

## Pattern AKV: Auditory, Kinesthetic, Visual

**Obstacles:** You tend to interrupt others, give orders, or come across as a know-it-all. If they don't see a diagram, chart, or picture of what is being asked, they may have trouble understanding the task. When involved in too many physical activities or sports competitions, you may appear shy.

### AKV PATTERN: Auditory, Kinesthetic, Visual

	Type of Thinking	Stimulates Attention
A1	Focused Thinking	Auditory stimulus triggers attention
K2	Sorting Thinking	Kinesthetic stimulus triggers attention
V3	Open Thinking	Visual stimulus triggers attention

### INTERESTING FACTS:

- People who use the AKV pattern often like to talk and inspire others. They often become excellent coaches, politicians, or radio and TV presenters.
- You need to speak in order to help your mind to start focusing.
- Movement and physical activities help your thinking process organize information and understand it.
- While reading or drawing, your imagination becomes most active and engaged.

**You learn best by listening and speaking.** Your attention is activated through physical activities. Practical experiences help you remember things. Your imagination and open attention are stimulated by simple pictures and diagrams.

**Communication:** You have a wide vocabulary and is an energetic speaker (you tend to use declarative rather than interrogative sentences). When you speak, you gesture with your hands and move around. You dislike writing long emails or notes.

**Obstacles:** You may tend to interrupt others, give orders, or sound like a know-it-all.