

IDENTIFICATION	Identify yourself and the Intuitive Experience Profile:
Name:	What is your Last name, First name?
Case ID:	What is your database identification number?
Number of entries:	How many entries does your Intuitive Self Profile cover?
When recorded:	Day of week
Date:	Date (mm/dd/yy)
Time:	Time of day (hh:mm AM/PM)
CONTEXT	Describe the context of the intuitive experience:
When occurred:	Was there a “day” pattern for when intuitions occurred?
Date:	Not applicable.
Time:	Was there a “time” pattern for when intuitions occurred?
When recognized:	Was there a “day” pattern for recognizing intuitions?
Date:	Not applicable.
Time:	Was there a “time” pattern for recognizing intuitions?
Where physically:	Was there a “physical” pattern or trend?
Where mentally:	Was there a “mental” pattern or trend?
EXPERIENCE	Describe the intuitive experience:
Just before:	Was there a “just before” pattern or trend?
AT THE MOMENT:	Was there an “at the moment” pattern or trend?
Right after:	Was there a “right after” pattern or trend?
OBSTACLES	Describe the obstacles to the intuitive experience:
Physical tension:	Was there a “physical tension” pattern or trend?
Fears felt:	Was there a “fears felt” pattern or trend?
Desires felt:	Was there a “desires felt” pattern or trend?
Mental clutter:	Was there a “mental clutter” pattern or trend?
SOURCE	Distinguish the source of the intuitive message:
Con/Subconscious:	Was there a “conscious/sub” pattern or trend?
Average:	What was your average value?
Internal/External:	Was there a “internal/external” pattern or trend?
Average:	What was your average value?
Rational/Intuitive:	Was there a “rational/intuitive” pattern or trend?
Average:	What was your average value?
MESSAGE	Identify and classify the intuitive message:
Type:	Was there a “type” pattern or trend?
Distribution:	#-Personal, #-Professional, #-School, #-Transcendent, #-Other
Form:	Was there a “form” pattern or trend?
Distribution:	#-Body, #-Sensation, #-Emotion, #-Thought, #-Image, #-Epiphany, #-Other
Kind:	Was there a “kind” pattern or trend?

Distribution:	#-Decision, #-Solution, #-Suggestion, #-Impulse, #-ESP, #-Understanding, #-Other
INFORMATION	Characterize the information in the intuitive message:
Strength:	Was there a "strength" pattern or trend?
Average:	What was your average value?
Clarity:	Was there a "clarity" pattern or trend?
Average:	What was your average value?
Surprise:	Was there a "surprise" pattern or trend?
Average:	What was your average value?
Accuracy:	Was there an "accuracy" pattern or trend?
Average:	What was your average value?
EVALUATION	Describe your evaluation of the intuitive experience:
How intentional:	Was there an "intentionality" pattern or trend?
Information use:	Was there an "information use" pattern or trend?
Benefits derived:	Was there a "benefits derived" pattern or trend?
Personal learning:	Was there a "personal learning" pattern or trend?
OTHER	Discuss things not covered above:
Summary:	Was there a "summary" pattern or trend?
Other experiences:	Was there an "other experiences" pattern or trend?
Journal process:	Was there a "journal process" pattern or trend?