

Weekly Takeaway Sheet

Quiet the Noise, Hear Your Knowing

1. We Live in a World Full of Opinions, Advice, and Comparison

- Too many voices create confusion, not clarity
- Comparison disconnects you from your own truth
- You're allowed to choose your own pace and path

2. Overwhelm Increases When We Outsource Our Decisions

- Trust weakens when you give your power away
- Checking in with yourself first reduces stress
- You already know more than you realize

3. Your Intuition Speaks Softly — It Needs Space to Be Heard

- Intuition shows up as gentle nudges, not loud demands
- Small moments of quiet create big insight
- Listening builds self-trust over time

4. Stillness Creates Clarity

- Pausing brings perspective
- Calm decisions come from quiet moments
- Clarity grows when you slow down