How to 3-10x Your Business with Intuition & Higher Guidance with Dr. Sophia Trevenna

with Dr. Sophia Trevenna · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Dr. Sophia Trevenna was a mechanical engineer at IBM with no spiritual practice when, she says, three different people mentioned her quitting her job in a single day.

- [ ] Pick one low-stakes decision this week, like whether to go to an event, and use it as your first intuition experiment.
- [ ] Ask to be shown, in the next few days, how your intuition works, and write down what you notice.
- [ ] Notice what a yes and a no feel like in your body: goosebumps, tingling, your spine straightening, your chest lifting.
- [ ] Try on two options, such as two prices, and see which one feels expansive.
- [ ] Think of a time you followed a gut feeling and a time you didn't, and compare how each turned out.
- [ ] For your next project, write every task on a sticky note and let each team member take the ones that interest them.
- [ ] Offer leftover tasks to people who want to learn that skill, with a mentorship plan.
- [ ] Use team meetings to work through challenges instead of giving status updates.
- [ ] Give each task its own calendar event and keep its notes, links and contacts inside that event.
- [ ] Use one calendar only, and move anything unfinished to the next slot or the next week.

Listen, read the transcript and get the links: addspacetoyourlife.com/podcast/using-intuition-in-business-sophia-trevenna/
Feeling stuck in your business? Book a private 75-minute Business Logjam Session with Kathi
©2026 Add Space To Your Life · This checklist is for personal use; share the episode link rather than the file.