

Intuition Journal

You can use this journal format with any notebook or journal. Feel free to copy and use this sheet as well. The intent is to record the intuitive experience when it occurs, then reflect back at some future point to capture the results.

Date: _____

Describe the intuitive experience:

Senses experienced:

Clairvoyance: _____

Clairaudience: _____

Clairsetience: _____

Clairalience: _____

Clairgustance: _____

Clairintellect: _____

Claircognizance: _____

Clairtangency: _____

Clair empathy: _____

Application:

Action:

Reflection:

Date: _____