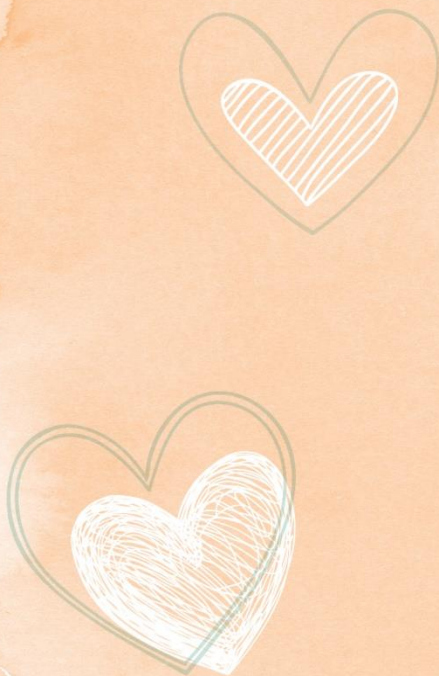


Shed your Conditioning & Trust your Intuition

by Dana da Ponte





Shed Your Conditioning

Answer the following questions to help you explore which thoughts, ideas and beliefs you carry that may not be reflecting your authentic voice and spirit.

1. Which things do you do in your parenting/life right now that you feel you do out of obligation or out of some sense that you SHOULD do it that way?
2. Which parenting or life rules have you repeatedly been told to follow?
3. Which parenting or life choices have you made that you regret making?
4. Why do you regret making those choices?
5. Who's advice makes you feel good?
6. Who's advice makes you feel pressured to parent and/or live a certain way?
7. Which choices have you made out of fear?
8. What things do you worry about the most when it comes to parenting?
9. Create a list of people who's opinion matters to you most.
10. From your list, circle the names of the people you KNOW share the same parenting/life values as you.
11. Have you ever listened to the opinion of anyone on your list when you secretly disagreed with it?





Trust Your Intuition

Answer the following questions.

1. What do you notice pulls you away from valuing your own opinion?
2. When does fear silence your inner voice?
3. When does judgment silence your inner voice?
4. When does the need to belong, fit in or be loved silence your inner voice?
5. When does the need to avoid confrontation silence your inner voice?
6. When does your concern about someone else's happiness silence your inner voice?
7. When have you trusted yourself despite what anyone else in your life thought or felt?
8. What does it feel like to you to trust your instincts or intuition?
9. Why do you want to trust your instincts and intuition more moving forward in your life?

Thank you

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with love,

Dana da Ponte

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