Inner Signal Field Kit

Free printable pages for *Is It Intuition, Fear, or Wishful Thinking?*

Practical Awareness Guides · Book 3 · Yun Anwei

What's inside

Pocket cards: the One-Minute Quick Card and the five questions 2

The One-Page Inner Signal Check 3

Prediction Log (10 entries) 4

My One-Page Decision Rules 5

How to use these pages

- Print as many copies as you like for your own use, and fill them in by hand.
- Date every entry. When you learn something new later, don't rewrite the old entry—add a new, dated note beside it.
- Start with an everyday decision, not the hardest problem in your life.
- If there's an immediate safety or health issue, act first—protect yourself or get medical care—and write it down later.

© 2026 Yun Anwei · Free for personal use · yunanwei.com

Pocket Cards

Cut along the dashed lines.

One-Minute Quick Card

Ch. 1 Feeling strength 3+ points higher than evidence strength? Don't act yet.

Ch. 2 If a camera couldn't record it, it isn't a fact.

Ch. 3 It's a pattern only after it shows up in three different settings. Two bad nights of sleep in a row? Put major decisions off by a day.

Ch. 4 No major decisions when you're hungry, angry, tired, or lonely.

Ch. 5 Can your fear finish this sentence? "I'm worried that..., because... (an observable fact)."

Ch. 6 Without the "I'll become a different person" fantasy, would you still pay half the real price? If not, set a review date first.

Ch. 7 A hunch that isn't written down and has no deadline isn't a prediction.

Ch. 8 Small things, just try; medium-risk, wait a day; high-risk, wait three days and consult a qualified professional; urgent safety or health problems, act now.

Ch. 8 Countdown timer? Don't pay yet. Late-night message? Don't send it yet. Angry? Don't reply yet.

Ch. 9 Fewer than 10 predictions written down in advance? No conclusions yet. Score process and outcome separately.

Ch. 10 One sentence per rule, five rules at most.

"I don't know yet" is always an acceptable answer.

The Five Questions

1. What happened?
2. What am I feeling and wanting right now?
3. What do I actually know?
4. How high are the stakes?
5. What is my next step that can be undone and will also give me more evidence?

After Some Practice: Three Questions

1. What are the facts?
2. What have I added?
3. What is the next proportionate step?

"I don't know yet" is always an acceptable answer.

© 2026 Yun Anwei · Free for personal use · yunanwei.com

The One-Page Inner Signal Check

Use it the moment a strong feeling shows up. Date: _____

1 · Notice

Raw signal (a sentence, image, pull, resistance, body sensation, or emotion):

Feeling strength ___ /10 Evidence strength ___ /10 → Feeling 3+ points higher? Don't act yet.

2 · Separate

Fact | What others could also confirm:

Body | The specific sensation:

Emotion | The closest emotion word:

Story | What I think it means:

What else could also be true?

3 · Check

Right now I am: hungry / angry / tired / lonely / none of these (circle)

I'm worried that..., because... (an observable fact):

The outcome I want most / information I keep avoiding:

4 · Classify

Risk level: low / medium / high Real deadline (if any):

5 · Next step

A small step that can be undone and will give me more evidence:

Review date:

© 2026 Yun Anwei · Free for personal use · yunanwei.com

Prediction Log

A 10-entry version of Tool 9, the Verification Log. Write each prediction down before you know the outcome, set the criteria in advance, and don't change them later.

#	Date	Prediction and deadline	Subjective confidence (0–100%)	Criteria set in advance (hit / partial hit / miss)	Result label
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

Tally: hit ___ partial hit ___ miss ___ pending ___ unverifiable ___

- With fewer than 10 predictions written down in advance, don't draw conclusions about whether your intuition is accurate.
- A good outcome doesn't mean a good decision: score the process and the outcome separately.
- Predictions that are too vague or impossible to check are "unverifiable"—they never count as hits.

© 2026 Yun Anwei · Free for personal use · yunanwei.com

My One-Page Decision Rules

Draft date: _____ Recheck in 30 days: _____

A good rule is **specific**, **short**, **doable**, and **aimed at places where you've actually gone wrong**. One sentence per rule, five rules at most.

My red-flag rule 1:

My red-flag rule 2:

My red-flag rule 3:

My red-flag rule 4 (optional):

My red-flag rule 5 (optional):

When I don't know yet, I allow myself to...

When the risk is high, I will always...

When I will always get outside professional advice:

One rule I'll recheck in 30 days, and why:

More free pages and new guides: yunanwei.com

© 2026 Yun Anwei · Free for personal use · yunanwei.com