



# Attention!

## *Opportunity to Contribute to a Book on INTUITION*

### *“Simply...Trust your Gut!”*

By Rebecca Heaslip

Do you love setting and achieving goals?

Do you read self-help books to gain insight and inspiration for ways to enhance your life?

Would you like to learn how to become more intuitive to make smart decisions in all areas of your life?

You might want to consider being one of ten Research Subjects for a book “*Simply...Trust your Gut!*” The focus of the research is to practice a **5 Step Process for Intentional Intuition™** to connect with your intuition each day for 45 days. Preference will be given to people who believe they are intuitive and seek to enhance their ability to listen to and act on their gut instincts. **The book will also include stories from celebrities and leaders who have achieved success by trusting their gut!**

#### Benefits:

1. Learn a disciplined approach to accessing your intuition to enable success.
2. Make decisions in less time, with less angst and more joy.
3. Make decisions that align with your heart’s desire and live your life without regret.
4. Learn to stop second-guessing every decision you make.
5. Share your unique experiences to help others.
6. Receive a free journal and 2 signed copies of the book upon publication.

#### Requirements:

1. Schedule a short conversation by phone with the author, Rebecca Heaslip, to discuss your level of interest, commitment and passion for the project.
2. If you agree to move forward, you will be asked to sign a release form that gives the author permission to describe your experiences using the 5 step process in her book and other media ( anonymous if you prefer).
3. Each day for one week, you will track your emotions, feelings and changes in body sensations (e.g. butterflies in stomach, tension in neck) as you make decisions. This is helpful to build awareness of how our gut speaks to us through our body to alert us to possibilities and concerns.
4. Every day for the next 45 days, you will practice the **5 Step Process for Intentional Intuition™**, for approximately 20-30 minutes each day. You will need to find a quiet place where you can be alone for this exercise. (Further instruction will be provided)
5. Each week you will call Rebecca to discuss progress, challenges and possible adjustments, in a 10 min conversation.
6. At the end of 45 days, you will provide a written summary of your experiences with specific examples of when you trusted your gut and made smart decisions about your health, career, finances, family, romance, etc; and times when you ignored your gut and the consequences.
7. Finally, you will complete a short survey to evaluate the 5 step process.

**Jump at this exciting opportunity to learn a life-enhancing skill, and have your stories published alongside celebrity leaders who also trust their gut. Your action will inspire and enable others to become successful too!**

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