

## Perceptual Modality Preference

For each item, indicate the degree to which the statement describes you (0 = not at all like me, 1 = somewhat like me, 2 = exactly like me).

		Not at all like me	Somewhat like me	Exactly like me
1	I can remember the details of what was said at lectures, sermons, and speeches I've attended.	0	1	2
2	I enjoy making things and working with my hands.	0	1	2
3	Even a week after a meeting, I can remember the details of what people wore and where they sat in the meeting room.	0	1	2
4	When attending a workshop, I like to sit up front so I can see the speaker, flip charts, and overhead transparencies.	0	1	2
5	When attending a workshop, I like to sit near the back of the room so I can get up and move around if necessary.	0	1	2
6	When attending a workshop, I focus on the speaker's tone of voice and how words and phrases are crafted.	0	1	2
7	During workshops, I like to take lots of notes or doodle while I am listening.	0	1	2
8	During workshops and meetings, I rely on handouts, flip charts, and overhead transparencies to help me process information.	0	1	2
9	I prefer listening to the news on the radio to reading about it in the newspaper.	0	1	2
10	People would describe me as a touchy-feely kind of person.	0	1	2
11	I am skillful at making eye-catching charts and graphs.	0	1	2
12	When someone gives me directions, I don't need to write them down to remember them.	0	1	2
13	I'm good at reading maps.	0	1	2

14	I'm good at learning foreign languages.	0	1	2
15	While studying, I tap a pencil, chew on an eraser, fiddle with objects, bite my nails, or run my fingers through my hair.	0	1	2
16	When solving a problem, I weight options by talking to myself.	0	1	2
17	When I want to recall someone's name, I try to see it pictured in my head.	0	1	2
18	I enjoy listening to books on tape.	0	1	2
19	I would rather read about a new subject than have someone tell me about it.	0	1	2
20	In workshops, I really enjoy interactive exercises and hands-on activities	0	1	2
21	I'm good at remembering poems, rhymes, and jingles from radio commercials.	0	1	2
22	Some of my best thinking happens when I am running, swimming, walking, or actively moving.	0	1	2
23	I am distracted by visual clutter in a room.	0	1	2
24	I am distracted when participants engage in side conversations while a lecture or presentation is being made.	0	1	2
25	I learn best by doing – actively trying out a new skill.	0	1	2
26	I tend to be neat and detail oriented.	0	1	2
27	I gesture or move around a lot when I speak.	0	1	2
28	I am a good speller. I recognize words by sight.	0	1	2
29	I've always been a whiz at phonics.	0	1	2

## DETERMINE YOUR PRIMARY PERCEPTUAL MODALITY

Transfer your rating for each item (0, 1, or 2) onto the scoring template below. Note that the item numbers are not in sequential order. Sum the total for each column—visual, auditory, and kinesthetic. Scores will range from 0 to 20. The column with the highest score is your primary perceptual modality. The second highest score is your secondary preferred modality. Some people will have a distinct dominance in one of the modalities, while others may be more evenly balanced among two or all three of the modalities.

	Visual		Auditory		Kinesthetic
3.		1.		2.	
4.		6.		5.	
8.		9.		7.	
11.		12.		10.	
14.		15.		13.	
18.		17.		16.	
20.		19.		21.	
24.		22.		23.	
27.		25.		26.	
29.		30.		28.	
<b>TOTAL</b>		<b>TOTAL</b>		<b>TOTAL</b>	

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