

# Using Intuition to Make the Right Business Decisions with Sunil Godse

Listening to your intuition can lead you to the right business decisions and help you understand which situations to avoid. In this episode, Sunil Godse walks us through the concept of intuition and how it will help us conduct our business and personal matters in the best way possible. Thus, it's vital to develop and learn to listen to our intuition.

Sunil talks about his 7-step process that can help anyone avoid the consequences of making the wrong decisions. He also discusses the four types of intuition and how we can rely on each in our day-to-day lives. This supplementary workbook serves as a refresher that will help you understand intuition better and reflect on the core principles surrounding it.

## QUOTE TO REMEMBER

*'Your intuition drives your core values. Intuition is really at the amygdala, so there's no language around fight or flight. As core values in a business, we put language around that, and that language is that feeling'.*

## Activity: Listening to Your Intuition

### I. Identification

What are the seven steps to sharpen your intuition? Explain them briefly.

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Enumerate and explain the four classifications of intuition.

a. \_\_\_\_\_

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b. \_\_\_\_\_

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c. \_\_\_\_\_

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d. \_\_\_\_\_

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## II. Explain

Do we need all forms of intuition to be perfect? Why or why not?

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How does practising intuition make us better decision-makers?

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Does intuition only apply to the business aspect of life? How else can you use intuition?

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### III. Reflect

What is your most potent type of intuition? Why do you think this is the case for you?

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Do your friends and family listen to their intuition? How has it affected them?

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In one sentence, define intuition for you. Then, describe how it has affected the different aspects of your life.

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## What You'll Learn from the Activity

The activity aims to help you create an outline of the critical concepts discussed in the podcast. Understanding how to enhance your intuition and how to be in tune with what it is trying to tell you is vital to identify what to commit to and avoid.

Sunil did an excellent job explaining intuition by providing real-world scenarios as well as practical applications. The bottom line is we have to pay more attention to our intuition. It may come in



many forms. It may feel different from how other people experience it. Still, as long as you understand yourself and how your intuition manifests, you can make better decisions in life, business and otherwise.

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