

322: Developing Your Intuition

10 Point Checklist

Melanie Barnum

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



“Intuition is something that we're all born with. It's a part of our natural birthright and who we are as humans and as energy.”

MELANIE BARNUM

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Learn how to trust my intuition by quieting my mind and listening to what my subconscious tells me. The messages are louder when there is peace and silence.
- Research more about claircognizance. In other terms, it's to 'know' something without knowing why. If I experience this more often, my guides must be telling me something, and I need to pay attention.
- Meditate regularly and not only when I feel like it. Meditation is like exercise. The more I train, the better I become at doing it.
- Use my imagination to open up my vision. Clairvoyance is all about visions, and the clearer I depict them, the more I can immerse myself in them.
- Start writing down all the senses I feel during my visions, meditations, or dreams. Then, describe what I see, think, feel, and hear in those situations.
- Ask the right questions when seeking answers or validation. If they are obscure at first, find another angle to focus on until I find what I'm looking for.
- Don't treat everything as if it's a sign. I must have an innate sense of knowing for something to be meaningful.
- Try past life regression. It can help me understand my issues, and even the universe's issues in this lifetime and how I can clear them up.
- Utilize tools that can help validate my intuition. Cards, pendulums, books, and boards could help me be more connected.
- Visit Melanie Barnum's [website](#) to learn more about psychic readings and ways to connect with the mind, body, and spirit.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/developing-your-intuition-with-melanie-barnum/>