

# I rely on my inner wisdom

## **I rely on my inner wisdom.**

The best decisions I make rely on my inner wisdom. This is the part of me that considers all of my knowledge, that has access to all of my experience. This part of me understands my current situation perfectly.

## **My inner wisdom provides me with the best options for me.**

My emotions can lead me astray. Emotions can lead to compulsive behavior. It is my emotions that lead me to eat unhealthy food, spend money foolishly, or to stay in an unhealthy relationship.

On the other hand, my inner wisdom leads me to make wise decisions.

**My wisdom provides ideas, solutions, and options that consider the long-term implications.** My emotions only consider the short-term. I know that living my life to the fullest requires a long-term perspective.

My wise inner voice can be quiet, so I must be willing to be quiet and listen carefully. It can be drowned out by too many

distractions. I find time each day to pay attention to what it has to say.

I respect my wisdom and follow it to the best of my ability.

Today, I make the best possible choices for my life by relying on my inner wisdom. **I quiet my emotions and focus on the messages that my wisdom whispers to me.** I welcome the suggestions of my wise inner voice.

## **Self-Reflection Questions:**

1. When have I ignored my inner wisdom? What was the result?
2. If I regularly followed the advice of my inner wisdom, what would be the likely result over the next 10 years?
3. What was my decision-making process when I made my most foolish decisions?