

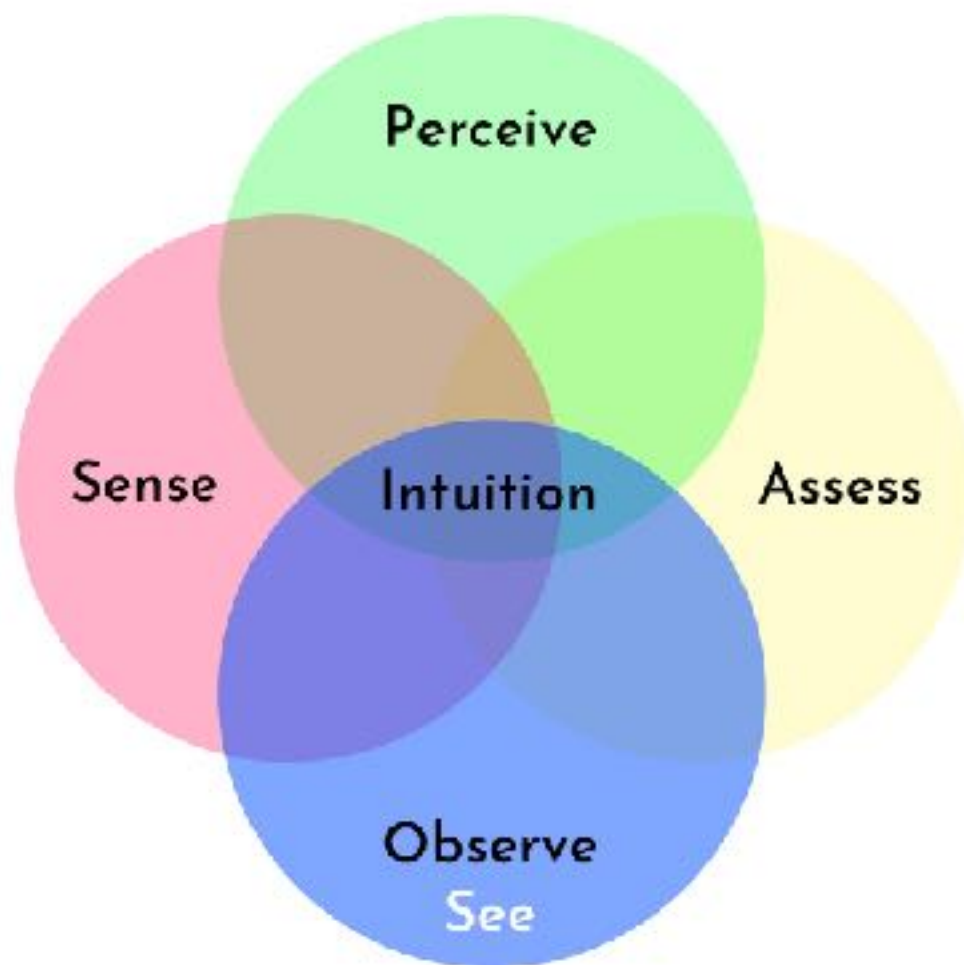
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# Intuition Skill Builder 1

What You See Can Help You Thrive

IzoldaT.com

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## Introduction

For the next month, every time you walk into a new space (room, building, park, etc.) keep track of what you see. Here's how.

1. Take a picture of what you see.



2. Put your phone away.

3. Take a good look at what you see.

4. Grab this workbook and write down everything you saw without looking back up.

5. Note the objects, people, shapes, and colors. (Listen to the podcast episode for a full set of instructions. <https://IzoldaT.com/177>.)

6. Go back to the photo you took and compare what you wrote. How accurate were you?

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Place: \_\_\_\_\_

What I saw: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Accuracy:

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Place: \_\_\_\_\_

What I saw: \_\_\_\_\_

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\_\_\_\_\_ Accuracy:

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Place: \_\_\_\_\_

What I saw: \_\_\_\_\_

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\_\_\_\_\_ Accuracy:

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