

CHANGE YOUR ATTITUDE...CHANGE YOUR LIFE

# 24 MEN

FEBRUARY 2016

SHAWN ACHOR

## THE HAPPINESS ADVANTAGE

**ANATOMY  
OF A GUILT  
TRIP**



**WHY WE  
OVEREAT AND  
HOW TO STOP**



**LOVE IS MORE  
THAN A FOUR  
LETTER WORD**

# Are you ready to ignite the next generation of you?



**Deb Wilber** can help you understand your journey so you can release your fears, feel more confident and realize your purpose.


## Deb Wilber, MBA


Coach • Author • Speaker

Deb Wilber created Real Life Spark™ as she believes intuition sparks changes that are transformative. It was Deb's intuition that sparked her personal transformation, from executive to entrepreneur, and it can spark yours, too! Deb creates an environment where you feel safe to explore your journey, gain clarity in your purpose and move confidently towards your dreams. Deb's authentic style, a blend of executive experience, education and intuitive knowledge, support you in making small and impactful changes with confidence and grace.

**Call or email today  
to schedule your  
complimentary 30  
minute mini-coaching  
session.**

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**DEB WILBER**

# INTUITION IS YOUR RELATIONSHIP GPS!

Whether you love it or hate it, Valentine's Day is in February and the focus is on love and relationships. Are you a fan of Valentine's Day? All the pressure of being in a relationship (if you are not) or seeing who gets the biggest bouquet of flowers. It seems so commercial, like another Hallmark holiday, when it's not.

I love relationships for all the good, the great and then sometimes not so great things they can bring into your life. We learn so much about ourselves through relationships, if we pay attention to the information. Your best guides for navigating the relationship waters aren't your girlfriends and a glass of wine or your buddies and a beer, though that can be fun and cathartic. Your best relationship GPS is your intuition!

Intuition is a knowing, a sixth sense, an immediate cognition. Knowing without knowing how you know. It's the voice of your heart. When it comes to relationships, romantic, personal or professional, harnessing the power of your intuition is essential.

Perhaps this has happened to you: you meet someone, shake his or her hand, share a few pleasantries and you feel as if you have known this person forever. You are relaxed, comfortable sharing and feel good. Or you meet someone, shake his or her hand, share a few pleasantries and your guard is

up. You are not relaxed, not comfortable sharing and you feel on edge. If either scenario has happened to you, you are on your way to using your intuition as a relationship GPS!

Intuition shows up as a gut feeling. Have you met someone special and had butterflies in your stomach? While you could brush that off as nerves, it's more likely your intuition providing guidance to you. It is heightening your awareness to feel deeper. Think about the butterflies feeling. Do you feel warm, comfortable and happy? Or do you feel anxious, uncomfortable and nervous? Regardless of how you're feeling, you can trust your feelings to make the next decision in your relationship journey.

Perhaps you have had a disagreement with someone in your life; an argument has left you feeling sad or hurt. Before jumping to an ego-based conclusion, usually rooted in fear, check in with your intuition. Ask yourself how you feel about the argument, the person, the issue. Check in with your feelings. Give yourself time to process the information. Then take the next step. Talk through the issue. Share your feelings. Trust your intuition.

Intuition is always ready to assist in all areas of our lives and it's especially helpful with relationships, because you don't know for certain what is going on in the other person's head or life, even if you are close to that person. Practice

using your intuition. It's like a muscle, the more you practice and use it, the stronger it gets.

A simple way to start using your intuition: Pay attention. Ask a question then pay attention. Pay attention to your feelings. Pay attention to the people you meet. Pay attention to the songs on the radio. Pay attention to words on a billboard. Pay attention to words that catch your eye when you are reading or surfing on the internet. As you understand how your intuition works and provides messages to you, you can use it when you need it.

In this month focused on love and relationships, use your intuition; it's your best relationship tool! Check in with your feelings. What does your gut tell you? Pay attention. Most importantly, have fun, love yourself and buy yourself flowers if you want! Follow your intuition!

Wishing you peace, love and sparks of insight!

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