

Now that You Understand the Kinesthetic Style . . .

Take an inventory of the people in your personal and business life. Who in your life do you think processes information in the Kinesthetic Style? On the following worksheet, enter the person's name in Column A. In Column B indicate the reasons why you suspect or know that he or she processes information kinesthetically. In Column C indicate, by writing "yes" or "no," whether you think your connection with this person is good or whether it could use some improvement.

A	B	C
Name	Kinesthetic	Good Connection? Yes / No
<i>Karen</i>	<i>She takes a lot of time to answer my questions and can become</i>	<i>No</i>
	<i>overwhelmed if I rush her.</i>	

