

# Development

## Develop your visual faculties if you are Auditory or Kinesthetic

### Cognitive Level

- In the evening, make a film of the day and review it in your imagination; visualize the most impressive events and all the people you've seen. When you think of someone, try to see him in your visual imagination.
- When you are reading or typing something on your computer, pay special attention to the actual form of the letters and words with their correct spelling. Close your eyes and see the words or even the numbers mentally.

### Behavior Level

- Imagine that you are being watched. Pay attention to the expression on your face, smile when talking to people, make funny faces.
- Think of the world as a movie screen, think of yourself as an actor facing his/her audience. Visualize yourself in a positive way.

### The Benefits of Developing Visual Skills

- Sight is a very stimulating sense. When you pay attention to images you can keep yourself alert and busy.
- Mental images contain enormous amounts of information so it is a great way to help your memory and maintain a sharp mind.
- When you are conscious of your image, it helps you to improve it and it even requires you to do so as it would be difficult to tolerate an unflattering image once you are conscious of it on a regular basis. You then dress better, you take better care of yourself and this can increase your self-esteem.

## Develop your Auditory faculties if you are Visual or Kinesthetic

### Cognitive Level

- In the evening, rethink everything you have heard during the past day. Mentally re-hear the day's conversations with their exact words and tone of voice. Try to hear the sound of a person's voice, for example, when reading a letter from him or her.
- To learn words, such as names of people, recall the sound of the voice of a person pronouncing them.
- Use words to describe actions you are taking. For example, in front of your computer say to yourself: "I am clicking on such and such menu; such and such window opens". Master your train of thought and focus by verbalizing when you are distracted by non-verbal thoughts.
- Pay attention to the temporal weight of a sentence, that is, the time it takes to pronounce it clearly. Auditory perception is very connected to the perception of time.

### Behavior Level

- Express in words your thoughts and perceptions. Don't insinuate anything, be specific. When talking with people, concentrate on the sound of their voice, their choice of words, the construction of their sentences, without preoccupying yourself with their attitude. Occupy auditory space by speaking up, pay attention to the amount of time you are speaking and to the amount of time others speak, as well.

### The Benefits of Developing Auditory Skills

- By listening and letting others listen to you, it's easier to establish relationship with those you do not know personally such as business colleagues and "social contacts".
- You can more easily help others know what you want and what you don't want all the while respecting them. Controlling your "sound space" helps you be more self-assured.

## Develop your visual faculties if you are Visual or Auditory

### Cognitive Level

- Imagine yourself in action; imagine the gestures necessary to complete a certain job. Simultaneously carry out, in your imagination, different movements with different parts of your body.
- Imagine manipulating an object or another person, such as doing the dishes or giving a massage. Kinesthetic intelligence includes good spatial perception and good internal memory for how to do things.
- At your computer, teach yourself to type using all ten fingers without looking at the keyboard.

### Behavior Level

- Sometimes, stop looking at others and completely forget that they can look at you. Stop listening and imagine that they cannot hear you at all. Concentrate only on the feeling that your attitude creates the sharpness or gentleness of your movements, the warmth or coldness of your way of being.
- Imagine yourself in the shoes of others to understand them better.

### The Benefits of Developing Kinesthetic Skills

- Kinesthetic qualities permit you to create a feeling of wellbeing and of understanding of others, to establish harmony and togetherness. You feel less lonely because you are one body with your group.
- When developing your kinesthetic sense, you develop more sexual pleasure and can bring more to your partner as well.