

# WHAT ARE YOUR BRAIN STRENGTHS?



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# ABSTRACT THINKER

You have the ability to think about and understand complex concepts that aren't directly connected to a physical form. You can conceptualize, notice patterns and relationships without the need to see or touch concrete experiences, objects, people, or situations.

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## ARTISTIC

You have a gift for capturing images and emotions using different channels. You are fascinated with artistic explorations and expressions either through images, movements, or sounds.

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## CANDOR

You are honest and sincere. You are frank in expressing yourself and your ideas. You value truth-telling, transparency, and openness. Your ability to speak up encourages others to also express themselves.

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# CONCRETE THINKER

You take things at face value and are very present focused. You rely on sensory data (based on what is seen, heard and felt) in the given moment. You prefer theories, rules, and procedures. You are able to make logical decisions based on what you observe.

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# CONVERGENT THINKER

You can find concrete and familiar solutions to problems.

You apply established rules and logical reasoning to solve issues. You can easily recognize similarity and commonality even though they may appear to be different. You can join different ideas and observations together to make a complete picture.

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# CREATIVITY

You can easily find new ways of doing things using your divergent thinking. You are able to make use of the 3 different networks of your brain:

- default network - related to brainstorming and daydreaming
- executive control network - activates when you need to focus
- salience network - known for detecting environmental stimuli and determines which sorts of things tend to be noticed.

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# CRITICAL THINKER

You can reflect, analyze a situation, and make an objective judgment. You can gather information, assess and evaluate it using trial and error, asking thoughtful questions, formulate inferences, develop strategies, and make decisions.

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## CURIOSITY

You are intrinsically motivated to acquire new information (epistemic curiosity), fascinated by how other people think and feel, (social curiosity), or maximize the sensory information (i.e. sights, sounds, texture) that are around you (perceptual curiosity).

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## EMPATHIZER

You have the ability to recognize what another person is thinking or feeling, and can easily respond to their state of mind with an appropriate emotion.

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## DETAIL- ORIENTED

You have the uncanny ability to identify slight differences between similar cues. You like looking at the specifics and pointing out small details.

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# DIVERGENT THINKER

You generate ideas beyond rote thinking and can develop multiple solutions to a problem. You can easily get into free flowing ideas, identify opportunities, and assess ideas from varied perspectives.

There are four types of divergent thinking:

- fluency – ability to develop large numbers of ideas and solutions
- flexibility – ability to look at a problem from different vantage points
- originality - ability to produce unusual or unique ideas,
- elaboration – ability to adapt abstract ideas into realistic solutions

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## GLOBAL THINKER

You have the ability to shift perspective and view an object or event from multiple perspectives, or the ability to see the "gist" or big-picture context surrounding an event or idea.

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## HUMOROUS

You have a zany sense of humor. You have a natural flair for the comic side of life and seem to have a knack for understanding others and making connections.

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## HYPER-FOCUS

You have the ability to deeply focus and pay attention to the task/s you are doing. You can easily be in the flow and immerse yourself in the experiences that interest you the most.

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# LATERAL THINKER

You challenge assumptions, explore perspectives, and generate new ideas and solutions through a non-linear, out-of-the-box approach. You are adept in taking new approaches to an issue or discover connections that others have missed. You can easily bring information and resources from different sources together using both convergent and divergent thinking.

Edward de Bono proposed four techniques for lateral thinking:

- awareness- be aware of the way your brain processes information
- random stimulation- allowing randomness to propel our thinking to new insights
- alternatives- use concepts to breed new ideas
- alteration- arbitrarily modifying elements (i.e. breaking down, reversing, or denying elements) to produce novel ideas and solutions

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## IMAGINATIVE

You are able to look beyond what is visible. Combining both feeling and thinking, you can envision possibilities.

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## JUSTICE SENSITIVITY

You have a high sense of fairness and justice. You are not easily swayed by sentiments and emotions, rather approach the situation rationally.

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# NARRATIVE REASONING

You tend to remember facts as experiences, examples, or stories, rather than abstractions.

You also have a profoundly clear and vivid memory of personal experiences.

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## NOVELTY

Doing new things and taking part in new experiences make you happy. You are motivated by new sensations, variations in experiences, and how things are presented.

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## ORGANIZER

You can plan and organize actions and activities for both short and long-term goals. It is easy for you to self-monitor, record and self-evaluate.

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# RELATIONAL THINKER

You have the knack for seeing, identifying and integrating multiple relations. You can easily see dependencies, differences, and similarities. You can relate to:

- analogies- patterns of similarity
- anomalies- discrepancies
- antithesis- oppositions
- antinomies- contradictions or paradox

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## SPONTANEITY

You have the tendency to jump into new ideas, thoughts and connections.

You are willing to take risks. Your spontaneity helps you to be creative, innovative and action-oriented.

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# SYSTEMIZER

You have the drive to analyze or build rule-based systems. You systemize based on regularities (structure) and rules. Some examples of systems are :

- collectible systems - e.g., distinguishing between types of stones or wood
- mechanical systems - e.g., a video recorder or a window lock
- numerical systems - e.g., a train timetable or a calendar
- abstract systems - e.g., the syntax of a language or musical notation
- natural systems - e.g., the weather patterns or moon cycle
- social systems - e.g., a management hierarchy or a dance routine with a dance partner
- motoric systems - e.g., throwing a frisbee or bouncing on a trampoline

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## TENACITY

You have the ability to sustain interest and effort toward your goals. You withstand challenges and setbacks to persevere toward these goals.

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## VISUAL- SPATIAL

You are an amazing visualizer. Putting together three-dimensional spatial perspectives is easy for you. You have the ability to understand and analyze the shape of an object with another to analyze their spatial features (i.e. size, location, orientation).

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## VITALITY

You feel energized both physically and mentally. You feel strong, engaged, and active. You show vigor, clarity, and alertness.

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