



How to Supercharge Your Intuition

Introduction: What If Your Inner Voice Could Be Louder?

Hi, I'm Andy Walker, and thanks for subscribing to my WooBiz Newsletter. In the next few weeks I'll be releasing the first episodes of WooBiz and you will be the first to know, so keep an eye on your inbox. FYI: You can also reach me at andy@woobiz.net.

To get you started, I have created five woo practices to build your intuition and your extrasensory skills. Everyone has intuition. But few people learn to use it deliberately.

In this guide, you'll learn how to stop second-guessing yourself and start tuning in to your inner guidance system. Whether you're an entrepreneur, creator, leader, or simply someone looking to make better choices in life, intuition can become your superpower.

These five simple, science-informed practices will help you:

- Strengthen your intuitive accuracy
- Build trust in your inner voice
- Make faster, more aligned decisions
- Increase confidence in moments of uncertainty
- Feel more connected, guided, and self-assured

All you need is a quiet space, 10–15 minutes a day, and a willingness to experiment.

Ready to get your woo on? Great! Let's get to it...

Exercise 1: Morning Body Scan

Builds: Somatic awareness and intuitive yes/no recognition

Your body is one of the most accurate intuitive tools you have. It holds wisdom that predates your conscious mind. When you wake up, your nervous system is especially attuned—making it the perfect time to practice body-based intuition.

Definition: Somatic awareness is the conscious and mindful attention to the sensations and physical reactions within your body

How to do it:

1. Find a comfortable position right after you wake up—either lying down or sitting quietly.
2. Close your eyes and take three slow breaths.
3. Mentally scan your body from your feet to your head. At each part, ask: “Does this feel open, closed, relaxed, heavy, light, or tight?”
4. After the scan, pose a yes/no question (e.g., “Is it a good idea to follow up with that person today?”) and listen to your body’s physical reaction.
5. Record your sense of the answer in a journal or voice note.

Why it works: Intuition often speaks through subtle shifts in the body—tension, openness, heaviness. Training yourself to recognize these patterns builds trust in the signals you already receive.

Exercise 2: The Three-Option Gut Check

Builds: Decision-making confidence and intuitive discernment

Have a decision to make? Use this exercise to compare options intuitively before you overthink it to death.

How to do it:

1. Pick a current decision you're weighing.
2. Write down three options (realistic or imaginative).
3. One at a time, close your eyes and visualize each path for 30 seconds.
4. Notice how each one feels in your body. Does your breath change? Do you feel energized, anxious, curious, or flat?
5. After each option, jot down what came up—emotions, images, words, memories.

Why it works: Your subconscious processes thousands of variables faster than your conscious brain. This exercise surfaces intuitive information stored just below the surface.

Exercise 3: Image-Flash Journaling

Builds: Symbolic insight and claircognizance (knowing without knowing why)

Your intuitive mind often communicates in images, metaphors, and symbols. This practice helps strengthen that channel.

How to do it:

1. Sit quietly and take a few deep breaths.
2. Ask a question such as, "What message do I need today?" or "What's blocking me from clarity?"
3. Allow an image, word, or symbol to spontaneously appear in your mind.
4. Set a timer for 5 minutes and free-write about what came up. Don't judge. Just explore.

Why it works: This helps you develop intuitive fluency. The more you write down and reflect on the images and impressions you receive, the more your subconscious will offer them up freely.

Exercise 4: Street Sign Messages

Builds: Synchronicity awareness and intuitive pattern recognition

The world is filled with mirrors and messages—if you're paying attention.

How to do it:

1. Start your day by choosing a theme or question. For example: "Where can I get my next big customer?" or "What do I need to do next?"
2. As you go about your day, observe:
 - License plates
 - Billboard slogans
 - Overheard phrases
 - Book titles
 - Random songs on the radio
3. Assume that the first three signs you notice are symbolic messages for you.
4. Jot them down and reflect later—what themes or connections emerged?

Why it works: Your intuitive mind is wired to recognize patterns. By opening yourself to unexpected sources of guidance, you sharpen this skill and build intuitive agility.

Exercise 5: Future Memory Practice

Builds: Foresight and intuitive projection

Think of this as “remembering the future.” It’s a technique used by intuitive entrepreneurs, remote viewers, and even top athletes.

How to do it:

1. Choose a future event—an upcoming meeting, launch, or decision point.
2. Close your eyes and imagine it already happened.
3. Picture where you are, what you learned, how you feel, and what the outcome was.
4. Write down 3–5 insights or emotions that come to you.
5. Use this information to guide how you prepare or show up.

Why it works: The brain doesn’t always distinguish between real and imagined experiences. Practicing future memory stimulates intuitive insight by tapping into subconscious processing and emotional forecasting.

What's Next?

You've just taken the first step to supercharging your intuition. These five practices create space for subtle signals to become louder, more reliable, and more accurate.

Want more? Consider starting an intuition journal where you record:

- Intuitive hits and how they panned out
- Dreams or spontaneous images
- Inner “pulls” or gut feelings—and what you did about them

Over time, your intuition will become your most trusted advisor.

Don't Forget to Listen!

Be sure to listen to the [WooBiz Podcast](#) for weekly exercises to boost your intuition and to access tools, tips, and tricks for using practical woo tactics to make your business extraordinary. Whether you're a leader, entrepreneur, or creative thinker, this podcast, hosted by Andy Walker, and featuring top woo practitioner guests, will help you sharpen your edge, expand your skills, and tap into the power of your inner knowing.