

## Self-assessment

### Curiosita

I take adequate time for contemplation and reflection.

I am always learning something new.

When I am faced with an important decision, I actively seek out different perspectives.

I am a voracious reader.

I learn from little children.

I am skilled at identifying and solving problems.

My friends would describe me as open-minded and curious.

When I hear or read a new word or phrase I look it up and make a note of it.

I know a lot about other cultures and am always learning more.

I love learning.

### Dimostrazione

Do I seek out new experiences every day?

Am I actively pursuing different perspectives and fresh insights?

Can I articulate my most fundamental beliefs and the reasons I hold them?

Have I changed a deeply held belief because of practical experience?

Do I question "conventional wisdom" and authority?

Do I ever practice a cynicism and call it independent thinking?

Am I willing to acknowledge my mistakes?

Do I learn from my mistakes and rarely make the same one twice?

Do I persevere in the face of obstacles?

In considering new ideas, my friends and associates would say that I am: (a) gullible and "new-agey," (b) a closed-minded cynic, (c) an open-minded skeptic.

### Sensazione

I am good at describing a scene in detail.

I can picture things clearly in my mind's eye.

I can tell when someone is singing off-key.

I am attuned to subtle changes in a speaker's voice tone, volume, and inflection.

I have a favorite scent (What is it? Why do I like it? What does it remind me of?)

I can reliably judge the quality of food or wine by its aroma.

I eat consciously, aware of the taste of my food.  
I enjoy many different types of cuisine.  
I am sensitive to the quality of fabric that I wear.  
I like to touch and be touched.

#### Sfumato

I am comfortable with ambiguity.  
I thrive with change.  
I have a tendency to “jump to conclusion”.  
I can comfortably hold contradictory ideas in my mind.  
I delight in paradox and am sensitive to irony.

#### Arte/ scienza

(left brained)

I like details.  
I write clearly.  
I read a book starting at page 1 and go through in order.  
Friends describe me as very articulate.  
Analysis is one of my strengths.

(right-brained)

I am highly imaginative.  
I read a book by skipping around.  
I rely on intuition.  
I often say or do the unexpected.  
I prefer to look at the big picture and leave the details to someone else.

#### Corporalita

I am becoming more ambidextrous.  
I love to move.  
I am knowledgeable about diet and nutrition.  
I am aware of the ways in which my attitudes affect my physical state.  
I am getting stronger.

#### Conessione

I frequently make connections that other people don't see.

I enjoy similes, analogies, and metaphor.

When I travel I am struck more by people's similarities than their differences.

My life goals and priorities are formulated clearly and integrated with my values and sense of purpose.

I have a well-developed sense of proportion.

### **Practice**

Synesthesia

Synesthesia: the merging of the senses, is a characteristic of great artistic and scientific geniuses.

Draw music:

Listen to your favorite piece of music. As you listen, experiment with expressing your impressions by drawing shapes and colors.

Make sounds of color:

Look at a reproduction of your favorite painting. Vocalize the sounds inspired by the colors, shapes, and textures on the canvas.

Shape the invisible:

If you were to sculpt a particular piece of music, what materials would you use?

What shapes would you make? Which colors would you use? How would your music smell?