

# Intuition & Decision Making

Part of the Series on *Intuition in Business*

M Kay Robinson



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[admin@insightintuitiveconsulting.com](mailto:admin@insightintuitiveconsulting.com) +1 (925) 284-5677 or SKYPE mkayrobinson  
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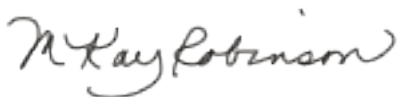
## Introduction to Intuition in Business

At InSight, we believe strongly in the value of using intuition in business.

It is our goal to teach business owners and professionals ways to use their intuition along with strong foundational business knowledge and logic. This takes practice as we have learned to use only our logic.

If you would like information about our workshops and seminars for business owners and professionals please contact me.

Enjoy,



Kay Robinson  
InSight Intuitive Consulting

## Intuition & Decision Making

The ability to make sound decisions is critical to our success. Making the right decision requires the right information. It also requires accessing your intuition and a clear perspective. Knowing how to use your intuition takes a bit of knowing.

Assess your decision-making capability. Don't think. Just answer intuitively.

- Write the most recent decision you've had to make?
    - \_\_\_\_\_
  - Did this decision support your vision of success? (Yes / No)
  - If not, is this a decision you needed to make? \_\_\_\_\_
  - Was anyone in your space about this decision? Who & Why? What was their investment?
    - \_\_\_\_\_
    - \_\_\_\_\_
- 
- What decision have you been putting off?
    - \_\_\_\_\_
  - What is affecting your clear seeing or perspective in making this decision?
    - \_\_\_\_\_
  - Are you able to stop and take the time to regain your perspective?
    - \_\_\_\_\_
  - Do you have a way to regain your perspective? Can you do this in the moment?
    - \_\_\_\_\_

## Intuitive Technique to Decision Making

Before you make a decision take the time to find your perspective. A neutral and clear perspective is necessary to good decision-making.

Meditation is an easy way to do this. Try this meditation.

- Find a quiet & comfortable space.
- Be grounded and centered to quiet the body and clear your thinking.
- Meditate on your vision or your goals - see this clearly in your minds eye.
- Meditate on the issue you are to decide. Don't think just open to your intuition.
  - Notice who is in your space about this. Release their energy.
  - Does this decision have to do with your vision of success?
  - Which decision would support your goals?

I recommend using meditation each day as a way of having a clear perspective and creating success.

Learn more about [meditation as a business tool](#).