

# UNLOCK YOUR *INNER VOICE*

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Alison Deutsch and Wendy Van Besien are Certified Professional Coaches who have each experienced significant transitions, multiple times. For Alison, it was the challenge of relocating with her young family – four times over a period of ten years, both domestically and overseas. Wendy, a 3-time cancer survivor found her life in upheaval and crisis which led her on a quest for acceptance, forgiveness, and purpose.

Utilizing research-proven assessments, tools, and practices, Wendy and Alison help women overcome the stress, fear, and uncertainty that occur when going through transition. Clients gain peace of mind as they develop confidence in their ability to handle anything that comes their way.

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There are countless names for it - inner voice, inner mentor, true self, authentic self, wise self – that deep, intuitive knowing that’s always available to guide us. In her book Playing Big, Tara Mohr describes it as a voice unburdened by fear, untouched by insecurity, that is utterly calm. “It emanates love for oneself and knows exactly who we would be if we were brave enough to show up as our true selves.”

**U**nfortunately, we spend most of our time disconnected from this inner wisdom.

We allow it to be drowned out by the noise of competing voices of well-meaning family, friends, coworkers, and our persuasive inner critic. This inner voice is always there, always available to us when we know how to access it.

Writing can be an effective way to reconnect to our true desires. It’s a way to pause, question, reflect and bring our intuitive knowing that lies deep within up into our conscious awareness. It’s easier than speaking because it bypasses the critical mind.

*The two exercises below help you to journey deeper into yourself and access your intuition.*



## DIRECTIONS

- Find a quiet place where you won’t be disturbed for 30 minutes
- Take time to get comfortable and centered – breathe slowly for 8 full breaths
- Read the prompt below completely
- Close your eyes, take a few more deep breaths, get still, and try to vividly receive, in your mind’s eye, the advice you are sensing
- When you’re ready, open your eyes and write details in a stream of consciousness. The more descriptive and specific you can make it, the stronger the exercise will be in pulling you forward. Don’t edit. Don’t second-guess. Don’t judge. Let it flow.
- Write for at least 15 full minutes (time yourself on your cell phone, don’t cheat)

### *Prompt 1: My Best Possible Future Self >>>>>>*

Select a point far enough ahead in time that you have space to create some lasting changes, but not so far away that it feels like what you do now doesn't matter. It might be six months, a year, three years from now - whatever feels right for you.

Imagine that everything - everything - has gone as well as it possibly could. You've worked hard and succeeded at accomplishing all of your life goals. Think of this as the realization of all your life dreams. Try to imagine this future as realistically and vividly as possible. What are you thinking, seeing, hearing, doing, and feeling? What are the things that others notice, comment on, and value in you? The more descriptive and specific you can make it the stronger this exercise will be in pulling you forward.

After you have a fairly clearly image in your mind of how things might unfold, take a few deep breaths, and write about what you imagined.

### *Prompt 2: Advice From Your Inner Sage >>>>>>*

Imagine you had the chance to meet your 100-year-old self, what advice would she give to you? Here are a few questions you might consider asking of her:

Looking back, what has mattered to you the most?

What do I need to know to get from where I am to where you are?

What will help me to be true to myself?

Ask her any other question about anything you would like - big or small - anything you would like her perspective about.

These exercises aren't just one and done, as we learn to get closer to our wiser self and our life experiences change, so will their advice. Consider making them a New Years and birthday ritual.

Remember our intuitive wisdom exists inside of us right now

- We don't need to search for it
- We don't need to fix ourselves
- Our innate sense of well-being is revealed as we reconnect to our true nature

*Use this inner voice as a personal guide. It is there to remind us what paths feel aligned with our desires and values. It is wise, calm, and loving. We can always turn to her for guidance.*



**If you want help navigating your own reset, please contact us for a complimentary consult.**

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