Mind pattern Test

Tool for download

Creating organizations where people want to show up!



Step 1: Choose one of the three statements below

I'm comfortable talking to large groups of people, even without advance preparation. I prefer to give verbal reports rather than do a visual presentation or make a model. I naturally remember what's said in a conversation I speak without pause or "um" and use precise language. Words flow out easily in logical order without thinking about it. I tend to be critical of how things are said.

The first thing I recall of a person or place is the way something or someone looked. I'd prefer to write a report rather than do an oral presentation or make a model. The best way for me to organize is to make a list. I like to make direct and steady eye contact with the person I'm talking to. I'm highly aware of the what I look to other people. can multitask visually: I can read and watch TV at the same time. I tend to be critical of how things look.

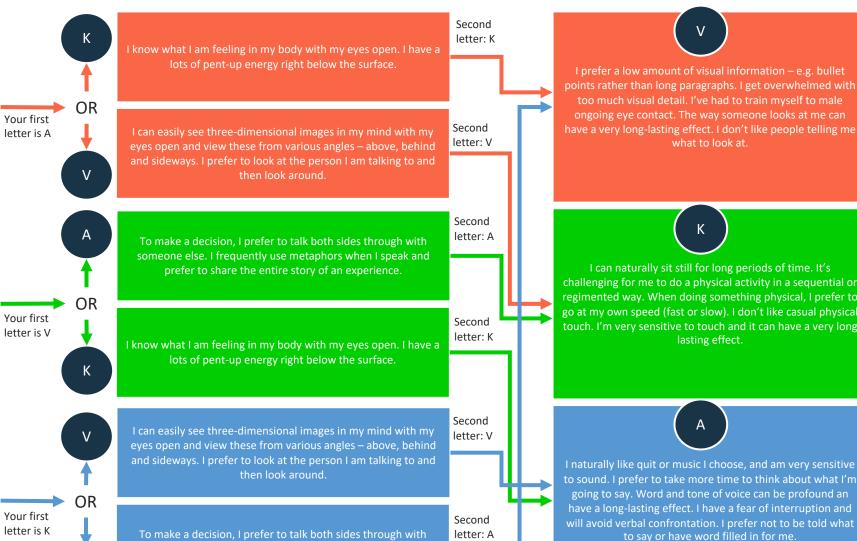
Your first letter is V

I prefer to be on my feet or moving around. A stand-up desk would really help me. I prefer to share an experience or make a model as a presentation. The best way for me to organize is by making piles. I can easily recall what I did and the physical sensation of an experience. My natural preference is to start hands-on and experiment by doing. can multitask kinesthetically: I can do two or three things at the same tie. I tend to be critical of how things are done.

Step 2: Staying in the same row, choose one of the two statements

someone else. I frequently use metaphors when I speak and

prefer to share the entire story of an experience.



I can naturally sit still for long periods of time. It's

challenging for me to do a physical activity in a sequential or Last regimented way. When doing something physical, I prefer to go at my own speed (fast or slow). I don't like casual physical letter touch. I'm very sensitive to touch and it can have a very long is K lasting effect.

Step 3: Follow the arrow to the last

Statement and see if it matches

I naturally like guit or music I choose, and am very sensitive to sound. I prefer to take more time to think about what I'm going to say. Word and tone of voice can be profound an have a long-lasting effect. I have a fear of interruption and will avoid verbal confrontation. I prefer not to be told what

letter is A

Last

Last

letter

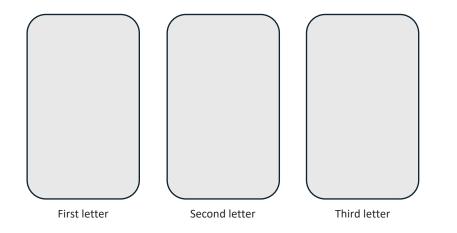
is V



Α

V

Step 4: Write your three letters in these boxes and find your pattern to the right



V-A-K Pattern Focused thinking: Visual Sorting thinking: Auditory Open thinking: Kinesthetic V-K-A Pattern Focused thinking: Visual Sorting thinking: Kinesthetic Open thinking: Auditory

K-A-V Pattern Focused thinking: Kinesthetic Sorting thinking: Auditory Open thinking: Visual K-V-A Pattern Focused thinking: Kinesthetic Sorting thinking: Visual Open thinking: Auditory

A-V-K Pattern Focused thinking: Auditory Sorting thinking: Visual Open thinking: Kinesthetic A-K-V Pattern Focused thinking: Auditory Sorting thinking: Kinesthetic Open thinking: Visual



Bloch& Østergaard

Get inspired at blochoestergaard.com

Creating organizations where people want to show up!