

Self-Portrait™

Power Traits Assessment

Guide to Your **Power Traits for Life!™**



Disposition



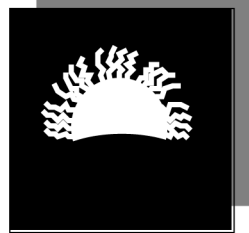
Talents



Modality



Interests













Environment

a Power of You NOW!™ program

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5 Dimensions

Power Traits for Life™

 <p>Disposition</p>	 Spontaneous (Performing)  Organized (Producing)  Curious (Inventing)  Supportive (Relating/ Inspiring)  Imaginative (Thinking/ Creating)												
 <p>Modality</p>	<table> <tr> <td data-bbox="592 651 673 724">Listening</td> <td data-bbox="771 651 852 703">Picture Print</td> <td data-bbox="950 651 1063 756">Hands-on Whole body Sketching Writing</td> </tr> <tr> <td data-bbox="592 703 673 724">Verbal</td> <td></td> <td></td> </tr> </table>	Listening	Picture Print	Hands-on Whole body Sketching Writing	Verbal								
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 <p>Environment</p>	<table> <tr> <td data-bbox="592 903 657 924">Sound</td> <td data-bbox="803 903 950 934">Temperature</td> </tr> <tr> <td data-bbox="592 955 722 976">Body Position</td> <td data-bbox="803 955 868 976">Food</td> </tr> <tr> <td data-bbox="592 997 706 1018">Interaction</td> <td data-bbox="803 997 868 1018">Color</td> </tr> <tr> <td data-bbox="592 1050 673 1081">Lighting</td> <td data-bbox="803 1050 868 1071">Time</td> </tr> </table>	Sound	Temperature	Body Position	Food	Interaction	Color	Lighting	Time				
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Body Position	Food												
Interaction	Color												
Lighting	Time												
 <p>Interests</p>	<p>Favorite Subjects</p> <p>Things You Love</p> <p>Involvement Issues</p>												
 <p>Talents</p>	<table> <tr> <td data-bbox="592 1480 657 1501">Music</td> <td data-bbox="868 1480 917 1501">3-D</td> <td data-bbox="1079 1480 1161 1501">Animal</td> </tr> <tr> <td data-bbox="592 1522 706 1543">Math-Logic</td> <td data-bbox="868 1522 1063 1543">Body Coordination</td> <td data-bbox="1079 1522 1161 1543">Nature</td> </tr> <tr> <td data-bbox="592 1564 706 1585">Mechanical</td> <td data-bbox="868 1564 966 1585">Self-Care</td> <td data-bbox="1079 1564 1161 1585">Humor</td> </tr> <tr> <td data-bbox="592 1606 738 1627">Word-Language</td> <td data-bbox="868 1606 950 1627">People</td> <td data-bbox="1079 1606 1258 1627">Life Enhancement</td> </tr> </table>	Music	3-D	Animal	Math-Logic	Body Coordination	Nature	Mechanical	Self-Care	Humor	Word-Language	People	Life Enhancement
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Math-Logic	Body Coordination	Nature											
Mechanical	Self-Care	Humor											
Word-Language	People	Life Enhancement											



Dispositions Power Traits

Disposition = Your Authentic Personality

Your **Dispositions** radiate your true identity—your unique ways of working, communicating, learning, and living in your world.

Most people have a **Primary and a Secondary Disposition**—the two highest scores in the Dispositions Section. However, since everyone is different, the combinations of Disposition can be quite varied. There is no *right* or *wrong* way to score. There are no scores that are *better* or *worse* than someone else's.

Whatever your scores are, they are **yours**, and they are part of the truth about **your unique power traits!**

- It is possible to score very high in one Disposition and score much lower or about the same in the other four
- It is possible to have high scores on three Dispositions.
- It is possible to score high on one Disposition and have two Secondary Dispositions.

In the following pages you will find information about each of the Dispositions for the following categories:

- **Characteristics of each Disposition**
- **Relationship Dynamics**
- **Applications for Work and Life Success**

This information is NOT meant to

- rigidly categorize people
- limit vocational choices or individual potential

We encourage you to use this guide to:

- gain a new understanding of your strengths and needs, and how to apply this information
- develop positive interactions and strengthen relationships
- increase satisfaction in your work and your life!



Spontaneous Disposition - Characteristics (formerly Performing)

Power Tasks:

subjects / activities that:

are "entertaining" by nature
have immediate relevance
offer variety and challenge
give opportunity to move, act, DO
provide hands-on experience

material / interaction that:

is short, to the point; allows movement
involves games, manipulatives, audio visuals

How this style handles:

Time

"different" sense of time, lives in present, "impulsive"
has difficulty setting appointments, keeping them, and planning ahead
can change plans in an instant if it's his / her idea
responds to what comes up at a moment's notice if fits his / her desires

Money

the power of money for this style:
money is a means to pleasure, power, status

money is for spending, live for the moment, spend to have fun
could incur debt to compete for status
bill paying is boring and a hassle, not consistent

possible outcomes:

entrepreneurial effectiveness, many streams of income
recklessness, perhaps too much risk-taking, goes into debt
gets others to work for him / her

Relationships

be my audience, laugh at my jokes, don't be too serious or stuffy
don't be too scheduled or rigid, life is for having fun

Needs / Motivators:

flexible space, chance to move around, "field trips"
atmosphere that is fun, free, challenging
unscheduled, flexible time & choice of activities
having opportunities to entertain
acknowledgment for being fun, witty, clever, bringing enjoyment to others

Possible Roadblocks:

Time: difficulty with organizing, scheduling, making plans and following through
Money: no money plan, no saving for future goals, too much debt
Relationships: avoidance of managing or leading, disliking structure

Areas for Growth:

planning, scheduling, structure, order
problem solving, following through
consider others' feelings, plans
quiet / thinking time

Relationship Dynamics

Positive Contributions:

fun, laughter, sense of excitement, adventure
playfulness, drama, flexibility, cleverness, wittiness, joking
willingness to risk, sense of energy, outspokenness

Possible Conflicts:

Organized people might see him / her as disorganized, inefficient, irresponsible

Curious people might see him / her as impulsive, intellectually inferior

Supportive people might see him / her as inconsiderate, impolite, shallow

Imaginative people might see him / her as noisy, rowdy, pushy

He / she might see: **Organized** people as too rigid, inflexible, "no fun"

He / she might see: **Curious** people as too serious, stuffy, "a brain"

He / she might see: **Supportive** people as too emotional, softies, "touchie / feelie"

He / she might see: **Imaginative** people as too isolated, philosophical, "spacy"

Applications for Work & Life Success

Finds purpose & meaning in: Taking Action

Favorite activities: skits, shows, demonstrations, games, audiovisuals, sports, adventures

Power Work Tips

- when doing paper work take movement breaks every 15 to 20 minutes
- move *while* you are working: walk around to help you think or to "rehearse" a presentation
- do chair exercises
- look out at a distant point every few minutes
- act out any material you need to learn for your job
- make up games to get through chores or boring routine work
- time yourself to see if you can break your previous record for doing a task; keep a chart of your progress; find others who want to compete with you
- use techniques that work for your Modalities and Talents

Contributions to Home & Workplace

- fun, laughter
- wittiness, joking
- sense of excitement
- adventure, drama
- playfulness, cleverness
- flexibility
- willingness to take risks
- lots of energy
- outspokenness

Career Opportunities

actor • singer • dancer • musician • entertainer • athlete • trial lawyer • politician • sales person • sports broadcaster • reporter • radio disc jockey • news anchor • game show or talk show host
master of ceremonies • motivational speaker
tour guide • minister • coach • martial artist
movie director • orchestra conductor • contractor



Organized Disposition - Characteristics (formerly Producing)

Power Tasks:

subjects / activities that:

are "structured" by nature
have sequential, ordered components
offer routine, drill, organization
give opportunity to take notes, memorize, outline
provide quiet "study" or reading time

material / interaction that:

is logical, sequential; uses workbooks
involves planning, scheduling, due dates

How this style handles:

Time

"practical" sense of time, looks ahead, schedules
loves setting appointments, planning ahead
has trouble changing plans, wants to follow through with order / routine
has sense of rules, traditions, customs, social responsibility

Money

the power of money for this style:
money is a means to security and goals

money is for saving, has organized budget and plan
could be too thrifty, afraid to take risks
bill paying is scheduled and on time

possible outcomes:

job with predictable income, savings in place
probably has few streams of income
works hard to get and save money

Relationships

do your job right, be on time, be responsible
don't be too carefree or undisciplined, life should have a plan

Needs / Motivators:

quiet spaces, routine, organization
atmosphere that is consistent, secure, ordered
scheduled, planned time; goals with deadlines
approval, "good job" comments
acknowledgment for being organized, neat, productive, punctual

Possible Roadblocks:

Time: attachment to routine and schedules
Money: resistance to new ideas, possibilities, taking risks
Relationships: wanting others to follow the "rules"

Areas for Growth:

flexibility, playfulness, free time activities
open-ended questioning, discovery
consider people issues rather than schedules
doodling, creative, "wasted" time

Relationship Dynamics

Positive Contributions:

sense of structure, rules, tradition, continuity
routine, order, procedures, regularity
focus, thoroughness, diligence, responsibility

Possible Conflicts:

Spontaneous people might see him / her as rigid, inflexible, lacking humor

Curious people might see him / her as uninteresting, intellectually inferior

Supportive people might see him / her as unfeeling, unavailable

Imaginative people might see him / her as unobservant, uncreative

He / she might see: **Spontaneous** people as too disorganized, irresponsible, "flighty"

He / she might see: **Curious** people as too intellectual, "stuck up"

He / she might see: **Supportive** people as too involved, emotional, "busybody"

He / she might see: **Imaginative** people as too unproductive, "moody"

Applications for Work & Life Success

Finds purpose & meaning in: Creating Order

Favorite activities: organizing, schedules, outlines, flow charts, goal setting

Power Work Tips

- find a quiet space away from disorder or chaos
- have a place where you can keep your work neat and organized
- use outlines, charts, and timelines to help you process material
- learn to do Information Mapping to help with comprehension, processing, and writing reports
- keep a consistent schedule as much as possible
- have some fun: relax, be creative, experiment when possible
- use techniques that work for your Modalities and Talents

Contributions to Home & Workplace

- structure, order
- rules, tradition
- continuity, regularity, predictability
- routine, procedures, policies, plans
- focus, thoroughness
- diligence, stick-to-itiveness
- self-motivation
- completion of what is started

Career Opportunities

secretary • accountant • banker • manager • teacher • organizational planner • management consultant
financial planner • bookkeeper • events coordinator • personal development coach • systems developer
planning developer or trainer • professional organizer



Curious Disposition - Characteristics (formerly Inventing)

Power Tasks:

subjects / activities that:

are "experimental" by nature
involve problems that need solving
offer ideas, theories, models, exploration
give opportunity to question / design / discover
provide inspiration, new solutions

material / interaction that:

is direct, allows research, is "intellectual"
involves debate as well as independent time

How this style handles:

Time

loses track of time, gets lost in projects
forgets appointments, has hard time planning ahead and scheduling
can change other plans instantly if can get more time to work on projects
"talking" and "relating" are waste of time if don't contribute to projects

Money

the power of money for this style:
money is a means of funding for projects, interests, gadgets

money is not that important
doesn't spend for things the world thinks are important
bill paying is a nuisance, not consistent

possible outcomes:

not much progress financially
could incur debt if doesn't make enough to pay for "toys"
works enough to survive, can be difficult on family

Relationships

give me space, let me be free, don't be too emotional
don't be dependent on me, life should be hassle free

Needs / Motivators:

"labs," flexible space to: collect, experiment, set up models, etc.
questioning, exploring atmosphere
unscheduled, flexible time
acquiring knowledge, use of their contributions / inventions / technical know-how
acknowledgment for being clever, smart, making discoveries, solving problems

Possible Roadblocks:

Time: difficulty with organizing, scheduling, following through on plans
Money: no money plan, no saving for future goals
Relationships: lack of social skills, avoidance of managing or leading

Areas for Growth:

flexibility, playfulness, free time activities
planning, scheduling, structure, order
consider other people's feelings and plans
doodling, creative, "wasted" time

Relationship Dynamics

Positive Contributions:

interest in sciences, technical know-how, problem-solving skill
sense of discovery, efficiency, enthusiasm for learning
ability to be independent, speak directly to the point

Possible Conflicts:

Spontaneous people might see him / her as always serious, a workaholic

Organized people might see him / her as absentminded, unstructured

Supportive people might see him / her as unfeeling, unavailable

Imaginative people might see him / her as rigid, structured, uncreative

He / she might see: **Spontaneous** people as too impulsive, intellectually inferior, "clown"

He / she might see: **Organized** people as too rigid, uninteresting, "bore"

He / she might see: **Supportive** people as too personal, overwhelming, "bleeding heart"

He / she might see: **Imaginative** people as too unfocused, unknowledgeable, "dreamer"

Applications for Work & Life Success

Finds purpose & meaning in: Discovery

Favorite activities: projects, debates, brainstorming, computers, labs, "field trips"

Power Work Tips

- debate with another person or group
- draw or construct a model to help with processing
- use computer programs to help with comprehension and retention
- have brainstorming sessions
- use hands-on models or visual representations as much as possible
- use techniques that work for your Modalities and Talents

Contributions to Home & Workplace

- desire to improve how things function
- interest in sciences
- technical know-how
- problem-solving skill
- sense of discovery
- enthusiasm for learning
- ability to work independently
- speaking directly to a point
- curiosity
- intense focus for things that interest them

Career Opportunities

inventor • scientist • pharmacist • engineer • builder • contractor • designer mechanic • computer technician • special effects engineer • electrician electronics technician • technical support repair person • toy designer draftsman • chef



Supportive Disposition - Characteristics (formerly Relating-Inspiring)

Power Tasks:

subjects / activities that:

are "social" by nature
involve human behavior issues
offer "personalization"
give opportunity to discuss social issues
provide people centered point of view

material / interaction that:

incorporates personal feelings, values
involves small groups, cooperative interaction

How this style handles:

Time

loses track of time if involved in discussion / helping someone
keeps appointments but may be late if gets sidetracked helping someone
can change other plans instantly if is needed by someone
"talking" and "relating" are best use of time

Money

the power of money for this style:
money is a means to nurturing relationships

money is for sharing and making people happy
spends money on other people
bill paying takes time from being with others, not consistent

possible outcomes:

could incur debt "rescuing" others
own money needs not taken into account
will work hard to have money to help others

Relationships

tell me everything, I can help you, let's work together, let's talk
let me know you care about me, life is for family and friends

Needs / Motivators:

small group spaces, room to talk / relate
warm, harmonious, cooperative atmosphere, "team spirit"
unscheduled, flexible time
chance to talk, personal note, pat on back, lots of personal attention
acknowledgment for being kind, fair, thoughtful, noticing others

Possible Roadblocks:

Time: difficulty with planning, scheduling
Money: no money plan, no saving for future goals
Relationships: focusing on others' needs to detriment of own needs

Areas for Growth:

having fun, being less serious / involved
planning, scheduling, structure, order
explore importance of non "people-centered" topics
doodling, creative, "wasted" time

Relationship Dynamics

Positive Contributions:

warm atmospheres, emotional support
sense of team working, "class spirit"
harmony, cooperation, fairness, sensitivity

Possible Conflicts:

Spontaneous people might see him / her as always focused on causes, unable to relax
Organized people might see him / her as attracting problems, unable to get work done
Curious people might see him / her as overly sensitive, unable to function alone
Imaginative people might see him / her as very talkative, intruding, unable to be quiet

He / she might see: **Spontaneous** people as too shallow, inconsiderate, "con"

He / she might see: **Organized** people as too inflexible, unbending, "critic"

He / she might see: **Curious** people as too intellectual, unemotional, "uncaring"

He / she might see: **Imaginative** people as too isolated, withdrawn, "out of touch"

Applications for Work & Life Success

Finds purpose & meaning in: Interacting

Favorite activities: group activities, helping others, discussing, projects for "causes"

Power Work Tips

- discuss the subject or topic with other people to understand it
- relate topics to personal situations in your own life
- choose cooperative work projects whenever possible
- avoid "competitive" work situations as much as possible
- use techniques that work for your Modalities and Talents

Contributions to Home & Workplace

- emotional support
- warm atmosphere
- sense of team work
- "class" spirit
- harmony
- cooperation
- fairness
- sensitivity to needs of others

Career Opportunities

ambassador • negotiator • therapist • counselor • teacher • personal trainer • coach • minister • chaplain
manager • motivational speaker • diplomat • writer • storyteller • reporter • talk show host
public relations • receptionist
sales person • arbitrator • nurse



Imaginative Disposition - Characteristics (formerly Thinking-Creating)

Power Tasks:

subjects / activities that:

are "creative" by nature
have artistic or philosophical aspects
offer beauty and aesthetics
give opportunity to wonder / think / dream
provide artistic expression

material / interaction that:

involves the artistic, creative, dramatic / "moving"
allows for alone time, interaction with nature / arts

How this style handles:

Time

loses track of time, gets lost in daydreaming / wondering
may forget or ignore appointments if involved in creative project
can change other plans instantly if can get more time to work on projects
"dreaming" and "creating" are best use of time

Money

the power of money for this style:
money is a means to stay alive

money is a necessary evil, a source of dissatisfaction in the world
money gets in the way of creativity and is irrelevant to real happiness
bill paying can be hit and miss, it's easy to forget about it

possible outcomes:

has difficulty putting a price on own creativity
doesn't think about money unless forced to
difficulty working for money, would rather do without

Relationships

I don't want to need you, I don't want you to need me
don't be judgmental, life is for wondering and questioning

Needs / Motivators:

"escape" places, spaces to: design, create, put up art, listen to music
atmosphere that encourages creativity, openness, wondering, day-dreaming
unscheduled, flexible, alone time
chances to work on creative projects, having work displayed
acknowledgment for being creative, artistic, open, observant

Possible Roadblocks:

Time: difficulty with planning and scheduling
Money: no money plan, no saving for future goals
Relationships: resistance to networking skills, avoidance of managing or leading

Areas for Growth:

having fun, being less focused
planning, scheduling, structure, order
explore importance of scientific "real world" topics
consider other people's feelings, plans

Relationship Dynamics

Positive Contributions:

creativity, sense of openness and wonderment
appreciation for dreaming, designing, the arts
importance of beauty, nature, aesthetics

Possible Conflicts:

Spontaneous people might see him / her as focused on the philosophical, not down to earth

Organized people might see him / her as inefficient, illogical, not responsible

Curious people might see him / her as unfocused, unstructured, poor at problem-solving

Supportive people might see him / her as distant, unfeeling, unable to relate

He / she might see: **Spontaneous** people as too loud, abrasive, "inappropriate"

He / she might see: **Organized** people as too unimaginative, boring, "unbending"

He / she might see: **Curious** people as too rigid, structured, "narrow-minded"

He / she might see: **Supportive** people as too talkative, interfering, "meddling"

Applications for Work & Life Success

Finds purpose & meaning in: Creating

Favorite activities: art, music and/or dance, imagining, wondering, thinking

Power Work Tips

- draw or doodle while processing
- find a place for quiet, alone time
- draw pictures to help you understand information
- make up a poem or song to help you remember information
- learn Information Mapping to help you organize, process information, and write reports
- use techniques that work for your Modalities and Talents

Contributions to Home & Workplace

- creativity, thinking "outside the box"
- sense of openness & wonder
- appreciation for imagination and day dreaming
- designing
- appreciation for the arts
- importance of beauty, nature, and aesthetics
- coming up with new ideas

Career Opportunities

philosopher • painter • artist • sculptor • poet • actor • musician • composer • writer • dancer • choreographer theologian • martial arts • meditation studies • mentor • inventor • designer graphic artist • theoretical mathematician



Modality Power Traits

Modality = Best Way to Process Information

Modality strengths indicate the best way for a person to take in information.

It is useful to incorporate Modality strengths as much as possible:

- when learning new information
- when doing work or chores
- along with the other four power traits dimensions

Often, Modality choices “match” the Disposition — for example:

- Performing people, who are often hands-on people, are likely to choose a Hands-On item from the Modality section of the assessment
- Producing people, who often learn well through reading and writing, are likely to choose a Print or Writing Modality

Please keep in mind that for each of the Modalities there are different types of activities.

For example, Picture Modality could mean pictures, diagrams, movies, watching an event taking place, etc.

Sometimes the specifics of the Modality varies with the situation: a person who is a Picture learner might do well with picture cues for spelling but might need to watch a video for better understanding of how something works.

Also, there are activities that involve several Modalities at once. For example, let’s look at the movement Modalities:

- Writing also involves abstract visual / language symbols (Print)
- Drawing also involves visual images (Picture)
- Acting something out usually also involves talking (Verbal)

For best results it is important to identify the best activities within the Modality or combination of Modalities.

Auditory Modalities

Listening

Emphasis: HEAR - the need to hear the voice of others to process information

- To receive information: listen to others talk, listen to recorded information, request verbal directions and explanations, use audio portions of computer programs
- To remember information: record yourself and play it back; make up a song or rhyme, record it and play it back
- To give information: state what you have to say, then ask "what did you hear me say?"

Verbal

Emphasis: TALK - the need to hear the sound of your own voice to process information

- read out loud instructions or other important material
- use interactive video or computer programs
- do oral presentations
- set information to music and sing it
- discuss with others to process information
- repeat what people tell you

Visual Modalities

Picture

Emphasis: SEE - the need to see pictures or graphics to process information

- use videos or materials/computer programs that include graphics
- learn to use picture cues to process or memorize information
- make picture diagrams, information maps, and charts of the material being presented/reviewed/processed
- use highlighters when reading to identify main points
- use different colored pens to organize written notes, such as topics and subtopics
- take notes in picture form and doodle when listening to lectures
- have color-coded file systems

Print

Emphasis: READ - the need to use printed materials to process information

- make word diagrams, outlines, information maps, or charts to process information
- highlight important material as you read
- organize written notes on individual cards for easier reviewing
- use different colored pens to help organize written notes or research
- use different colored pens to highlight topics and subtopics
- use flash cards

Movement Modalities

Hands-On

Emphasis: TOUCH / DO - the need to have hands-on contact to process information

- use a squish ball to help you think or listen
- touch, assemble, take things apart
- construct a model
- fiddle with things while listening to others
- use textured materials

Whole Body

Emphasis: DO - the need to move to process information

- act out, role play
- pace while processing information or listening
- dance or exercise while processing or listening to recorded information
- bounce a ball on individual cards containing information to be processed
- visualize yourself doing an activity before you do it
- take movement breaks
- play catch while discussing with someone

Sketching

Emphasis: DRAW - the need to doodle or draw to process information

- take picture notes
- draw out information to review, present, or process
- doodle when taking in auditory information
- make charts or graphs

Writing

Emphasis: WRITE - the need to translate into written form to process information

- take word notes
- write out information to be processed
- make outlines or information maps of material being reviewed, presented, or processed
- journal your thoughts



Environment Power Traits

Environment = Best Setting for Learning, Working, Playing

It is useful to incorporate Environment needs as often as possible:

- when learning something new
- when doing work or chores
- at home and in daily life

Applications:

- environmental needs can be kept in mind when job hunting or setting career goals
- families can discuss the environment needs of individual members
- individuals can become more aware of environment preferences for leisure time

About Favorite Color

When people are surrounded by their favorite colors they tend to think more positively and feel more motivated.

Recommendations:

- use a pen in your favorite color when doing paperwork
- wear your favorite color to a job interview or other important appointment
- add your favorite color (to whatever extent possible) to your room, your office, your home, your desktop, etc.
- stay away from your least favorite color!



Interest Power Traits

Interest = #1 Motivators

This section reveals a person's:

- interests
- favorite pastimes
- things he/she is passionate about

It is useful to incorporate Interests:

- as often as possible in daily life
- in career exploration
- when choosing tasks or chores

People need to use and develop their natural interests as children as well as adults. There is probably no greater satisfaction as an adult than to be doing work that you love, yet most people are in the opposite situation.

Pay attention to Interests; acknowledge them and encourage them!



Talent Power Traits

Talent = Natural Skills & Abilities

This section reveals a person's Talents.

It is useful to incorporate Talents of interest:

- as often as possible in daily life
- in career exploration
- when choosing tasks or chores

People need to be recognized and acknowledged for their talents.

Talents can be the foundation for all learning and working activities.

On the other hand, much damage can occur if a Talent is forced when there is no interest in it.

Consider:

- Sometimes Talents are minimized because they come so easily
- Sometimes there is a stronger desire to pursue Interests rather than Talents
- Whatever provides motivation—Interests or Talents—is the route to follow
- Comments about what a person could be doing if he/she would only work up to potential are not helpful

Music Talent

Skill Areas

- playing instruments
- singing, humming, or whistling
- listening to music
- tapping out a rhythm
- memorizing songs
- having an ear for different types of music, different instruments, or harmonies
- collecting and listening to CDs

Career Opportunities

composer
musician
vocalist
conductor
arranger
lyricist
sound engineer
music publisher
record producer
music teacher
instrument designer

Power Strategies for Work & Life Success

Memorization:

- to memorize large quantities of information quickly and easily— set it to a melody and sing it:

example: sing the Declaration of Independence to the tune of Twinkle Little Star, or make up your own melody
- practice reciting information to the beat of a metronome

Comprehension and retention:

- process information/material with music playing in the background:

Baroque music is the best for this (e.g. Handel, Vivaldi, Boccherini, Bach)
also try other classical music (Mozart, Beethoven, Brahms, Haydn, Tchaikovsky)
- use techniques for your Dispositions and Modalities

Ideas for presentations:

- compose an original song to explain your topic
- play appropriate music to introduce and end a presentation

Math-Logic Talent

Skill Areas

- mathematical patterns
- logic puzzles
- electronic / computer concepts
- math concepts of acceleration, angle, thrust
- electrical circuitry, engineering
- drafting, designing, building
- playing chess or checkers
- doing problems in "your head"
- in some cases, memorizing facts and formulas and doing timed quizzes

Career Opportunities

scientist
mathematician
inventor
engineer
designer / builder
astronaut
game designer
drafter
computer programmer
math teacher

Power Strategies for Work & Life Success

Interest Areas:

- construction geometry and drafting
- electrical, engineering, electronics

Comprehension and retention:

- look for patterns to help you memorize facts and formulas
- construct charts
- use techniques that work for your Dispositions and Modalities

Ideas for presentations:

- design and build a model
- quantify material to help process it
- use formulas and schematics

Mechanical Talent

Skill Areas

- fixing things
- taking things apart
- putting things together
- building or inventing
- figuring out how things work
- taking care of cars, computers or appliances
- running machines
- being the handy-person—the one who can repair anything!

Career Opportunities

plumber
electrician
builder
machinery operator
contractor
engineer
mechanic
designer
technical support / repair
computer technician
special effects engineer

Power Strategies for Work & Life Success

Interest Areas:

- construction geometry, drafting, computers
- electrical, engineering, electronics, mechanics

Comprehension and retention:

- to help you understand and remember information:

make use of charts or diagrams or draw your own
do as much "hands-on" as possible—use models, build, draw, take apart
- use techniques that work for your Dispositions and Modalities

Ideas for presentations:

- do demonstration projects:
- construct a model, show how a circuit works
make charts or diagrams to help with verbal presentations and written reports
- construct something for the audience

Word-Language Talent

Skill Areas

Word Skill Areas

- playing Scrabble / word games / crosswords
- using dictionary, spelling, writing
- history and derivation of words
- jokes, stories, names, facts
- talking, reading aloud
- learning vocabulary words, languages

Language Reasoning Skill Areas

- explaining ideas, talking things out
- discussing options, getting the point
- producing plans, outlines, lists
- writing essays, stories, poetry
- reading comprehension, critical thinking
- playing with language

Career Opportunities

poet, writer
diplomat, negotiator, ambassador
philosopher, teacher
manager
attorney
sales person
secretary
storyteller
script writer, script reviewer
reporter
greeting card text writer
motivational speaker
talk show host
announcer
minister
public relations

Power Strategies for Work & Life Success

Memorization:

- make up rhymes or silly phrases to help you review information & remember it
- transfer information into a list format and rehearse out loud

Comprehension and retention:

- to help you understand and remember information:
talk it out to yourself or discuss with someone
make lists or notes as you read
highlight important words and phrases
- use techniques that work for your Dispositions and Modalities

Ideas for presentations:

- deliver a story or play based on the topic you are presenting
- convert rote problems into case studies, narratives, or real life scenarios
- use poems and original writing

Spatial Talent

Skill Areas

- drawing or copying pictures or designs
- painting, doodling
- remembering what is seen
- knowing where things are
- arranging spaces
- jigsaw puzzles, mazes
- directions, map reading
- blueprints
- using colors
- constructing and manipulating images in your mind— thinking in pictures

Career Opportunities

architect
drafter
contractor
graphic designer
artist
painter
home decorator
landscaper
designer
cartoonist
color and image consultant
special effects
animation artist
pilot
photographer

Power Strategies for Work & Life Success

Memorization, Comprehension, Retention

- draw pictures, designs, or symbols to help you memorize
- transfer information into a picture or chart format and practice visualizing
- take picture notes and/or doodle while listening or processing
- "draw it out" when trying to process/understand a concept or topic
- use techniques that work for your Dispositions and Modalities

Ideas for Presentations:

- presentation boards, collages, drawings, cartoon depictions
- portfolios, photo essay, videos

Body Coordination Talent

Skill Areas

- hiking, bicycling, or skating
- skiing, swimming, or dancing
- athletics, gymnastics, team sports
- physical endurance activities
- typing, sewing, or small crafts
- hammering, sawing
- doing models
- figuring out complicated physics calculations in your head that result in perfect football passes, skateboard jumps, or other athletic feats

Career Opportunities

athlete
dancer
carpenter
contractor
crafts person
seamstress
tailor
martial artist
dramatic artist
actor
set builder

Power Strategies for Work & Life Success

Memorization:

- do movement activities to help you remember:

walk around or jog in place while reciting information to be memorized
make study cards, bounce ball on card, say the fact and shoot a basket

Comprehension and retention:

- to help you understand and remember information:

take frequent breaks to walk, run, exercise (every 10 to 15 minutes)
jog or hike
act out the material to be processed

- use techniques that work for your Dispositions and Modalities

Ideas for presentations:

- do a play, demonstration, or dance presentation
- construct a model, build something
- develop a movement game or activity that involves the audience in moving/doing

Self-Care Talent

Skill Areas

- being alone
- being independent
- being introspective
- understanding own needs and motives
- clear about own opinions
- confidence in own abilities
- self-improvement
- being in touch with your feelings, knowing what "makes you tick"

Career Opportunities

- religious studies
- philosophy
- meditation studies
- minister
- chaplain
- personal development coach
- careers that require alone time

Strategies for Work & Life Success

Memorization, Comprehension and Retention:

- set up quiet spaces where you can be alone
- take care of your needs for drink, food, surroundings
- begin work sessions with quiet time to stretch and relax
- take refresher breaks, listen to music, exercise
- use techniques that work for your Dispositions and Modalities

Interest Areas:

- personal development
- topics related to your health & well-being
- activities that help you process personal experiences
- making time for yourself

People Talent

Skill Areas

- making friends
- understanding people
- making people feel good
- being comfortable in groups: small, large, or both
- welcoming others
- setting arguments
- being fair
- working on human interest projects that make the world better

Career Opportunities

ambassador
negotiator
therapist
counselor
teacher
arbitrator
manager
doctor
nurse
minister
chaplain
reporter
sales person
psychologist
personal trainer
personal development coach

Power Strategies for Work & Life Success

Memorization, Comprehension and Retention:

- work with a buddy or in small groups
- brainstorm and discuss material with others
- role play with others
- if you are working alone, take "breaks" and talk to someone for a few minutes
- use techniques that work for your Dispositions and Modalities

Ideas for presentations:

- relate the topic to its effects on people
- present with another person
- do group projects: posters, collages, videos, albums, newspapers, dramatic presentation, community service, etc.

Animals Talent

Skill Areas

- making friends with animals
- calming down animals
- generating trust and rapport with animals quickly
- training animals
- grooming animals
- caring for animals' daily needs
- working with abused and neglected animals, caring about animal welfare

Career Opportunities

veterinarian
animal trainer
animal rescue
humane officer
shelter manager
humane society director
pet daycare business
veterinary assistant
pet therapist
humane educator
zoologist
ecologist
animal behaviorist
wildlife management
guide dog trainer
canine officer
zoo docent
kennel attendant

Power Strategies for Work & Life Success

Memorization, Comprehension and Retention:

- be near your pet when working, if possible
- play fetch with your pet as you practice reciting information
- take breaks and play with your pet
- use techniques that work for your Dispositions and Modalities

Interest Areas:

- animal related topics
- integrating animals into everyday life
- work that benefits animals

Nature Talent

Skill Areas

- enjoying nature
- respecting and caring for nature
- outdoor "survival"
- interest in wildlife and creatures of nature - bugs, frogs, snakes, etc.
- hiking
- mountain climbing
- exploring nature
- investigating natural phenomena
- being "at home" in the outdoors

Career Opportunities

- forest ranger
- life guard
- tree topper
- national park guide
- environmental engineer
- ecologist
- gardener
- landscaper
- careers involving recycling, protecting the environment, conservation, wildlife

Power Strategies for Work & Life Success

Memorization, Comprehension and Retention:

- work out of doors whenever possible
- practice reciting information while doing your favorite activity: hike, bike, swim, etc.
- use techniques that work for your Dispositions and Modalities

Interest Areas:

- nature related topics
- integrating nature into everyday life
- design projects that incorporate nature studies
- work that benefits nature

Humor Talent

Skill Areas

- making people laugh
- ability to laugh at yourself
- telling jokes
- telling stories in a humorous way
- mimicking others
- seeing the humor in everyday things
- turning an ordinary situation into one that amuses and entertains

Career Opportunities

comedian
clown
humorist
cartoonist
comedy show script writer
humor column writer
author of humorous books commentator
party entertainer
movie consultant
motivational speaker
actor
radio disc jockey
emcee

Power Strategies for Work & Life Success

Memorization, Comprehension, and Retention:

- make silly rhymes or a humorous story about the information to be memorized
- draw silly cartoons
- use techniques that work for your Dispositions and Modalities

Ideas for presentations:

- cartoon story boards
- original humorous poems or stories
- do a demonstration through a skit or comedy routine

Life Enhancement Talent

Skill Areas

- decorating rooms
- keeping things clean and neat
- adding beauty
- cooking
- arranging flowers
- designing lovely spaces
- coordinating fashions
- organizing spaces
- garden or yard work
- doing things which add inspiration or aesthetic value to the ordinary

Career Opportunities

interior decorator
landscape architect
gardener or landscaper
chef
caterer
clothing designer
wall paperer or painter
floral designer
housekeeper
professional cleaning
party decorator
event coordinator

Power Strategies for Work & Life Success

Memorization, Comprehension, Retention:

- work in a place that is pleasant for you
- decorate your work and living spaces
- use techniques that work for your Dispositions and Modalities

Interest Areas:

- cooking, gardening, interior decorating, fashion
- comparing the above topics in different cultures
- designing/planning a home or community