

# what's *your* clair?

Beginning the process of tuning into which clair- is strongest for you starts with taking a look at your natural gifts and abilities!

Take a moment to answer the questions below - go rather quick and just use your gut instinct!

## Section *one*:

**1. Do you tend to think in images or metaphors?**

YES      NO

**2. When you close your eyes can you see images with your imagination?** *(For example, visualize a frog. I can see it in my mind's eye.)*

YES      NO

**3. When you recall your dreams do they sometimes feel vivid and colorful?**

YES      NO

**4. Do you see flashes of moving things out of the corner of your eye that aren't there when you look over?**

YES      NO

**5. Do you notice and are you affected by the aesthetics of the room you are in?**

YES      NO

**6. Do visualization techniques feel natural to you? Have you ever seen lights or someone's energy (an aura) around them?**

YES      NO

**7. Are you an artistically creative inclined person?**

YES      NO

Total YES's: \_\_\_\_\_

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## Section *Two*:

**1. Do you sometimes wake up with a song in your head and the words feel like it may have a message for you?**

YES      NO

**2. When talking with friends, do you sometimes know what they are going to say before they say it?**

YES      NO

**3. Do you sometimes hear light buzzing or ringing sounds in your ears?**

YES      NO

**4. Does the phrase "inner voice" make inherent sense to you, as you feel like you are hearing your intuition speak to you?**

YES      NO

**5. Do calming sounds, like waves, bird calls or rain comfort you?**

YES      NO

**6. Do you tend to talk to yourself a lot? In your head and out loud?**

YES      NO

**7. Are you a musically inclined person?**

YES      NO

Total YES's: \_\_\_\_\_

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## Section *three*:

**1. Do you feel deeply, more than most people you know?**

YES      NO

**2. Does being in large crowds drain you?**

YES      NO

**3. Do you always get a sense of the room, and in antique stores, get overwhelmed and drained?**

YES      NO

**4. Does clutter and dirt drive you CRAZY? And is the container store your best friend?**

YES      NO

**5. Do the animal rescue commercials and the news just get to you way too deep?**

YES      NO

**6. Do you sense spirits and/or loved ones around you and can't explain it?**

YES      NO

**7. Do you feel other people's emotions - especially ones like anger and anxiety?**

YES      NO

Total YES's: \_\_\_\_\_

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## Section *four*:

**1. Do you have strong gut feelings that you can't explain, but always turn out to be right?**

YES      NO

**2. Do you wake up right before your alarm clock goes off?**

YES      NO

**3. Do you get hits of inspiration and insight out of the blue while driving, running, doing errands, etc?**

YES      NO

**4. Do you often wake up with insightful answers to problems?**

YES      NO

**5. Do you often know when someone isn't telling the truth - even if it's not obvious?**

YES      NO

**6. Do you second guess your knowing, because it's just out of nowhere most of the time?**

YES      NO

**7. Do you like to analyze things or have an analytical job?**

YES      NO

Total YES's: \_\_\_\_\_

## what's *your* clair?

Now take a look back through each section and star the one(s) with the most YES tallies, and then use the discovery key below to find out which gifts are the strongest in your awareness!

### discovery *key* :

1. **Section One -**

If you had the most yes's in this section, you have the gift of  
**Clairvoyance**

**Total YES's**

2. **Section Two -**

If you had the most yes's in this section, you have the gift of  
**Clairaudience**

**Total YES's**

3. **Section Three -**

If you had the most yes's in this section, you have the gift of  
**Clairsentience**

**Total YES's**

4. **Section Four -**

If you had the most yes's in this section, you have the gift of  
**Claircognizance**

**Total YES's**