

KAV PATTERN: Kinesthetic, Auditory, Visual

You may sometimes appear restless or fidgety. Others may tell you that you interrupt too often or act impatiently. When you look at overly detailed visual stimuli, you might find yourself daydreaming.

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	Type of Thinking	Stimulates Attention
K1	Focused Thinking	Kinesthetic stimulus triggers attention
A2	Sorting Thinking	Auditory stimulus triggers attention
V3	Open Thinking	Visual stimulus triggers attention

INTERESTING FACTS:

- If you use the KAV pattern, you likely excel at working with your hands and enjoy creating or building things. Many people with this pattern become skilled athletes, researchers, or engineers.
- You need to move and have hands-on experience in order to focus your mind.
- Speaking helps your mind organize information and understand it.
- When you write, draw, or read, your imagination becomes most active and engaged.

You learn best by trying things out in practice. Your sorting attention activates when you talk about what you have just learned. Simple images and diagrams stimulate your imagination and open attention.

Communication: You enjoy working with your hands and sharing what you're doing with others. You like talking about your personal experiences and are good at explaining how things work. You prefer not to write long emails or letters, but you can easily express your thoughts through short notes or visuals.

Obstacles: You may find it hard to sit still for long periods. You might be told that you move too much or struggle to stay on point. It can also be challenging for you to write longer texts.