



We all have the capacity to know and feel without reasoning about it consciously. It's called 'gut feeling'! You can't think 100% rationally all the time. Our mind uses both our emotions and logic when making decisions. But we are too distracted or doubtful whether we should trust that small voice deep within us. Especially when faced with difficult situations.

Nicole Isler is an empowerment coach for caring souls who want to make a difference in the world for people, animals, and the planet. She works with spiritual people whose priority is to be loving to themselves and help others understand the process of spiritual promotion, the importance of energy and self-trust in a world full of distractions.

In this episode, Nicole shares three important tips that will help not only women but anyone to have better days building the life they could step into, learning to trust and not doubt what they really feel. Life's a fluctuation of experiences. You're not trapped; there's always an option – a way out.

In this episode, we discuss:

- Trusting Yourself: The difference between intuitive nudges and ego-driven thoughts.
- The best decisions you can make are the ones when you're being TRUE to yourself!
- No one else knows what's better for you than yourself.
- The 5-second rule by Mel Robbins
- Building confidence even after years of negative conditioning and patterns.
- Three ways intuition is 100% of the time working for you.
- How people can recognize when they are not true to themselves.
- Putting yourself first doesn't mean you're putting everyone else last.
- Guilt is taught.
- You're never trapped or stuck. There are always options no matter how hard they might be.

"Trust your first feel, not your second thought." – Nicole Isler

Intuition always comes in first. Always go with that first feel, then proceed and move forward!

RESOURCES:

Nicole Isler
Chief Empowerment Coach
www.nicoleisler.com
[Then Energy Lounge](#)

[Instagram](#)
[Facebook](#)
[LinkedIn](#)

Visit the Women's Financial Wellness Center for a [full directory listing of experts](#).

Be sure to reach out if you would like to connect personally with the Women's Financial Wellness Center. You can visit [our website](#) or grab a [complimentary 30-minute consult](#).

Keywords:

divorce, conversations, women, financial, wellness, marriage, finances, energy, spiritual, nudges, trust, intuition, gut feeling, empowerment, distractions, decisions, feelings, emotions