

# Why you NEED to follow your intuition #garyvee #shorts

<https://silosolo.com/147846>

## Summary

The video discusses the importance of intuition, the correlation between intuition and self-esteem, reasons why some people do not practice intuition, the number one asset that requires more attention, and the role of risk in following intuition.

## Silo sample questions

- Does everyone have intuition?
- What is the correlation between intuition and self-esteem?
- Why do some people not practice intuition?
- What is the number one asset that requires more attention?
- What is the role of risk in following intuition?

## Topics

Intuition

Self-esteem

## Key Takeaways

- Yes, everyone has intuition, but there are levels to it.
- There is a direct correlation between intuition and self-esteem.
- Some people are scared to get hurt because they have been hurt in the past, and some have been told not to believe in intuition.
- Self esteem is the number one asset that requires more attention.
- It takes risk to follow your intuition, and if you're not scared of getting hurt because of your own self-esteem, you'll practice intuition more.

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