

The Intuitive Leadership Guide

A practical toolkit for noticing, trusting and integrating your intuition

What is Intuitive Leadership?

Intuitive leadership is the practice of listening to the signals that surface before reason has words for them — and weaving those insights together with logic and experience. It's a way of leading with your whole self, blending data, expertise and inner knowing.

An Invitation

This guide is a space to experiment. As you move through the steps, pause to notice what arises in you. Write it down. Sit with it. Let your intuition speak in its own language, whether that's a feeling in your body, a quiet sense of direction, or a moment of clarity you didn't expect.

The Four Practices

1. Ground

Intuition surfaces when you are present. By slowing down, even for a few breaths, you create the space for inner signals to emerge. These small pauses invite clarity into the moments that matter.

A way to begin: Before your next decision or meeting, close your eyes and take a few slow breaths. Ask gently: What's moving in me right now? Notice without judgment.

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2. Notice

Intuition often speaks through the body: a gut pull, a sense of lightness, a wave of calm, or tension that cautions you. The more you practice noticing, the easier it becomes to trust what you feel.

A way to begin: When faced with a choice, say each option out loud: Option A... Option B. Pay attention to which one feels lighter, calmer, or more energizing.

How I feel with Option A:

How I feel with Option B:

3. Integrate

Intuition and logic are partners. Intuition offers direction; reason helps test and refine it. Together they create decisions that are both wise and grounded.

A way to begin: Before moving forward, write two columns: What the data says and What my gut says. Notice where they align and where they pull apart. Explore the space in between.

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4. Refine

Over time, intuition reveals a personal language. By reflecting on when it has spoken to you, you learn to recognize your unique signals and build trust in them.

A way to begin: Capture one intuitive nudge this week — big or small — and later reflect on what unfolded. Over time, your patterns will come into focus.

Additional Journal Prompts

Use these to go deeper. Let your words flow. There are no right or wrong responses.

- When was the last time you trusted your intuition? What happened?
- Where in your leadership do you tend to dismiss your signals?
- How does intuition usually feel in your body?
- Which practices help you feel most grounded and open?
- Looking ahead, where could you lean on intuition more often?
- What signals keep repeating for me? How do I usually respond?

Your intuition already has a voice. This is your invitation to listen.