

WHAT ARE MY GIFTS ASSESSMENT?

To score yourself on the following assessment circle (Y) for yes, (N) for no or (S) for sometimes.

Medium

1. I have seen people after they have passed away. (Y) (N) (S)
2. I am afraid of the dark. (Y) (N) (S)
3. I feel pressure, heat, heaviness or emotions when I enter a room or a house. (Y) (N) (S)
4. I remember seeing or sensing spirits when I was younger. (Y) (N) (S)
5. I have lots of dreams, They're like movies. (Y) (N) (S)
6. Some of my family have seen spirits or ghosts. (Y) (N) (S)
7. I wake up during the night a lot. (Y) (N) (S)
8. I am afraid of being alone. (Y) (N) (S)
9. I talk with spirits or ghosts. (Y) (N) (S)
10. I sometimes see things out of the corner of my eye, like white smoke, sparkles, shadows or figures. (Y) (N) (S)
11. Most nights, I don't sleep very well. (Y) (N) (S)
12. I have had an unusual, calm and/or creepy feeling in old buildings, or cemeteries, or hospitals. (Y) (N) (S)
13. loved ones who have passed away visit me in my dreams. (Y) (N) (S)
14. I sometimes hear voices but I tell myself I'm imagining them. (Y) (N) (S)
15. I am able to communicate with animals. I know what they need or how they're feeling. (Y) (N) (S)
16. Sometimes I feel upset and I don't know why. (Y) (N) (S)
17. I sometimes hear noises in other rooms when no one else is there. (Y) (N) (S)
18. I find I am attracted to people who have had experiences with ghosts. (Y) (N) (S)
19. Things happen to me that I can't explain. (Y) (N) (S)
20. Electronics, appliances, lights and TVs all tend to go out or flicker around me. (Y) (N) (S)

21. I sometimes know things about stuff but I not sure how I know. (Y) (N) (S)
22. Sometimes I feel the temperature around me changes from normal to extremely cold for no a reason. (Y) (N) (S)
23. My loved ones have visited me after they have passed. (Y) (N) (S)
24. I don't like to look in mirrors, especially in dark rooms. (Y) (N) (S)
25. I yawn, even when I am not tired. (Y) (N) (S)
26. Sometimes it feels like someone or something is touching me and there's no one or nothing around. (Y) (N) (S)
27. I don't like to be alone at home. (Y) (N) (S)
28. When I pick up or touch objects I see pictures in my mind. (Y) (N) (S)

Now total up your Yes, No

Psychic

1. Often, I think of someone and then later I see them, they either connect with me or I bump into them somewhere random. (Y) (N) (S)
2. When I am having a problem, I hear voices that help me. (Y) (N) (S)
3. Things with batteries always break or the batteries will die quickly on me, (e.g. cell phone, watch) (Y) (N) (S)
4. I have a good imagination. (Y) (N) (S)
5. I sometimes see things in my mind that haven't happened yet, and then they happen. (Y) (N) (S)
6. I say or think "I knew that was going to happen" a lot. (Y) (N) (S)
7. My friends and/or family often come to me for advice. (Y) (N) (S)
8. I often know how a book or movie is going to end partway through. (Y) (N) (S)
9. I sometimes see things in my mind and then find out they have just happened somewhere in the world. (Y) (N) (S)

10. I sometimes get bad feelings about someone when I first meet them, even when they are really nice to me. (Y) (N) (S)
11. I am really interested in ancient civilizations, and want to learn all about them. (Y) (N) (S)
12. When I meet someone, I know right away whether or not I like them. (Y) (N) (S)
13. I go to places for the first time and feel like I already know my way around them. (Y) (N) (S)
14. I know stuff about people or events that others don't get. (Y) (N) (S)
15. I get frustrated with others when they make bad decisions. (Y) (N) (S)
16. Sometimes I feel like I am very different from my friends. (Y) (N) (S)
17. I am good at guessing things. (Y) (N) (S)
18. I feel like people don't understand me. (Y) (N) (S)
19. I have a hard time trusting. (Y) (N) (S)
20. I have pictures or movies appear randomly in my mind that make no sense. (Y) (N) (S)
21. Animals and small children like to be around me. (Y) (N) (S)
22. I hear voices in my head, but it's mostly my own voice. (Y) (N) (S)

Empath

1. I don't like being in around lots of people. (Y) (N) (S)
2. When I'm in public places, random strangers will come up and talk to me. (Y) (N) (S)
3. People often share very personal stories with me. (Y) (N) (S)
4. Sometimes people tell me personal stuff that makes me feel uncomfortable. (Y) (N) (S)
5. I love being outside. (Y) (N) (S)
6. I can always tell how someone is feeling when I am near them or when I think about them. (Y) (N) (S)
7. I know when someone is sick. (Y) (N) (S)

8. I can feel someone else's hurts or illness, or know where they are feeling unwell. (Y) (N) (S)
9. People do a lot of things to me, that I would never do to them. (Y) (N) (S)
10. I give people lots of chances to be a better person. (Y) (N) (S)
11. I am very forgiving with the people that I care about. (Y) (N) (S)
12. If someone lies to me, I have a hard time trusting them again. (Y) (N) (S)
13. I like to help others who can't help themselves. (Y) (N) (S)
14. My friends come to me over and over again for advice, even when they don't take it. (Y) (N) (S)
15. I give amazing advice. (Y) (N) (S)
16. It bothers me when people don't think of how others are feeling. (Y) (N) (S)
17. I am very sensitive. (Y) (N) (S)
18. I love animals. (Y) (N) (S)
19. I sometimes feel exhausted even after a good night's sleep. (Y) (N) (S)
20. I feel drained or tired after being around a difficult person or situation. (Y) (N) (S)
21. I don't like loud noises. (Y) (N) (S)
22. I startle easily. (Y) (N) (S)
23. I like to be alone and away from other people for long periods of time. (Y) (N) (S)
24. I have a special place to go to be alone. (Y) (N) (S)
25. Some people seem to boost my energy and some people seem to drain my energy. (Y) (N) (S)
26. My emotions can change depending on who I am around. (Y) (N) (S)
27. I often cry during sad movies or sad news events. (Y) (N) (S)
28. People can easily tell how I am feeling. (Y) (N) (S)
29. Animals and small children are drawn to me. (Y) (N) (S)
30. I sometimes feel sad and there is no reason for it. (Y) (N) (S)
31. Sudden noises make me jump. (Y) (N) (S)

Healer

1. I can tell when people, animals, plants or trees are sick. (Y) (N) (S)
2. I often see colors or a haze around people. (Y) (N) (S)
3. I find myself touching people's hands or shoulders when I talk with them. (Y) (N) (S)
4. I feel like I have to help sick or injured animals. (Y) (N) (S)
5. Sick or injured animals seem to show up around me. (Y) (N) (S)
6. I feel warmth or tingling in my hands or in my body when I am around others who aren't feeling well. (Y) (N) (S)
7. I can feel what is wrong with other people. (Y) (N) (S)
8. I can help people feel better by touching them or talking with them. (Y) (N) (S)
9. I often know when someone is sick before they know it themselves. (Y) (N) (S)
10. I am attracted to Crystals or stones. (Y) (N) (S)
11. I am attracted to geometric shapes and see them in nature. (Y) (N) (S)
12. I like to hold crystals and stones when I don't feel well. (Y) (N) (S)
13. I love walking in the woods because I can feel the energy from the trees or rocks. (Y) (N) (S)
14. I feel better when I take time to pray or meditate or sit in silence. (Y) (N) (S)
15. People tell me they like to be around me because it makes them feel better. (Y) (N) (S)
16. I am attracted to essential oils. (Y) (N) (S)
17. I am attracted to the scents of certain spices, flowers or plants. (Y) (N) (S)
18. I am drawn to natural and organic foods and herbs. (Y) (N) (S)
19. I don't like eating meat. (Y) (N) (S)
20. I have a serene place I like to go to. (Y) (N) (S)
21. I love to help others whenever I can. (Y) (N) (S)
22. I love thunder and lightning storms. (Y) (N) (S)
23. I sometimes feel dizzy or overwhelmed around hydro towers, wind turbines, solar panels, etc. (Y) (N) (S)
24. I feel sick when I am around people who are acting angry.

(Y) (N) (S)

Universal Studies

1. I like to check my horoscope. (Y) (N) (S)
2. I notice patterns in numbers a lot. (Y) (N) (S)
3. I like to play with Tarot/Angel cards. (Y) (N) (S)
4. I like to play old school games from around the world, like I Ching, or runes. (Y) (N) (S)
5. I see pictures in clouds. (Y) (N) (S)
6. I see pictures in my mind when I pick up or touch objects.
(Y) (N) (S)
7. I see pictures in rocks, flowers or trees. (Y) (N) (S)
8. I see pictures in sand, tea leaves, or coffee grinds. (Y) (N) (S)
9. I feel a connection to Angels. (Y) (N) (S)
10. I feel at peace by the water. (Y) (N) (S)
11. I love being in nature. (Y) (N) (S)
12. I see pictures in fires, like campfires or candle flames.
(Y) (N) (S)
13. I go to nature to feel restored or to calm down. (Y) (N) (S)
14. I feel a connection to the stars. (Y) (N) (S)
15. I sometimes receive messages in my dreams. (Y) (N) (S)
16. I feel like I am missing my best friend or twin, or soulmate.
(Y) (N) (S)
17. I feel like I've been on earth before this life. (Y) (N) (S)
18. Music has a significant impact on me, makes me feel calm, excited, happy or sad. (Y) (N) (S)
19. I have memories from a precious lifetime or from the past.
(Y) (N) (S)
20. Psychic abilities run in my family. (Y) (N) (S)
21. I am attracted to aeries, brownies, nymphs, etc. (Y) (N) (S)
22. I love stories about or feel connected to mermaids. (Y) (N) (S)
23. I love stories about or feel connected to dragons. (Y) (N) (S)
24. I love stories about or feel connected to unicorns. (Y) (N) (S)

25. I sometimes ask myself a question and instantly hear the answer in my head. (Y) (N) (S)
26. I am attracted to other planets and starships. (Y) (N) (S)

SCORING;

Now that you have completed the test go thru and count how many (Y) and (N) and (S)

Each (Y) equals 2 points

Each (N) equals 0 points

Each (S) equals 1 point

Medium -

Scores between 36 to 56 Very strong Medium

Scores between 16 to 36 Intermediate - still have some learning to do

Scores between 0 to 16 Beginner

Psychic -

Scores between 24 to 48 Very Strong Psychic

Scores between 12 to 24 Intermediate - Still have some learning to do

Scores between 0-12 Beginner

Empath -

Scores between 36 to 62 Very Strong Empath

Scores between 16 to 36 Intermediate - Still have some learning to do

Scores between 0-16 Beginner

Healer -

Scores between 28 to 48 Very Strong Psychic

Scores between 12 to 28 Intermediate - Still have some learning to do

Scores between 0-12 Beginner

Universal Studies -

Scores between 16 to 48 you are very interested in all things paranormal

Scores between 0 to 16 dabbling in this topic interests you greatly