

7 Questions to Reconnect With Your Intuition

A gentle reflection for women learning to trust
themselves again.

Lisa Buhman
LJBuhman

TRUST YOURSELF. CHANGE EVERYTHING

A Quiet Moment to Listen Within

There are seasons in life when we feel
disconnected from ourselves.

We overthink decisions.

We search for reassurance.

We question instincts we once trusted.

But your intuition hasn't disappeared.

It's still there — beneath the noise,
expectations, and self-doubt.

These questions are meant to help you slow
down, listen inward, and reconnect with the
quiet wisdom already within you.

Take a breath before you begin. There are no
wrong answers.

*YOUR INTUITION OFTEN BECOMES CLEARER
IN ENVIRONMENTS WHERE
YOU FEEL SAFE AND CONNECTED TO YOURSELF.*

1. When do I feel most like myself?

Think about moments you feel calm, grounded, or fully present.

Where are you?

What are you doing?

Who are you with?

*Often the answers we're looking for are the ones we
already feel inside.*

2. What is something I already know deep down, but keep questioning?

Instead of asking

"What should I do?"

Try asking:

"What do I already know?"

Notice what comes up before your mind
starts analyzing.

Many women slowly lose connection with their intuition because they begin trusting other voices more than their own.

3. Where in my life am I seeking outside approval?

Many women slowly lose connection with their intuition by trusting other voices more than their own.

Is there a place in your life where you've been asking others what you should do instead of listening inward?

Simply noticing this can begin restoring self-trust.

Think back to a moment when you followed your instinct

4. When was the last time I trusted myself, and it worked out?

What happened?

How did it feel afterward?

Remembering these moments helps rebuild confidence in your inner guidance.

Sometimes overthinking isn't confusion.

5. What decision have I been overthinking the most?

Sometimes it's the mind trying to override
what the heart already knows

If you paused and listened inward,
what direction feels most true?

*Imagine making decisions
without constantly second-guessing yourself.*

6. What would I do if I trusted myself completely?

Without worrying about disappointing others.
Without needing reassurance.

What choice or direction feels aligned when you picture that version of
yourself?

Rebuilding self-trust doesn't happen all at once.

7. What is one small step I can take today that honors my intuition?

It grows through small moments of listening inward and honoring what you feel.

What is one small step you can take today that feels true for you?

A Gentle Reminder

Reconnecting with your intuition isn't about becoming someone new.

It's about remembering the part of you that already knows.

With patience and practice, that inner voice becomes clearer again.

And when you begin trusting yourself, everything starts to change

If you'd like deeper guidance

I created The Intuition & Self-Trust Reset to help
women

reconnect with their inner voice and rebuild trust in
their decisions.

You can explore it here:

If you'd like deeper guidance, you can find it here

ljbuhman.com