



## **Ewe Be You Podcast™**

### **Episode 7**

## **Listening to Your Intuition Again**

Reflection • Journaling • Gentle Integration

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## **Lesson: Reconnecting With Your Inner Voice**

Your intuition didn't disappear — it became quiet as you learned to survive, adapt, or please. This episode invites you to slow down and remember how your body, emotions, and inner knowing have always been guiding you.

## Reflection Prompts

- When do I feel most connected to myself?
- What signals does my body give me when something feels right or wrong?
- Where have I learned to doubt myself?

[illegible]

## **Gentle Integration**

Take a quiet moment today to listen before responding. Notice what arises when you trust yourself without needing proof.