



The *Fearless* *Intuition* Challenge

*Get ready to step INTO of your comfort zone and
become fearless about following your intuition!*

Hello there!

WELCOME!

I'm so excited that you're taking this challenge! I promise, it's going to be transformational.

I'm Rebecca, a writer, teacher, and intuitive card-reader, and wise woman who loves crystals and meditation, but I'm just not that weird about it.

I've created this challenge for anyone who's ready to become fearless about following their intuition. For so many of us, our fears, doubts and worries keep us second-guessing ourselves... we know we want to trust more, do more, be more, but we just can't seem to get out of our head and let our intuition lead the way.

If you're nodding along, then hello friend! You're not alone and this challenge is going to help you break out of this pattern and help you to step into the most fearless version of yourself.



Are you ready?


LET'S BEGIN!

Rebecca

THE FEARLESS INTUITION CHALLENGE

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What if I fall?
Oh, but my
darling, what if
you fly?

ERIN HANSON

Getting Started

STEP ONE



COMMIT TO THE CHALLENGE

I don't think this challenge has made its way into your life by accident, you're ready for change. So the first rule of this challenge is to commit to it. Make the decision to stick to the plan. Come rain or shine, you have to do it. This is for YOU, so commit.

STEP TWO



TAKE ACTION

It's amazing that you're here and that you've taken that first step, but now the big thing is continuing to take steps. So follow along and keep taking action and see how things begin to unfold.

STEP THREE



HAVE FUN

This challenge is all about getting you BIG transformations, but it's important for us to have fun along the way. So roll up your sleeves, take a deep breath, remember to enjoy this journey!

Ready to get started? Good, let's do it...



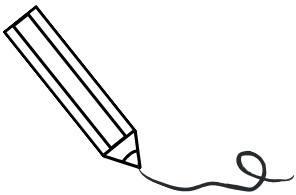
Step One

COMMIT TO THE CHALLENGE

Let's play for a moment. If you were the most fearless, intuitive version of yourself, how would life be different?

What would you achieve?

Write whatever comes to mind:



2 Step Two

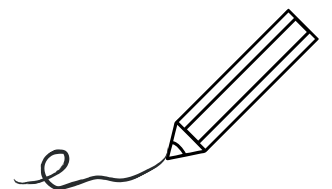
TAKE ACTION

So now let's unpack what's holding you back. What are your biggest fears, doubts and worries and how do they hold you back?

Why are you unable to follow your intuition?

What are you most afraid of?

My biggest fears are:



3 Step Three

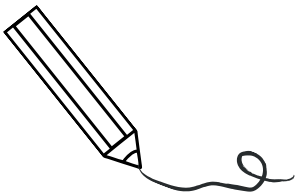
STEP OUTSIDE THE BOX AND HAVE FUN

Now it's time for you to decide how you're going to become the most fearless, most intuitive version of your self.

Think of something you'd like to do, but don't. What is something that your intuition is poking you to do, that you could do today.

What is your heart calling you to do?

Write it down and decide when you're going to do it.



Next, follow the steps on the next few pages to help you become fearlessly intuitive over the next 30 days and beyond and watch as your life transforms.

becoming fearless

Daily Dose of Being Fearless

In order to become a fearlessly intuitive (or fearlessly anything ,really), you need to create new habits. And the best way to do this is to start by taking little steps every day. Here are some things you can try doing to help you become more fearless about believing in yourself.

1 • DAILY VISUALISATION

Every day tune into your dreams, think about the life you want to lead and remind yourself that you're here to make it happen. We only get one life, it's time for us to be fearless about what we want, and believe what we hear in our heart.



2 • PLAN YOUR FEARLESS DAY

Get intentional each day about fearlessly following your intuition.. Then do it, even if it's something tiny, follow that intuitive hit and make it happen.

3 • TAKE ACTION

Each day, take the intuitively fearless action you've planned. As you get into the habit of doing it, you'll notice that little steps create big shifts.



4 • GET OUTSIDE

Each day take time to get outside and if possible, go for a walk. When you're outside, pay attention to everything you can see and hear. Be in the moment. This opens up your intuitive channels. When we're focused on our fear, we block our intuition, so making time to open up is important.



5 • REFLECT

Take time to reflect and journal on your challenge to become more fearlessly intuitive. Every day, write down what happened and your impressions. Then reflect on what went well, what didn't go well, how you felt. Write it all out and notice your wins!



Daily Checklist

month:



DAILY VISUALISATION

- 1
- 2
- 3
- 4
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- 30



PLAN YOUR FEARLESS DAY



TAKE ACTION



GET OUTSIDE



REFLECT



You did it!

I really hope this simple challenge has helped you see what's possible and I really hope you got lots out of it. Taking time to create change in our lives can set us on a new trajectory, which is so exciting to think about!

This challenge is just the tip of the iceberg, there are so many more ways I can help you. ***If you're ready for the next steps, here's how we can work together:***

- Book a reading
- Pick up a Tarot Journal
- Try some tapping
- Read the blog for more ideas!

FIND ME AT:

- Web: rebeccavazquez.com
- Instagram: [@bexalittlewoowoo](https://www.instagram.com/bexalittlewoowoo)
- Pinterest: [@rebeccavazqu](https://www.pinterest.com/rebeccavazqu)

[FIND OUT MORE](#)

Take a *Note*

A series of horizontal lines forming two columns for taking notes.

