

30 Days to Strengthen Your Intuition

Daily Exercises to Discover, Practice & Trust Your Intuitive Abilities

HEALING HEARTS MEDIUM

Intuition & Psychic Development Resource #9

The goal is not to be right every time. The goal is to notice how your first impressions arrive, practice without overthinking, and learn the unique language of your own intuition.

How to Use This Challenge

Complete one exercise each day. Before checking an answer, write down your first impression. Try not to change it after your logical mind begins analyzing.

Track each result: Match / Partial Match / Didn't Match.

More important than your score is **how** accurate impressions felt. Did you see an image, hear a word, feel something in your body, or simply know?

Keep the exercises light and curious. These are personal awareness practices, not a way to make high-stakes medical, financial, legal, or safety decisions.

Your Four-Week Journey

Week 1 - Notice It: quick, everyday intuition tests.

Week 2 - Feel It: first impressions, body cues, objects and environments.

Week 3 - Explore Your Clairs: seeing, hearing, feeling and knowing.

Week 4 - Trust It: deeper exercises, dreams, photos and predictions.

Days 29-30 - Discover Your Pattern: review what you learned and identify how your intuition speaks to you.

Week 1 - Notice It

Day 1 - What Time Is It?

Before you look at the clock in the morning, close your eyes and sense what time it is. Choose a specific time, then look.

Journal prompt: *What was your first impression? How close were you?*

My first impression	How it arrived	Result
	SEE / HEAR / FEEL / KNOW	Match / Partial / Didn't Match
What actually happened		
What I noticed about the feeling		

Day 2 - Who Is Calling?

When your phone rings, pause before looking. Notice the first person, face, name, or feeling that comes to mind.

Journal prompt: *Did the answer arrive as a thought, image, feeling, or knowing?*

My first impression	How it arrived	Result
	SEE / HEAR / FEEL / KNOW	Match / Partial / Didn't Match
What actually happened		
What I noticed about the feeling		

Day 3 - Who Texted Me?

When you hear a message notification, guess who sent it before checking.

Journal prompt: *Was your first impression different from your second guess?*

My first impression	How it arrived	Result
	SEE / HEAR / FEEL / KNOW	Match / Partial / Didn't Match
What actually happened		
What I noticed about the feeling		

Day 4 - The Color Test

Before seeing someone you expect to meet, sense a color they may be wearing. Take the first color that appears.

Journal prompt: *What color came first? What did you actually see?*

My first impression	How it arrived	Result
	SEE / HEAR / FEEL / KNOW	Match / Partial / Didn't Match
What actually happened		
What I noticed about the feeling		

Day 5 - The Song Test

Before turning on a radio or playlist, sense the first song, artist, genre, word, or mood you may hear.

Journal prompt: *Record the impression before listening.*

My first impression	How it arrived	Result
	SEE / HEAR / FEEL / KNOW	Match / Partial / Didn't Match
What actually happened		
What I noticed about the feeling		

Day 6 - The Parking Test

Before entering a parking lot, notice whether you feel drawn toward a particular aisle or area.

Journal prompt: *Did you feel a pull before you started reasoning?*

My first impression	How it arrived	Result
	SEE / HEAR / FEEL / KNOW	Match / Partial / Didn't Match
What actually happened		
What I noticed about the feeling		

Day 7 - Who Will I See?

Before going somewhere familiar, ask whether you will unexpectedly see or hear from someone you know. Write the first person who comes to mind.

Journal prompt: *Do not search for the person; simply notice what unfolds.*

My first impression	How it arrived	Result
	SEE / HEAR / FEEL / KNOW	Match / Partial / Didn't Match
What actually happened		
What I noticed about the feeling		

Week 2 - Feel It

Day 8 - Yes and No in Your Body

Say something you know is true and notice your body's response. Then say something you know is false. Compare the sensations.

Journal prompt: *How does your body seem to communicate yes and no?*

My first impression	How it arrived	Result
	SEE / HEAR / FEEL / KNOW	Match / Partial / Didn't Match
What actually happened		
What I noticed about the feeling		

Day 9 - First Impression vs. Second Guess

Ask yourself a simple question you can verify later. Record the immediate answer, then record what your mind says 10-20 seconds later.

Journal prompt: *Which response was closer?*

My first impression	How it arrived	Result
	SEE / HEAR / FEEL / KNOW	Match / Partial / Didn't Match
What actually happened		
What I noticed about the feeling		

Day 10 - Hidden Object

Have someone place a small object in a bag or box. Without looking, sense its shape, weight, texture, color, or use.

Journal prompt: *Record every impression before opening it.*

My first impression	How it arrived	Result
	SEE / HEAR / FEEL / KNOW	Match / Partial / Didn't Match
What actually happened		
What I noticed about the feeling		

Day 11 - What's Behind the Door?

Before entering an unfamiliar room or place, ask what you will notice first: a color, object, sound, smell, person, or animal.

Journal prompt: *What appeared in your awareness first?*

My first impression	How it arrived	Result
	SEE / HEAR / FEEL / KNOW	Match / Partial / Didn't Match
What actually happened		
What I noticed about the feeling		

Day 12 - The Mailbox Test

Before checking the mail, sense what may be there: a package, card, advertisement, bill, or nothing.

Journal prompt: *Write your impression before looking.*

My first impression	How it arrived	Result
	SEE / HEAR / FEEL / KNOW	Match / Partial / Didn't Match
What actually happened		
What I noticed about the feeling		

Day 13 - Energy of a Room

Before entering a room, pause and notice your own baseline. Enter and observe what changes in your body or mood.

Journal prompt: *Treat this as self-observation, not a factual judgment about other people.*

My first impression	How it arrived	Result
	SEE / HEAR / FEEL / KNOW	Match / Partial / Didn't Match
What actually happened		
What I noticed about the feeling		

Day 14 - One-Week Review

Review Days 1-13. Circle three impressions that felt especially clear.

Journal prompt: *What did those impressions have in common?*

My first impression	How it arrived	Result
	SEE / HEAR / FEEL / KNOW	Match / Partial / Didn't Match
What actually happened		
What I noticed about the feeling		

Week 3 - Explore Your Clairs

Day 15 - Clairvoyance: See

Close your eyes and think of someone you know. Allow a color, symbol, place, object, or image to arise without forcing it.

Journal prompt: *What was the first visual impression?*

My first impression	How it arrived	Result
	SEE / HEAR / FEEL / KNOW	Match / Partial / Didn't Match
What actually happened		
What I noticed about the feeling		

Day 16 - Clairaudience: Hear

Sit quietly and ask for one simple word to come to mind. Notice the first word or phrase before analyzing it.

Journal prompt: *Did it feel different from deliberate thinking?*

My first impression	How it arrived	Result
	SEE / HEAR / FEEL / KNOW	Match / Partial / Didn't Match
What actually happened		
What I noticed about the feeling		

Day 17 - Clairsentience: Feel

Hold an everyday object belonging to someone you know, with permission. Notice feelings, physical sensations, or moods that arise.

Journal prompt: Write impressions first; then ask what, if anything, resonates.

My first impression	How it arrived	Result
	SEE / HEAR / FEEL / KNOW	Match / Partial / Didn't Match
What actually happened		
What I noticed about the feeling		

Day 18 - Claircognizance: Know

Ask yourself a low-stakes question you can verify later. Notice whether an answer simply appears without a chain of reasoning.

Journal prompt: How did 'just knowing' feel?

My first impression	How it arrived	Result
	SEE / HEAR / FEEL / KNOW	Match / Partial / Didn't Match
What actually happened		
What I noticed about the feeling		

Day 19 - Photo Reading

With permission, use a photo of someone you do not know well. Write gentle first impressions about personality, interests, or atmosphere before receiving background information.

Journal prompt: Separate impressions from assumptions and only count what can actually be validated.

My first impression	How it arrived	Result
	SEE / HEAR / FEEL / KNOW	Match / Partial / Didn't Match
What actually happened		
What I noticed about the feeling		

Day 20 - Symbol Practice

Ask your intuition to show you a symbol for calm, love, caution, and joy. Record the first symbol for each.

Journal prompt: *These can become part of your personal intuitive language.*

My first impression	How it arrived	Result
	SEE / HEAR / FEEL / KNOW	Match / Partial / Didn't Match
What actually happened		
What I noticed about the feeling		

Day 21 - Clair Tracking

Review the week and mark each strong impression as SEE, HEAR, FEEL, or KNOW.

Journal prompt: *Which method appeared most naturally?*

My first impression	How it arrived	Result
	SEE / HEAR / FEEL / KNOW	Match / Partial / Didn't Match
What actually happened		
What I noticed about the feeling		

Week 4 - Trust It

Day 22 - Envelope Challenge

Ask someone to place a picture of a location in an envelope. Without opening it, write impressions of colors, temperature, scenery, sounds, shapes, or mood.

Journal prompt: *Open it only after you finish writing.*

My first impression	How it arrived	Result
	SEE / HEAR / FEEL / KNOW	Match / Partial / Didn't Match
What actually happened		
What I noticed about the feeling		

Day 23 - Predict Tomorrow

Before bed, write three unusual but simple impressions about tomorrow: perhaps a color, phrase, animal, song, or place.

Journal prompt: *Do not go looking for them the next day.*

My first impression	How it arrived	Result
	SEE / HEAR / FEEL / KNOW	Match / Partial / Didn't Match
What actually happened		
What I noticed about the feeling		

Day 24 - Dream Question

Before sleep, write one gentle question. In the morning, stay still for a moment and record any dream fragments, feelings, symbols, or words you remember.

Journal prompt: *Look for themes rather than forcing a literal answer.*

My first impression	How it arrived	Result
	SEE / HEAR / FEEL / KNOW	Match / Partial / Didn't Match
What actually happened		
What I noticed about the feeling		

Day 25 - Three Choices

Place three different cards or objects face down. Choose one target beforehand and see which position you feel drawn toward.

Journal prompt: *Repeat several rounds and record every result, not just the hits.*

My first impression	How it arrived	Result
	SEE / HEAR / FEEL / KNOW	Match / Partial / Didn't Match
What actually happened		
What I noticed about the feeling		

Day 26 - The Three-Day Impression

Ask, 'What unexpected thing might stand out to me during the next three days?' Record one image, word, number, person, or situation.

Journal prompt: *Return later and compare without stretching ordinary coincidences into matches.*

My first impression	How it arrived	Result
	SEE / HEAR / FEEL / KNOW	Match / Partial / Didn't Match
What actually happened		
What I noticed about the feeling		

Day 27 - Intuitive Walk

Take a safe, familiar walk. At appropriate decision points, notice which direction or detail gently catches your attention.

Journal prompt: *Stay within normal safety boundaries and observe what you notice.*

My first impression	How it arrived	Result
	SEE / HEAR / FEEL / KNOW	Match / Partial / Didn't Match
What actually happened		
What I noticed about the feeling		

Day 28 - Deeper Review

Review the entire month so far. Find your five clearest impressions and five misses.

Journal prompt: *What distinguishes the clear impressions from guesses or overthinking?*

My first impression	How it arrived	Result
	SEE / HEAR / FEEL / KNOW	Match / Partial / Didn't Match
What actually happened		
What I noticed about the feeling		

Days 29-30 - Discover Your Pattern

Day 29 - How Does My Intuition Speak?

Review your journal. Count how often your strongest impressions arrived through seeing, hearing, feeling, or knowing.

Journal prompt: Which channel seems strongest? Which one would you like to practice more?

My first impression	How it arrived	Result
	SEE / HEAR / FEEL / KNOW	Match / Partial / Didn't Match
What actually happened		
What I noticed about the feeling		

Day 30 - Trust Your Own Language

Choose three favorite exercises from this challenge and repeat them. Focus less on being correct and more on recognizing the quality of your first impression.

Journal prompt: Write a short description beginning: 'My intuition tends to feel like...'

My first impression	How it arrived	Result
	SEE / HEAR / FEEL / KNOW	Match / Partial / Didn't Match
What actually happened		
What I noticed about the feeling		

Your 30-Day Intuition Review

Look back through your pages and answer these questions without judging yourself.

What were my three clearest intuitive impressions?

How did those impressions arrive - seeing, hearing, feeling, or knowing?

What did an accurate first impression feel like in my body or mind?

When did I tend to second-guess myself?

Which exercises felt most natural?

Which exercises would I like to continue for another 30 days?

My intuition tends to feel like...

A Final Reminder

Intuition does not need to be dramatic to be meaningful. Often the most useful practice is simply learning to notice your first quiet impression before fear, expectation, or analysis takes over.

Keep practicing. Keep recording. And let your own patterns teach you how your intuition communicates.

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