

Inspired Life Formula with Nina Lockwood

Module 6 Find Your Flow

Exercise 1: Learn How you Learn

This is Nina Lockwood and welcome to the first exercise for module 6 Find Your Flow.

Learning how to recognize the signs that your life is in flow requires not only the intention and the commitment but the development of specific skills. Skills that will enable you to become increasingly aware of what's showing up in your world and how meaning, validation or confirmation of what you are doing is being expressed by the Universe.

There are certain styles of discerning and interpreting what's around us, and each of those styles has a distinct impact on our brains - for instance, what neuropathways are developed, and which side of the brain becomes dominant. And that in turn influences how our bodies take in both the inner and outer information that's constantly being broadcast.

To give you clarity on how your body mind specifically interprets the world around you, I'd like to offer you two different tools to discover your predominant learning style (or information gathering mode) and your brain hemispheric preference - in other words, which of your five outer senses are dominant and whether that information is processed predominantly by left-brain or your right brain. I think you're going to find these assessments very interesting and very useful. You may even confirm what you may have already suspected about yourself. What you learn from these assessments will help you speed up your flow lifestyle learning curve, regardless of whether you ease yourself in or jump in, depending on your style, to the unique way that flow appears for you.

In this exercise, which I've called learn how you learn, you're going to have the opportunity to take two different assessments which are taken from the book entitled, How to Learn Anything quickly, and to paraphrase the inside of the book jacket, this will help you find the easiest way to learn new information, to understand it and to remember it.

The first assessment will show you your learning style preference, the second will reveal your brain hemispheric dominance. As you go through and answer the questions in each assessment, choose the answers that most accurately reflect how you most frequently respond. If you find that you could easily choose more than one answer, just do your best to select the one that's more dominant. That being said, you still might need to check more than one answer.

This audio is simply the introduction to these assessments. You'll find the assessments in the [Learning Style and Hemispheric Dominance](#) pdf document located in the transcripts section of this module. Have fun and let's compare notes once you're done!