



## Are you More Right Brained or Left Brained?

Quiz Compiled by Soul2Soul Educare ([www.soul2souleducare.org](http://www.soul2souleducare.org))

Directions: Take this quiz by selecting the answer which best describes you at this present time. Every time you read a description or characteristic that applies to you, select the first response that seems right. After you are done, we'll evaluate your responses.

1. I wear a watch

- Yes  
 No

2. I keep a journal

- Yes  
 No

3. I believe there is a right and wrong way to do everything

- Yes  
 No

4. I hate following directions

- Yes  
 No

5. I find that sticking to a schedule is boring

- Yes  
 No

6. I'd rather draw someone a map than tell them how to get somewhere

- Yes  
 No

7. If I lost something, I'd try to remember where I saw it last

- Yes  
 No

8. If I don't know usually which way to turn, I let my emotions guide me

- Yes  
 No

9. I am good at Math

- Yes  
 No

10. If I had to assemble something, I'd read the directions first.

- Yes  
 No

11. I'm often late getting places

- Yes  
 No

12. Some people think I'm psychic

- Yes  
 No

13. Setting goals for myself helps keep me from slacking off

- Yes  
 No

14. If I have a tough decision to make, I write down the pros and the cons

- Yes  
 No

15. I'd make a good detective

- Yes  
 No

16. I am musically inclined

- Yes  
 No

17. If I have a problem, I try to work it out by relating it to one I've had in the past

- Yes
- No

18. When I talk, I gesture a lot

- Yes
- No

19. I believe there are two sides to every story

- Yes
- No

20. I can tell if someone is guilty just by looking at them

- Yes
- No

21. I keep a "to do list"

- Yes
- No

22. I feel comfortable expressing myself with words

- Yes
- No

23. Before I take a stand on an issue, I get all the facts

- Yes
- No

24. I've considered becoming a poet, a writer, or a dancer ?

- Yes
- No

25. I lose track of time easily

- Yes
- No

26. If I forgot someone's name, I'd go through the alphabet until I remembered it

- Yes
- No

27. I like to draw

- Yes
- No

28. When I'm confused, I usually go with my gut instinct

- Yes
- No

29. I have considered becoming a lawyer, journalist, or doctor

- Yes
- No

30. I am fond of babies and animals

- Yes
- No

31. I love knowing the names of trees and flowers

- Yes
- No

32. I don't like to go on vacation unless it all planned out, reservations made, tours booked etc.

- Yes
- No

~~~~~

Answer Key: For every answer that matches below give yourself 1 point.

- |       |       |
|-------|-------|
| 1. Y  | 17. Y |
| 2. N  | 18. N |
| 3. Y  | 19. N |
| 4. N  | 20. N |
| 5. N  | 21. Y |
| 6. Y  | 22. N |
| 7. Y  | 23. Y |
| 8. N  | 24. N |
| 9. Y  | 25. N |
| 10. Y | 26. Y |
| 11. N | 27. N |
| 12. N | 28. N |
| 13. Y | 29. Y |
| 14. Y | 30. N |
| 15. Y | 31. Y |
| 16. N | 32. Y |

|       |   |                          |
|-------|---|--------------------------|
| 0-3   | - | Extremely Right Brained  |
| 4-7   | - | Very Right Brained       |
| 8-11  | - | Moderately Right Brained |
| 12-15 | - | Slightly Right Brained   |
| 16    | - | Balanced                 |
| 17-20 | - | Lightly Left Brained     |
| 21-24 | - | Moderately Left Brained  |
| 25-28 | - | Very Left Brained        |
| 29-32 | - | Extremely Left Brained   |