



## Power Traits - Adults

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### CHOOSE ONE:

1. I need play and excitement.
2. I need order and consistency.
3. I need exploration and discovery.
4. I need harmony and connection.
5. I need meaning and creative expression.

### IF YOU CHOSE:

#### 1.) You might have a **Spontaneous Disposition**.

You are likely to prefer activities that are entertaining by nature, offer variety and challenge, and give you an opportunity to move and do! When doing paperwork or any kind of study, take a movement break every 15 to 20 minutes. People with a Spontaneous Disposition are probably the most misunderstood in traditional work settings. They usually need to move frequently and they do better if their work involves movement.

#### 2.) You might have an **Organized Disposition**.

You are likely to enjoy being focused for long periods of time. You probably don't mind sitting at a desk, taking instruction, keeping schedules, and doing exactly what you are asked to do. Clear explanations, guidelines, and due dates are very important to people with the Organized Disposition since they need to be able to plan ahead and keep things organized at home or work.

#### 3.) You might have a **Curious Disposition**.

You don't mind being focused for long periods of time as long as it is your own project. In fact, when you are working on a project of interest, you are likely to lose track of time and resent it when you are interrupted or asked to stop working. Curious people need to set aside time to do things that "must" be done—that they don't enjoy doing—so that they have lots of "open ended" free time to pursue their own projects.

#### 4.) You might have a **Supportive Disposition**.

Everything you do is likely more enjoyable and easier to do if you can work with others—in a small group or with another person. The interaction with other people, the discussion, the group problem solving, and sense of cooperation keep Supportive people interested and participating in the learning process. Many of these people need to process information through the Verbal Modalities, needing to talk things out and discuss in order to understand and retain information.

#### 5.) You might have an **Imaginative Disposition**.

People might say that you are a "daydreamer" or that you are "unfocused." Wonder and imagination—seeing things in a new way—keep Imaginative people interested and participating at work or in a group. They need lots of alone time and might be perceived by others as distant or aloof. They might need to process information through the Picture Modality and possibly through Hands-On or Sketching experiences. The ideas of Imaginative people can seem "off the wall" or unrelated to the subject.