

I trust myself and my instincts

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My instincts are the culmination of years of experience. My instincts are the voice of my wisdom. My wisdom has access to all of my knowledge and all of my past. **Everything I know and everything I have ever experienced guides my wisdom.**

My instincts are the most accurate source of guidance I can access.

I am an intelligent and knowledgeable person. I have experienced many things throughout my lifetime. My instincts grow stronger and more accurate as the years pass. I am becoming a wiser and more capable person each day.

My mistakes increase the accuracy of my instincts. I learn from each mistake, and my instincts are further honed. **Each error in judgement makes me wiser.** My enhanced wisdom is available to me the next time I have to make a decision.

Every choice I make, good or bad, increases the power of my instincts.

I have great trust in myself. I am a capable

person, and I have demonstrated to myself that I am trustworthy. I am able to accomplish things and do so at a high level. I have faith in my ability to succeed and flourish.

Today, I am allowing my instincts to guide my choices. **I am putting my full trust in myself and my instincts.** I trust myself and my capabilities.

Self-Reflection Questions:

1. When have I failed to trust my instincts? What was the outcome?
2. Would I rather ignore my instincts and be wrong, or trust my instincts and be wrong?
3. Do I trust myself? Why or why not?