

Left or Right Brain Dominant?

For each of the 30 statements in the table below decide whether the statement describes you and if it does place a tick in the “Yes this is me” column. You will then be told whether each statement relates to the left or right side of the brain. Add up how



many ticks you placed in each column for those statements you ticked in order to discover which side of your brain is most dominant.



Statement		Yes this is me	Left	Right
1	I believe there is a right way and a wrong way to do everything			
2	Whenever I lose something, I try to picture in my head where I last saw it			
3	I prefer to draw a map than explain how to get somewhere			
4	I like to be able to see a clock or a watch at all times			
5	I find it hard to follow directions precisely			
6	I frequently change my plans to avoid getting bored			
7	I like maths, and find it relatively easy			
8	I often make decisions based on my emotions			
9	I like to write down my thoughts			
10	I read instructions before using something for the first time			
11	I am usually late arriving			
12	I often predict what people are thinking			
13	I need to set goals for myself to keep me on track			
14	When asked a question, I usually turn my head to the left			
15	I list the pros and the cons when making a tough decision			

Statement		Yes this is me	Left	Right
16	I'd probably make a good detective			
17	I'm quite musical, and can learn new tunes with ease			
18	When solving a problem, I think back to similar situations			
19	I use a lot of gestures when talking			
20	I like to have a "to do" list			
21	I believe there is more than one way to solve a problem			
22	I can usually tell if people are lying, just by looking at them			
23	I find it easy to explain my thoughts or opinions in words			
24	In a discussion, I look at the facts before forming an opinion			
25	I've thought about becoming an architect, or a politician			
26	I'm always losing track of time			
27	If someone asks me a question, I turn my head to the right			
28	I like to draw			
29	When I'm confused, I usually go with my gut instinct			
30	I have considered becoming a lawyer, journalist, or doctor			
Total Number of Left and Right I Ticked:				

What your result means:

If you have ticked more left-brain statements this indicates you might be left-brain dominated, whereas if you have ticked more right-brain statements the indication is that you are right-brain dominated!

An interactive version of this activity is available at https://www.businessed.co.uk/activities/quick_quiz/left_or_right_brain/index.html

Disclaimer: This self-assessment quiz is for fun - it is in no way meant to be used as a serious indicator of whether you are left or right brain dominant!