



# You Are Not a Frog Podsheet

## Episode 243: The magic question to unlock your deep intuition

*Quick dip with Dr Rachel Morris*

Date

Total CPD hours

### EPISODE SUMMARY

We've all said yes to things we don't really want to do, whether it's go to that dinner party or agree to take on that extra piece of work. Often when we do that, we're thinking about what the other person wants, and not asking ourselves what we truly want.

It's not just a sense of obligation that forces us to make certain decisions. Fear and shame have their part to play too, so it's important for us to understand what's driving our decision, and whether it's a full-throated "hell yeah!" or something more muted.

When we stop listening to our inner voice, we can end up overcommitting and feeling stretched, overwhelmed, or resentful. But this quick dip offers a moment of pause, and a series of questions you can ask yourself in a quiet spot, to uncover what's driving your choices, and whether they're the ones you truly want to make.



### IN THIS EPISODE, YOU'LL:

- Discover how to make decisions that align with your true desires
- Learn how to ask yourself questions that can clarify your real intentions and help avoid people-pleasing traps
- Recognise and address fear-based decisions, so you can improve your personal and professional relationships

### LISTEN

More episodes of You Are Not A Frog:

[How to Stop Making Decisions Based on Fear](#)

Episode 162, with Henri Stevenson

[Only You Can Choose Your Next Move](#)

Episode 216

[How to Change Your Life in 12 Minutes Per Week](#)

Episode 156, with Robbie Swale

### WATCH

[Watch the video version on YouTube](#)

Episode 243: The magic question to unlock your deep intuition

### READ

[Hell Yeah or No: What's Worth Doing](#)

by Derek Sivers



DO

List three things you have learned from this episode which have had an impact on you

Write down what action(s) you will take as a result of listening

Suggest how these actions will make a difference to you, your colleagues or your patients

Write down how you will know that a positive change has happened - what does good look like?





## ADDITIONAL RESOURCES

Download [Get Your Life Back](#), our 60-minute reset for overwhelmed healthcare professionals!

Check out our [Beat Stress & Thrive](#) course for busy healthcare professionals!

Join our [Shapes Academy](#) membership for leaders in healthcare

Find out more about the [Shapes Toolkit Training programme](#)

Check out more free resources from [You Are Not a Frog](#)

Join our Facebook Group [You Are Not A Frog](#)

## HAVE QUESTIONS?

[Email Rachel](#) or reach her on [LinkedIn](#)