

The Gift Profile

Dr. Caroline Leaf

Tips:

There is no wrong answer

The quicker you answer the more accurate

You are not trying to impress anyone

Scores will range from high to low (you are looking for thinking order)

If you get the same score in 2 or more modules go back and answer in a more deliberate & intentional way

Directions

Answer yes or no honestly & objectively, Count the number of yeses and multiply by 10. Then add % for your score.

Interpersonal/Introspection

1. Do you find it easy to stand outside yourself and observe your range of emotions? Yes/No
2. Do you find you need multiple ways of expressing your emotions? Yes/No
3. Do you find your internal life fascinating? Yes/No
4. Do you find yourself focusing in on your internal thoughts quit frequently switching off to the external and switching on to the internal? Yes/No
5. Do you work well on your own? Yes/No
6. Do you find yourself pondering the deep questions? Yes/No
7. Do you like to spend time in your head? Yes/No
8. Do you find it easy to spend time alone? Yes/No
9. Do you find it necessary to look away as you process information? Yes/No
10. Are you determined to make a difference in life? Yes/No

Score:

Interpersonal/Interaction

1. Do you feel tuned into others? Yes/No
2. Are you sensitive to others emotions and moods, to the point where you pick up on them almost exhausting yourself feeling them? Yes/No
3. Do you find yourself watching people and their reactions? Yes/No
4. Can you put yourself in others shoes? Yes/No
5. Can you motivate others? Yes/No
6. Are good at networking with/between others? Yes/No
7. Do you like people around you a lot? Yes/No
8. Do you like to negotiate? Yes/No

9. Are you a peacemaker? Yes/No
10. Do you notice if others don't understand you, and can you revise what you are saying and or explaining if you notice they don't understand you? Yes/No

Score:

Linguistic/ Word

1. Do you love playing with words? Yes/No
2. Do you prefer emailing or texting instead of talking on the phone most of the time? Yes/No
3. Would you consider yourself skilled at using language to communicate? Yes/No
4. Do you feel you need to use lots of words to communicate? Yes/No
5. Do you need to express yourself or explain yourself through writing or speaking lots of words? Yes/No
6. Do you read a lot? Yes/No
7. Do you like telling stories? Yes/No
8. Do you consider yourself to have good general knowledge? Yes/No
9. Do you seem long-winded to people when you explain things? Yes/No
10. Do you feel you need to provide a lot of context with words when you talk? Yes/No

Score:

Logical/Mathematical/rational

1. Do you find yourself naturally reasoning out what happens in your life? Yes/No
2. Does how the world works interest you? Yes/No
3. Do you like to understand how the underlying principal of things work? Yes/No
4. Do you see order in meaning in everyday life and things? Yes/No
5. Are you good at time management? Yes/No
6. Do you like quantifying? Yes/No
7. Do you see meaning in numbers? Yes/No
8. Do you like interpreting data and/or other things? Yes/No
9. Do you like Hypothesizing? Yes/No
10. Do you like planning? Yes/No

Score:

Kinetics/Sensory

1. Do you need to experience something in order to make sense of it? Yes/No
2. Do you need to feel or touch or hold something in your hands in order to process it in your mind? Yes/No
3. Do you like to be shown how to do things instead of being told? Yes/No
4. Do you use lots hand and/or body movements to get things across to people? Yes/No

5. Do you find that you raise your voice or your intonation changes when people don't seem to understand you? Yes/No
6. Do you need to get up and/or move in some way when you process information? Yes/No
7. Do you yawn a lot while focusing and thinking deeply? Yes/No
8. Do you have a good sense of timing when it comes to physical activities? Yes/No
9. Do you find it easy to participate in a group activity that involves a coordinated sequence of movement such as aerobics or dancing? Yes/No
10. Do you love movement and sport even though you may or may not be proficient? Yes/No

Score:

Musical/Intuition

1. Do you find yourself responding and even relying on your intuition as you process or digest information? Yes/No
2. Do you often find yourself referencing your gut instinct in conversation? Yes/No
3. Do you pick up on others attitudes easily and correctly? Yes/No
4. Can you easily read between the lines? Yes/No
5. Can you easily feel the impact of toxic thinking in your mind and body? Yes/No
6. Do you find yourself intuitively predicting things? Yes/No
7. Are you a good judge of character? Yes/No
8. Do you instinctively feel when something is right or wrong? Yes/No
9. Do you find yourself not saying or doing something until it feels right? Yes/No
10. Do you feel yourself needing music in the learning environment? Yes/No

Score:

Visual/facial/imagination

1. Do you find yourself noticing color, shape and depth around you? Yes/No
2. Do you notice mess and does it bother you? Yes/No
3. Do you notice things out of alignment, like a picture hanging acute on a wall? Yes/No
4. Do you notice how well people are or aren't groomed? Yes/No
5. Do you need to express yourself artistically: drawing, painting, new theories, ideas, business or any other form of creativity? Yes/No
6. Do you have lots of ideas swirling around your mind? Yes/No
7. Do you almost see literal movies in your head as you listening to someone talking? Yes/No
8. Are you able to move furniture, or rooms, or physical things around in your head? Yes/No
9. Can you easily navigate your way through space, for example when moving through aperture, moving a car through traffic, parking a car and so on? Yes/No
10. Do you like and are you fairly good at producing various art forms, such as drawings, sketches, paintings and sculptures? Yes/No

Score:

| Digestion Stages | Module of Thinking | Describe Yourself |
|---|---|-------------------|
| Focus | Highest Score | |
| Pay Attention | 2 nd | |
| Analyze (consolidate, confirm, integrate) | 3 rd 4 th 5 th | |
| Apply | 6 th | |
| Close | 7 th | |

