

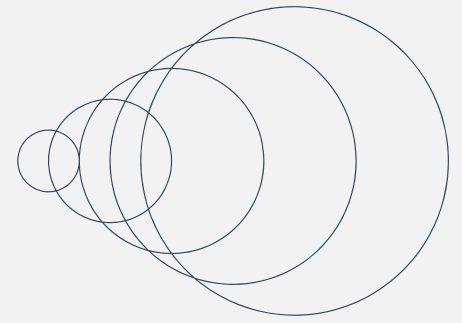
11:11



# *The Intuition Guide*

The 3 M's of Intuition

*The Value:*



# INTUITION

*11:11 is a powerful numeration representing clarity, guidance and enlightenment. It's an auspicious set of numbers in numerology, and represents a powerful moment that sparks change. In the spirit of 11:11, we use our intuition to guide us through all aspects of our business in order to make quality, conscious decisions that change lives.*

## *The Purpose* \_\_\_\_\_

*The beginning of the year is when many of us tend to make big decisions – we see movement within companies, wellness commitments to oneself or people trusting their gut and acting on those big ideas they've been harbouring. What do these things have in common? Trust of one's Intuition. Today we're discussing 3 options for finding stillness, trusting your gut and truly honing in on your intuition.*

**“When you don't know what to do, get still. The answer will come.”**

**– Oprah Winfrey**



# *The 3 M's of Intuition*

## MEDITATION

---

*Meditation is especially important for nurturing and strengthening that inner voice we call Intuition. Meditation sets you up for success by creating a quiet place where your intuition can speak up and be heard. Meditation can be done either guided or unguided depending on your needs. Some Helpful resources are:*

- *Headspace App*
- *Tess Sloane's Guided Meditations on Insight Timer App*
- *Calm App*

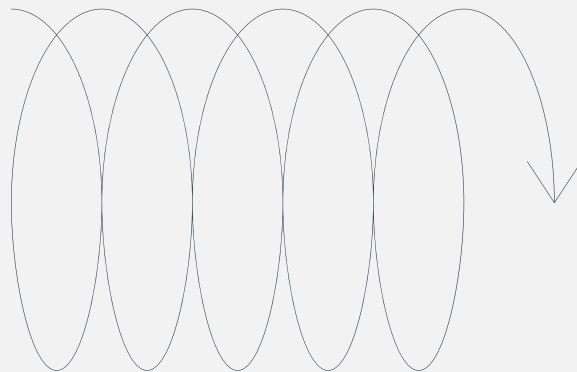


# MIND- MAPPING

---

*Mind Maps may not be the first thing that comes to mind when you think about trusting your Intuition and the general concept of mindfulness, but we believe that it's a powerful tool for decluttering your head space and getting your thoughts out onto paper (or digitally!). These graphic tools help us to visually connect concepts through natural associations, and allow us to generate more ideas, challenge and limiting beliefs we may have, and really strengthen our Intuition.*

*Get started by having a central idea in the middle of a blank piece of paper – it can be a word, image or number – and begin drawing associative branches out from the central idea using key words and images. Get creative and have fun with it! Your mind map can range from to-do lists to goal setting, or reducing stress & anxiety by getting your thoughts out on paper.*



# MORNING PAGES

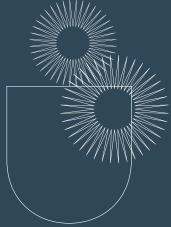
---

*Living in the now is one of the best ways that we can practice using our Intuition – it becomes difficult for your intuition to speak up if your mind is in the past or the future. One of our favourite ways to encourage this is by writing Morning Pages or Journaling! Morning Pages allow you to clear your mind first thing in the morning, release pent up emotions from the day or night prior, boost creativity and silence any limiting beliefs you may have. Here's how you can practice Morning Pages...*

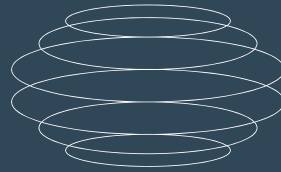
- 1 First thing when you wake up, pick up your journal of choice and open to a fresh page*
- 2 Begin writing anything that comes to your mind in a stream-of-consciousness format*
- 3 Write up to three pages of anything you need to get out of your head and onto paper*
- 4 Write in longhand – this helps you process what you're writing down as you have to take it slower than if you were typing*

*Remember, there are no rules or right and wrongs when it comes to Morning Pages. These do not need to be “high-quality” pages and you can even use journal prompts if it's beneficial to you. It is important to commit to this process to deliver the best results, even if this looks like 3 times a week for you.*

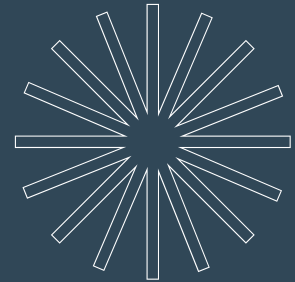




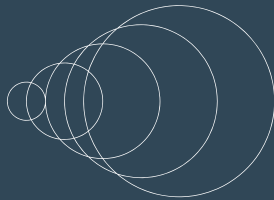
PROSECCO



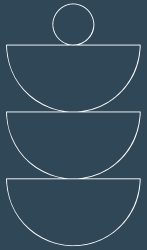
CREATION



JOY



INTUITION



FREEDOM

11:11 WEEK 2022

*5 Days of Value*

# The Eleven Eleven Difference

---

## DIVERSITY, INCLUSION AND EQUITY

*DI&E is an initiative close to our hearts and one we have entrenched our own hiring processes in. Our commitment here is that you can be rest assured we adhere and uphold equal opportunity employment standards to drive and impact your business.*

## MARKETING INTELLIGENCE

*We know the market. We pride ourselves on our research and tracking of data and metrics to maintain a strong understanding of the current market place and what it will take to land talent.*

## EMOTIONAL INTELLIGENCE

*We are the only agency who's trained behavioural interviewing style screens for emotion fit, resilience, emotional intelligence and preserving your culture. This is our edge.*

## GLOBAL TEAM

*We have a robust team of senior level and executive recruiters placed across North America, Europe and Australia expanding our deep global networks of top caliber talent.*

## RESULTS

*Our high quality, expertly vetted candidates consistently produce bottom line results for our clients. Having spent the majority of our careers as internal recruiters, we understand the top priorities of the business and have built our firm on the pain points we experienced working with external agencies. Think of us as your internal, externals.*

---

**Interested in hearing how the Eleven Eleven Difference can catalyze your career or organization?**

**Get in touch at:  
[hello@eleveneventalent.com](mailto:hello@eleveneventalent.com)**

---

**11:11**