

The Thinking Room

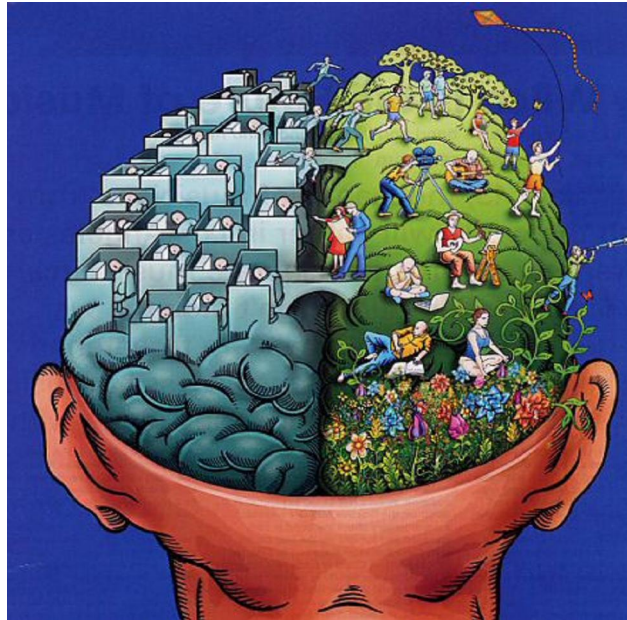
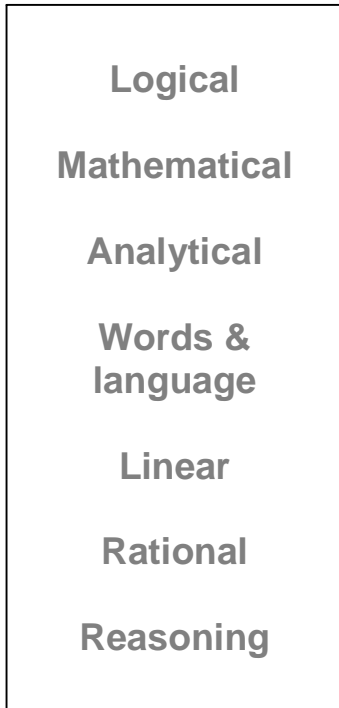
Life Coaching

Get to know yourself

HARNESS THE POWER OF THE BRAIN!

Left (conscious)

Right (unconscious)



Both functions of the brain should be harnessed in effective goal setting.

You will need to use the right brain to dream set, to powerfully visualise the achievement of dreams, which will programme the sub-conscious to enable the conscious brain to achieve!

The left brain will be crucial in the thinking skills needed, the planning and creating of the logical steps towards the achievement of your goal.

When you do the questionnaire, go one step further and look for patterns in your usual behaviour that need some rebalancing; for example, if you notice that you are predominantly methodical and ordered, maybe you need to harness your right side to allow more creativity into your life!

When used together, the left and right brain form a powerful mechanism for achieving!

Picture reference: <http://www.duncanmargetts.com/blog/?m=200502>

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RIGHT BRAIN OR LEFT BRAIN DOMINANCE?

Read each statement and, if it applies to you, make a note of the number. Then check the list on page three and next to every number, write whether it was an L or an R. Count up the number of Ls and Rs; whichever number is higher represents your dominance.

(L= left, R=right)

1. I am always checking the time
2. I believe there is a either right and wrong way to do everything
3. I find it a challenge to follow directions precisely
4. When telling someone how to get somewhere I find it easier to draw a map
5. If I've lost something I try to picture it in my head where I last saw it
6. I am guided a lot by my emotions
7. I learn maths easily
8. I am always late getting to places
9. I need to set goals for myself to keep me focused
10. If I have a difficult decision to make, I write down the pros and the cons
11. I believe there are two ways to look at almost everything
12. I am skilled at explaining my opinions in words
13. I often lose track of time
14. If I'm trying to remember a name, I go through the alphabet until I remember
15. When I'm confused, I usually go with my gut instinct
16. I look for work that involves creativity and using my hands

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RIGHT BRAIN OR LEFT BRAIN DOMINANCE?

The results of this questionnaire will reveal whether you have a right or left brain dominance or use each side equally. Using both sides is the ideal.

1. L
2. L
3. R
4. R
5. L
6. R
7. L
8. R
9. L
10. L
11. R
12. L
13. R
14. L
15. R
16. R