherings that will help you embark on a journey to Heart-based and Intuitive Leadership.

**JOIN THE LEADING HEART COMMUNITY TODAY FOR FREE** by clicking [HERE](#). (This will give you access to additional courses mentioned below).

As your journey continues I encourage you to take advantage of 3 more amazing experiences that will help you deepen the journey into using your innate intuitive intelligence to navigate both your leadership and life's MUCK. **[CLICK HERE TO ORDER ANY OF THE COURSES /CLASSES BELOW](#)**

Go to the next level by taking the **next course which is called Unleashing Intuition**. In this class you will go through five lessons and listen in to Fitz teach the five lessons in a 45 minute video.

Another great step is to participate in the course **Staying Out of Life's MUCK** -a 9 video lesson series that will help you navigate through the challenges, changes, shifts, and uncertainty of life by tapping in to your intuition. This course is based on Fitz's book Heartbeat: Staying Out of Life's Muck and Tapping Into The Love Wisdom (available on Amazon **[CLICK HERE TO ORDER THE BOOK](#)**).

Next dig deep into your learning by joining **Fitz's Intuition Matters 4 week LIVE class** that she teaches in person on Monday nights from 6:30-8:00 CST. Over 4 weeks you will gain deep insights into 12 lessons on how to develop your intuitive muscle.

**Your  
Next  
Steps...**

## Leaders, High- Achievers and Role Models

**MUST** rely  
on their  
intuition  
along  
with  
data,  
analysis  
and  
intellect.

START  
THE  
JOURNEY  
NOW

Fitz brought the concept of Heart-based Leadership to the business world when she published her first book in the Heartbeat series called *Heartbeat: Why Heart-based Leadership and Courage Matter*. The book idea was sparked by the many leaders she mentored and coached.

Those who practiced Heart-based Leadership discovered that once the heart is opened the leader connects the passion and energy of their heart to their work, their family, and they begin to get the intuitive prompts, nudges and hunches.

So many times Fitz has heard from the leaders that she coaches and mentors, “Why doesn’t anyone teach us about intuitive leadership?” - Every leader uses their intuition or will be forced to when they don’t have data, analysis or intellectual information to make a decision, create a strategy, ideate or innovate.

These leaders asked and pushed Fitz to create courses on intuition, write books on the topic and declare that she would take the WOO WOO out of intuition and begin to teach the leader community that WOO WOO is really W.O.W.

### **Working Opportunities with Wisdom.**

Why Wisdom? Because that’s what intuition is when you master how to listen to it and discern it’s messages from your thinking egoic mind.

And the wisdom can be powerful. It’s something you can track and gain clear evidence of its guidance. Through the years, Fitz has mastered tapping into her innate intuitive intelligence and she relies on her daily downloads of wisdom to create the roadmap of how she moves through her day. And now she can teach you this same skill.

There are only one way Fitz will work with leaders, high-achievers and role models. You have to be a member of her FREE Leading Heart community and interview with her to see if she’s a good fit for what you want. She takes on a limited number of mentees a year, as she still is writing books, coaching CEOs through Vistage Worldwide and delivering a plethora of products and services to the community.

**[CLICK HERE to watch a SHORT VIDEO ON](#)** Intuitive Leadership - and why it’s a MUST.

**[CLICK HERE to fill out an application and book an interview session](#)** with Fitz and learn more about her private one-on-one coaching.