

COURSE WORKBOOK



In Tune

A GUIDE TO IGNITING YOUR IMAGINATION,
UNLOCKING YOUR INNER MAGIC AND TRUSTING YOUR INTUITION

**sonia
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IN TUNE
online course



Hello you gorgeous, amazing, beautiful, creative human!

We're sooo happy that you've decided to check out some of our favorite tools to get you back on track to remembering what an incredible, magnificent, gorgeous and bad-ass creator you are. When we learn to listen to our intuition and trust it, it's really a choice in trusting ourselves. We're super pumped you're here and we can't wait to share a few of our favorite tips, tools and questions to tune you in.

Let's do this!

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LESSON NUMERO UNO:

First things first

Our intuition picks up on the stuff that is below the surface. It sees what the conscious mind does not. It's that deep feeling part of you that just knows. We're all intuitive but, we get caught up in our intellect - stuck in our egos, trapped in our heads and we tune out our intuition and forget to listen to our hearts. When we tune-in and choose to listen to our intuition, we turn our hearts back on. Putting our hearts back in the captain's seat of our lives instead of living life only from our heady intellect is a game changer. Simplest way to put it is it makes your life easier.

You no longer fight against yourself, constantly question your decisions, or look to others for approval. Confident and grounded in yourself and tuned into your intuition, it improves your life, gives you confidence, inspiration, strengthens your relationships, your community, and gives back to the world because it allows you to live wholly, not just from the head. It's the difference of being in a room that's pitch black and trying to find a single black sock to being in that same room and turning on a light. So much easier, right?

When we reconnect to our authentic selves and trust our intuition, we stop fighting against life and start flowing with it. Best part? It's easy because it's the way we were naturally designed to live - using both our heads and our hearts, instead of stuck in fearland.



One of the quickest and most simple ways to reconnect to your intuition is to pay attention to all of the ways you've already been intuitively guided. So often we pretend that we're all by ourselves (cue Barry Manilow). The belief is "I don't know what I'm doing and I have no idea how to get guidance." Not true. Notice how you've already been guided. Remind yourself that you do know to get guidance and that you are already connected. When we see how we're guided, we reorient our minds to look for guidance and trust it.





LESSON NUMERO DOS:

Getting guidance isn't a big deal

Intuitive guidance is rarely a big deal. The voice of God doesn't come booming into your head forcing you to listen.

Intuitive guidance is a lot of "little deals" and when we start to notice them, they add up. Listening to guidance makes our lives more magical, easier and we flow with life instead of swimming against the current. So dive in.

What are YOUR most recent "little deals" that happened to you? The moments that felt like a nudge or a knowing? An example of this could be that you were in a car, looking for parking, and you got the urge to turn left, and boom, there was the perfect parking spot. (Thanks parkings angels!)



PRO TIP

Don't confuse stuff that scares you or elicits a strong reaction from you as intuition. Be aware of what's real and what might just be stuff that you're scared of or things that are just projections. If everything is lions, and tigers and bears, oh my, you're a giant obstacle in allowing the magic and support of the Universe to grace your life. If you pay attention, tune into your intuition and listen, life becomes magical.





LESSON NUMERO TRES:

You've got the power

You've got a lot of power. Power to decide, change shit, make it happen, tune in. In order to do that and to live an intuitive life, you've got to make some decisions. We learned these from our mom (bad ass Sonia Choquette, if you don't know her, she's the O.G)

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- Be open to guidance. But, for real. Be open to receiving guidance and decide to tune in everyday.
 - Expect that you'll be intuitively guided on everything, at every moment.
 - Trust your intuition when you get guidance. That means, your intuition tells you something, don't decide to sit and have a "think" about it.
 - When you get guidance, ACT ON IT, instead of ignoring it.
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Simple. And it really IS that simple. You Got This, Boo Boo

The way to connect with your heart's desires, or what you want, is to pay attention to the world around you. So often, we get tuned-out, (hello iPhones) and don't check in with ourselves.

Real intuition is the result of clear and accurate observations of the here and now.

If we pay attention to what we observe, turn it over to our subconscious mind and listen, magical and brilliant insights happen. It's the kind of insights that create awesomeness in your life - they help you heal, create a better sense of balance, a brain that doesn't feel like it needs to be constantly on patrol and a happy heart.



LESSON NUMERO TRES:

You've got the power

Listening to your intuition and following it shifts your life from ordinary to extraordinary. We become co-creators of our experience. Life no longer happens to us. It's the difference between black and white and color. Guided by our intuition, everything opens up. Life is more creative and peaceful. The more you follow your intuition and trust it, the old "rules" of the life start to fall away. Aren't rules made to be broken anyway?

Rules, What Rules?

Old Rule: I have no idea what I'm doing. I have no idea where I'm going. Maybe it'll work out? I hope so.

New Rule: My life is better when I trust my intuition and trust myself. I don't need people to give me their approval when making decisions. The only approval I need is my own success in life.

New Rules are so much better. You've got this, homeslice.

PRO TIP

Channel our friend, the turtle. Slow your roll. We often get caught up in being busy - we've got a million things to do, errands to run, and we tell ourselves "when my endless to-do list is completed then I'll relax." Truth is, it's a never ending list.

You can't listen to your intuition or see the subtleties of what is going on around you if you're running around like the house is on fire or if your nose is constantly buried in your phone. Give yourself a break, take a time out and slow down and enjoy the moment. An easy way to take a time out is by taking five deep breaths. Breathe in through your nose and exhale slowly out of your mouth like you're blowing out 100 birthday candle. How do you feel? Notice the difference in your energy when you take a time out. Take a breather, you deserve it

Being rushed and constantly stimulated not only is stressful but it dulls our awareness and makes us feel that haze of confusion. We miss out on our soul's guidance. Think of it like texting and driving, if we're paying attention to our phones instead of the road, we miss seeing the bright red car that we rear end. It's like that. (PSA. Don't text and drive)

If we're rushed, checked out, or even deep in a random's Instagram instead of present, we miss that bright red car. Take a time out, take a deep breath and relax. And if it's really too much because you're "that" busy, schedule it into your week. You've got the power.

WRITE DOWN FIVE WAYS YOU'RE GOING TO GIVE YOURSELF A T.O.



LESSON NUMERO CUATRO:

Get in touch with your inner chupa

What is a chupa you may be asking yourself? Well, in our family, a Chupa (pronounced like chew-pa) is a word we invented to describe something that is cute and small and wonderful. A chupa can be anyone or anything that creates that warm fuzzy feeling in your heart. The most important quality of a chupa is that you love whatever it is. And each and every one of us has a three year old chupa self that lives inside our hearts. If you're really stuck and have no idea what you want//need//think, you need to connect to your inner chupa.



This is us a two little chupas.
(See that unconditional love?
We still hug like this.)

Your inner chupa is the part of you that feels joy and wonder. It's the part of you that believes in magic and expects good things. But so many of us disconnect from our sweet inner chupa and get all ego driven and become up really, really tight-butt adults.

Here are some questions you can ask yourself to start to connect with your inner chupa. What did you love when you were a child? We loved cookies, and playing outside, and sweet baby animals. We loved exploring and learning. We loved creating our own little worlds with crayons and colored pencils.

Remember yourself as a child. Connect for a moment with that sweet inner chupa who lives in your heart.

Place your right hand on your heart and bring your own inner three year old self to mind. What are you wearing? What do you look like? See your face and body language. When you feel like you've got them close, ask them what they would love to do today. Now listen. Sometimes, the answer will come right away. Other times, just like real kids, it takes a moment for the little one to speak up. But when they do, write down what they say.

Now go do it. Take action. Go play outside. Skip. Watch Beauty and the Beast in your unicorn onesie. Celebrate being alive and remember that your joy is always in your hands and you can find that joy by connecting to your own beautiful heart.

WRITE DOWN 5 WAYS THAT YOU'RE GOING TO CONNECT TO YOUR INNER CHUPA



Cheers to you CHUPA!



PRO TIP

If you're really stumped, ask an actual real live three year old what to do for fun. My goddaughter told me I should try singing to a caterpillar.

Keep It Simple: Look for what is true, what is real and what you find

Our inner voice is directly connected to feeling fulfilled and happy in life. Sometimes we get stuck looking for that roadmap outside of ourselves. But, we'll let you in on a teeny secret. We find that roadmap in our hearts. You knew that was coming. See, your intuition is already starting to work.

Listening to that sweet sweet heart opens up our ability to understand ourselves and the people around us. We start to connect - heart to heart.

Connected to our heart, everything begins to open - we realize life has all these magical unseen forces and how we approach our lives shifts. Anchored in our hearts, we become more loving, creative, and when life happens we're a lot nicer to ourselves and to others.

Don't be shy, get your heart on.





LESSON NUMERO CINCO:

Don't only trust your head, trust your heart too

We gotta trust what pulls at our heart. We're naturally designed to connect and feel those heart connections. Our heart isn't the problem. We create a thousand roadblocks: we doubt, we don't listen, we want to be 100% sure, we want concrete proof, we don't feel good, we're kinda maybe sure but also we just can't, we're scared of what people will think - the list is endless. Our minds can get stuck in needing to being sure.

Sometimes you gotta tell your head to shut it. It's all just a bunch of blah blah blah anyway. We abandon ourselves because of how things appear to be, relying on other people's opinions on the 'facts.' It's common to think "we know what's real" when we only have a small bit of information. We decide that is "reality". Our guidance says go this way, do this thing and so often we don't actually want to listen.

Our heads and our hearts are meant to be besties and work together. We have to remember that our mind is only partially informed. Our heart has the other part.

Pay attention to how things make you feel. Pay attention to how things feel in your body - turn your energy inward and feel what is true. Feel for what is your truth. Feel what resonates. Notice how things affect us. What is on the surface and what's below? Learn to be your own barometer instead of looking to others to tell you what is so. Listening with our hearts connects us to our soul and our authentic self. Listen with your head and your heart, decide to make choices that honor what is honest and true. You'll have your direction in life, your roadmap and turn by turn directions. Intuition like Google maps- if you listen, it'll tell you where to go.





**You will never
be able to
escape from
your heart. so it
is better to
listen to what it
has to say.**

—PAULO COELHO