

*D Diana Adkins*

# *How Intuitive Are You?*



**Rate the questions below on a scale from 1 – 10**

**1 being: Are You Kidding / Nope / Not at All / Never  
– & –**

**10 being: Oh Heck Yeah / Absolutely / All the Time**

NOTE: It's best to print this and enter your scores, or record scores on a piece of paper for easy adding

\_\_\_\_\_ 1) How intuitive do you *believe* you are?

\_\_\_\_\_ 2) Would others describe you as being 'impulsive'?

\_\_\_\_\_ 3) When you meet someone new, do you immediately notice whether you feel a strong connection - or not?

\_\_\_\_\_ 4) How often do you adjust or deviate from the rules?

\_\_\_\_\_ 5) Do you tend to know how other people feel without them telling you?

\_\_\_\_\_ 6) Do you enjoy learning how to do new things?

\_\_\_\_\_ 7) Do you enjoy doing things on the spur of the moment, instead of sticking to your routine?

\_\_\_\_\_ 8) Would others describe you as being creative?

- \_\_\_\_\_ 9) When people tell you their plans/ideas, do you usually have a feel for whether they'll work out - or not?
- \_\_\_\_\_ 10) How often are you right on #9 above?
- \_\_\_\_\_ 11) Are you comfortable experimenting when preparing food, trying/adding a bit of this and that?
- \_\_\_\_\_ 12) Do you tend to see the glass as half full (rather than ½ empty)?
- \_\_\_\_\_ 13) Do you prefer doing things where you have a lot of freedom to make your own decisions (versus doing a project where everything is laid out for you)?
- \_\_\_\_\_ 14) How comfortable are you in exploring how you feel?
- \_\_\_\_\_ 15) How often do you believe your heart (as opposed to usually going with your mind)?
- \_\_\_\_\_ 16) How often do people respond to your comments with, 'OMG! How did you know that?'
- \_\_\_\_\_ 17) How often do ideas/inspirations pop into your mind seemingly 'out of the blue'?
- \_\_\_\_\_ 18) Do you like to see/dream the symbolism of things that appear or 'happen' in life?
- \_\_\_\_\_ 19) Do you enjoy interpreting your dreams?
- \_\_\_\_\_ 20) Would you rather decide for yourself how intuitive you are (as opposed to taking a test to tell you)?

\_\_\_\_\_ **TOTAL POINTS**

**Add up the points for each question, and out of a possible 200 points:**

- 0-50      Well.....intuition isn't your thing...yet!
- 51-100    You've got a start, you're somewhat intuitive – now play more to make it better!
- 101-150    You've got it happening – you're very intuitive!
- 150 - 200    You're extremely intuitive – and you knew that – so this is just more proof!

**Learn more details on your score at:**

<https://www.artistofthespirit.org/intuition-delivery.html>