



The Intuitive Confidence Builder

How to Release Doubt and Trust Your First Knowing

By Carmel Joy Baird

Even seasoned intuitives doubt themselves. Doubt doesn't mean you're disconnected, it means you're growing. This worksheet helps you shift that doubt into faith, one thought at a time.

Why Doubt Shows Up:

- Doubt appears whenever your intuition expands.
- It's the ego's attempt to keep you safe and "in control."
- Notice it, thank it, and move through it.

Ask yourself:

"Is this fear keeping me safe, or keeping me small?"

5-Minute Journaling Practice:

Exercise: First Thought vs. Fear Thought

Draw two columns or create a table:

My First Thought (Intuition) | My Fear Thought (Ego)

Example: "Text Sarah." | "What if she's busy or doesn't want to talk?"

Circle the intuitive column. That's the voice you're learning to trust.

Grounding Practice

When doubt creeps in:

1. Place both hands over your heart.
2. Say aloud: "I trust what comes first."
3. Take one deep breath for every "what if" that arises.

Daily Affirmation

"My first knowing is my truest knowing. I trust myself fully."