



Intuition vs. Intellect

by Judith Orloff MD

Do you trust your inner voice, your intuition? As children, we were totally tuned into our intuition and then as we matured, more emphasis was placed on intellect and our intuition took a back seat.

Today, we know that our intuition is one of the most valuable resources we have – it never lies to us, never misleads us and always always has our very best interest at the center of every message.

This short quiz will help you determine if you're tuned in and trusting your intuition. Choose the number that most corresponds to how often or seldom you listen to your intuition.

1. Do you believe your inner voice gives you good advice?
3 Always 2 Sometimes 1 Never
2. Will you get a second opinion if your doctor doesn't offer a diagnosis or treatment that feels right?
3 Always 2 Sometimes 1 Never
3. Do you pay attention to your body's early warning signs such as fatigue?
3 Always 2 Sometimes 1 Never
4. In your business, do you act on what moves and inspires you or do you rely on what makes logical sense?
3 Always 2 Sometimes 1 Never
5. Do you "listen to the goosebumps" (as Quincy Jones puts it) as a sign to go ahead when you're making a decision about a project or career move?
3 Always 2 Sometimes 1 Never
6. Regarding the product and services you offer, do you check in with your intuition for guidance?
3 Always 2 Sometimes 1 Never
7. Do you pay attention to people's body language when you meet them?
3 Always 2 Sometimes 1 Never
8. If you're crossing your arms and moving away from someone at a social or professional gathering, do you listen to the discomfort your body language is communicating?



3 Always 2 Sometimes 1 Never

9. If all your friends are saying "this guy/girl is great for you" but your intuition says he/she isn't right can you trust yourself?

3 Always 2 Sometimes 1 Never

10. Do you listen to your "ah-ha" feelings even if they don't fit your picture of how things should be?

3 Always 2 Sometimes 1 Never

How to interpret your answers

To calculate your ability to listen to your intuition rather than your intellect, total the numbers corresponding to your responses.

A score of 20-30 suggests you have a strong connection with your intuition and trust it. A score of 10-9 suggests you know how to tune in and can be swayed by your intellect. A score of 0-9 indicates your not tuned in to your intuition nor do you trust it. The good news is now that you know this, you can begin tapping into this incredible resource!

Whatever your score, my intention for sharing this with you is to invite you to awaken your ability to listen to your intuition because it is the voice of your super self! It will never give you bad advice.

Use this link to download [7 Steps for Tuning into Your Soul](#). This is my gift to you because the world needs the gift that is uniquely you!

If you'd like to explore how your intuition can boost your success factor, then this right now you can schedule your complimentary EXPLORE|EXPAND|ENRICH session with me.

This is my gift to you and during this discovery session you'll learn specific actionable steps you can start taking immediately! *How cool is that?!*

Here's the link: <https://meetme.so/SusanBock> Click on the first option Explore Expand Enrich

Schedule your session now – before time runs out. Act now so you don't miss this amazing opportunity – a \$250 value. It's yours free when you take action now and schedule your time.



The world needs the gift that is uniquely you!