



How do you make sense of your World?

Try the quiz below to see what your preferences are to how you process what you see, hear and feel on a daily basis.

1. If someone was lying to you, what would make you suspect this to be true:

- a) The way they avoid looking at you or are looking at you?
- b) By their tone of their voice?
- c) An instinct you get that they are not being honest?

2. If you have had a good day at work how do you know:

- a) Your "to do" list is done and your desk is clear?
- b) Your meeting was good or the phone call you had was productive?
- c) An inner glow, a deep satisfaction of the day?

3. What type of holiday would you prefer:

- a) Seeing City sights and colours?
- b) Attending Historical or cultural lectures or concerts?
- c) Lazing by the beach, sea, sun and sand?

4. Of the following group activities, which would you choose:

- a) Cinema, photography, interior design?
- b) Listening to music, a taped book or singing?
- c) Sport, sculpture or cookery pottery class?

5. Which of the following TV programs would you prefer:

- a) Art or travel?
- b) Last night of the proms, music?
- c) DIY or animals?

6. What is your preferred choice for an Anniversary treat:

- a) A weekend break away somewhere new?
- b) A personal dedication on the radio?
- c) Having your partner cook your favourite romantic meal?

7. What do you like to do to de-stress or unwind:

- a) Watch a favourite film on TV?
- b) Talk to a friend?
- c) Have an aromatherapy session?

8. If you did a favour for a friend ie: house sat, how would you like to be appreciated:

- a) A thank you cards?
- b) A phone call?
- c) Be given a bottle of wine or box of chocolates?

9. Which of these groups of jobs most appeal:

- a) An artist or designer in Television?
- b) Lecturer, customer service or sales?
- c) A Gardener, nursing or counseling?

10. Which of these do you like to in your home:

- a) Lots of pictures and photographs?
- b) Wind chimes?
- c) Pot pourri, incense and soft cushions?

11. Which magazines do you like?

- a) National geographic or Readers Digest?
- b) Music or current affairs?
- c) DIY, sports or arts and crafts?

12. How do you react during an argument:

- a) A piercing look or frown?
- b) By your tone of voice or shout?
- c) Withdraw and stop talking remain silent?

MOSTLY A's – means you are a visual person
 B's – you are auditory taking in what you hear
 C's – you are kinesethic, use touch and feeling

These are your preferences, but if you may have a divided result, then you are more adaptable with how you process your world!

The experiences we have/had are processed by our brains and then imprinted in our minds, thus our view of them are formed, sometimes these can be negative. This leads to a narrow choice of how we make our decisions.

What would it be like if we had more choice to deal with situations or how we make decisions? How would that be? What if we chose to do things differently?

Book a coaching session to discover how your life could be different if you had more choice and changed the way you react to others, and what outcome could happen instead!