PEPPER TIME 4: GUT CHECK-IN

Timing: 3–5 minutes.

What you'll need: Just a quiet space.

What it's about: Training your body to recognize the subtle "yes" and "no" signals it's already giving you. This builds trust in your gut's language before you apply it to bigger choices.

How to do it:

1. Settle In. Sit comfortably. Take 2–3 slow breaths, hand on your belly.
2. Ask a True Question. Ask yourself a yes/no question you already know the answer to, like: "Is my name [your name]?" Notice your body's response: expansion, warmth, lightness, openness = yes.
3. Ask a False Question. Now ask a false statement, like: "Is my name [not your name]?" Notice the shift: contraction, heaviness, tightness, darkness = no.
4. Repeat & Observe. Repeat once or twice with other obvious truths and falsehoods (e.g., "Am I sitting?" vs. "Am I standing?").

What to expect: You'll start mapping your body's baseline signals for yes vs. no. With practice, these cues get clearer. Over time, you can use them when facing real choices—projects, conversations, commitments—so your gut always has a seat at the table.