

FOUR COMMON WAYS MINDS PROCESS INFORMATION



STEP-BY-STEP

- Sequence
- Order
- Procedures
- Clear instructions



PATTERN

- Connections
- Big picture
- Insight
- Hard to explain the middle



STORY

- Meaning
- Emotion
- Real-life context
- Memory through narrative



VISUAL

- Images
- Space
- Diagrams
- Fast spatial understanding

**Most minds
are a blend.**

**One style
often feels
like home.**



There is no single “best” style.

Understanding how your mind works best helps you learn, remember, and create with confidence.



**Use your strengths.
Build your flexibility.**