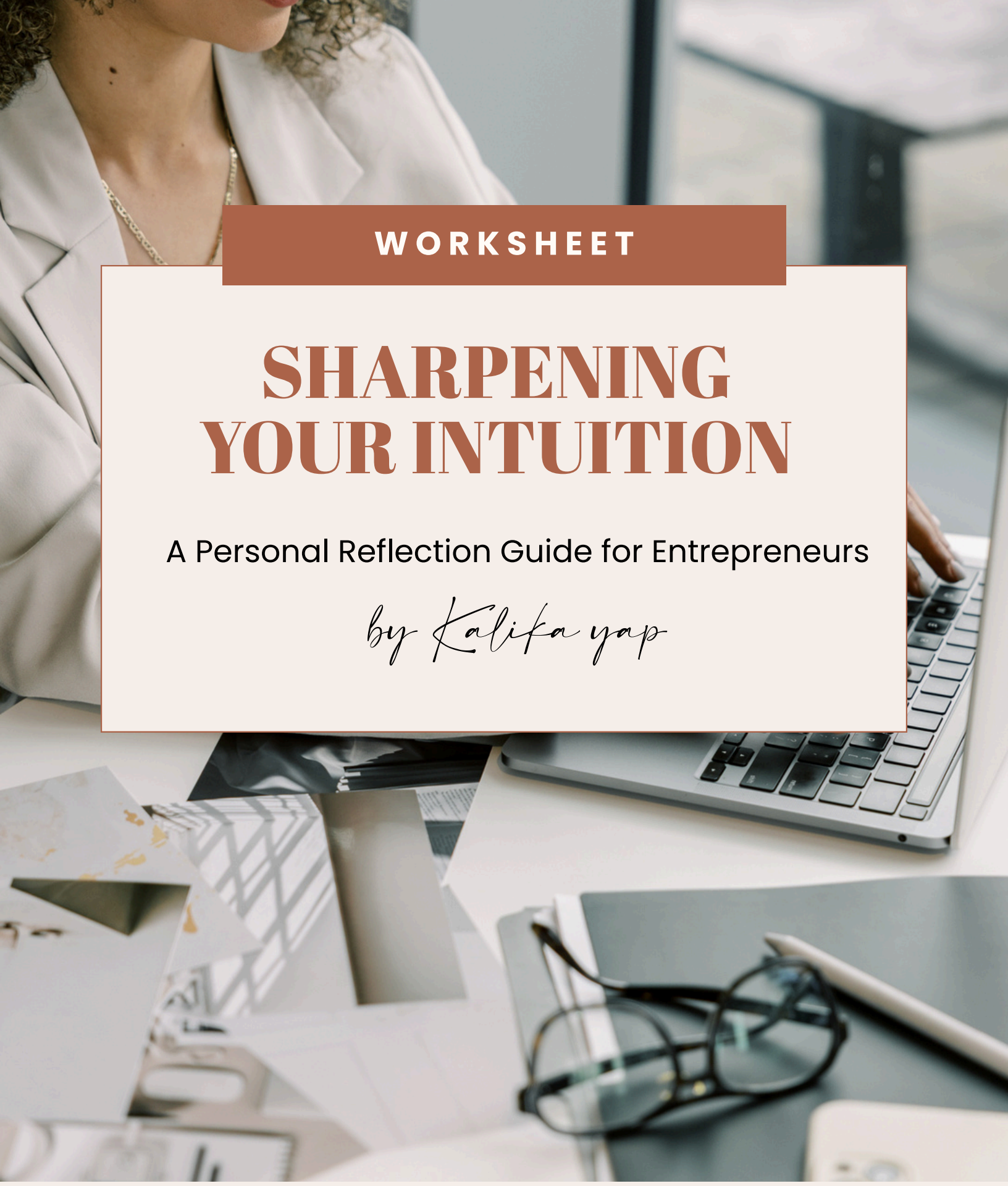

WORKSHEET

SHARPENING YOUR INTUITION

A Personal Reflection Guide for Entrepreneurs

by Kalika yap

Set aside 20 to 30 minutes in a quiet space with your favorite pen. There are no right or wrong answers here. The goal is simply to start listening more closely to yourself. That is where the real business wisdom lives.

Part One: Know Your Starting Point

On a scale of 1 to 10, how much do you currently trust your gut in business decisions? What number did you choose, and why?

Think of a time you ignored your intuition and later regretted it. What happened, and what was the signal you dismissed?

Think of a time you followed your gut and it paid off. What did that feeling feel like in your body?

Part Two: Your Intuition Profile

What does your intuition feel like when something is RIGHT for you? (A warmth, a lightness, a pull, a quiet knowing, something else?)

What does your intuition feel like when something is WRONG for you? (A tension, a heaviness, a nagging feeling, a closing?)

Where in your body do you most often feel intuitive signals? (Stomach, chest, throat, shoulders, somewhere else?)

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Part Three: Your 2026 Intuition Practice

Which of the 7 steps from the newsletter feels most important for you to practice right now, and why?

What is one decision sitting in front of you right now that you already know the answer to, but have been waiting for external confirmation?

What would you do differently in your business this year if you trusted your intuition 20% more?

Part Four: Your Commitment

Write one sentence that captures your commitment to yourself around strengthening your intuition this year.

You were given this knowing for a reason. It is time to trust it.

The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.

— Albert Einstein

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@kalikayap
www.kalika.com