

1. EXPERIENCE

What was happening with you mentally and physically *just before* the experience?

What was your intuitive experience *at the moment*? Highlight the key phrase.

What was happening with you mentally and physically *right after* the experience?

2. OBSTACLES

What *fears* and/or *desires* did you notice during the experience?

What *mental clutter* did you experience during the experience?

3. SOURCE

To what degree was the message *source* internal versus external?

To what degree was the message *source* rational versus intuitive?

4. MESSAGE

What *form* of message was it: body, sensation, emotion, thought, image, epiphany?

What *kind* of message was it: decision, solution, suggestion, impulse, ESP, understanding?

5. INFORMATION

What *strength* did the information have: very weak, mid range, or very strong?

What *clarity* did the information have: very vague, mid range, or crystal clear?

What *accuracy* did the information have: off target, mid range, or bull's eye?

6. EVALUATION

What *use* did you make of and what *benefits* (losses) did you receive from the information?

What *personal learning* did you derive from reflecting on the experience?