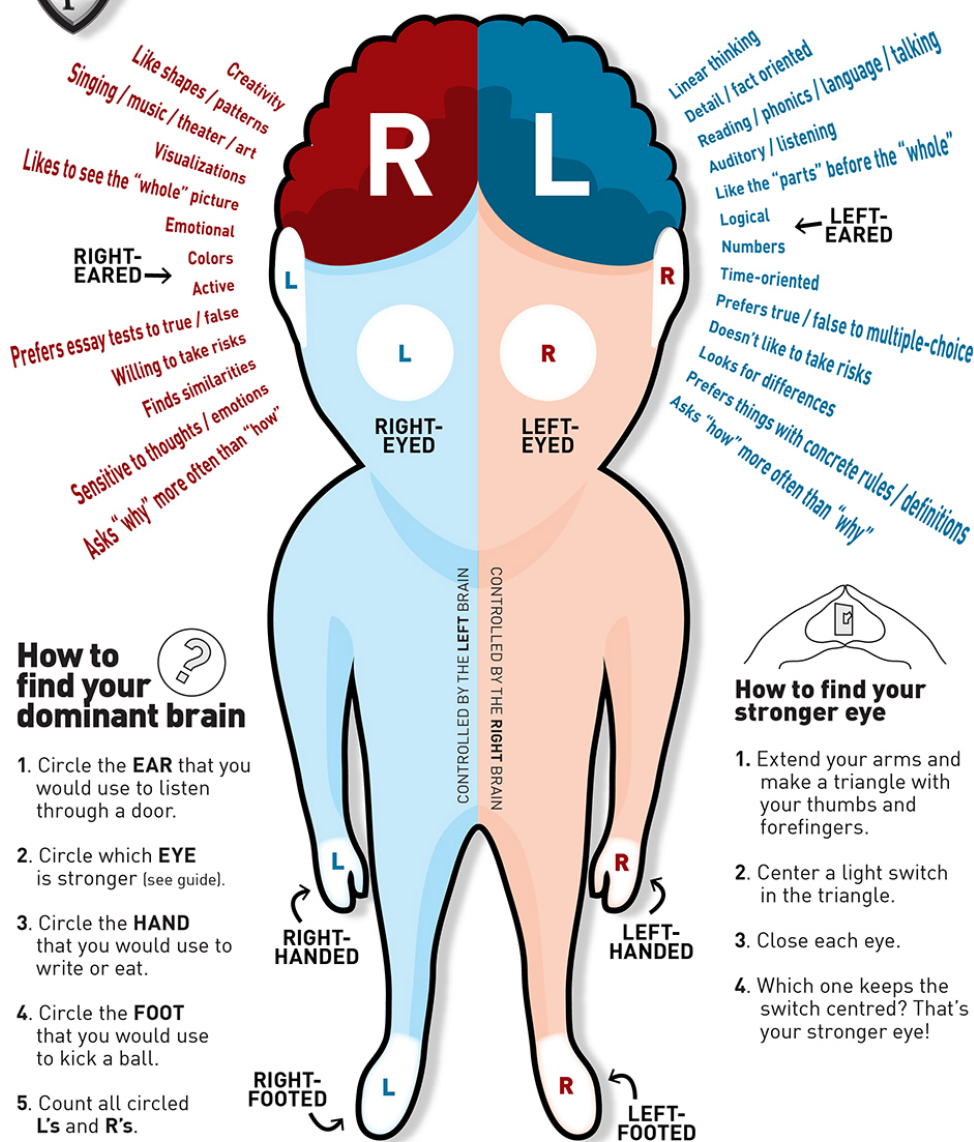


# Dominant Brain

— According to the theory of left-brain or right-brain dominance, each side of the brain controls different types of thinking. Additionally, people are said to prefer one type of thinking over the other. For example, a person who is “left-brained” is often said to be more logical, analytical, and objective.



## Are You Right-Brained or Left-Brained?

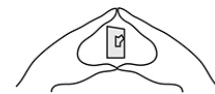


### How to find your dominant brain

1. Circle the **EAR** that you would use to listen through a door.
2. Circle which **EYE** is stronger (see guide).
3. Circle the **HAND** that you would use to write or eat.
4. Circle the **FOOT** that you would use to kick a ball.
5. Count all circled L's and R's.

Mostly L's = Right brained. Mostly R's = Left brained. Equal L's and R's = Balanced brain!

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### How to find your stronger eye

1. Extend your arms and make a triangle with your thumbs and forefingers.
2. Center a light switch in the triangle.
3. Close each eye.
4. Which one keeps the switch centred? That's your stronger eye!

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### STATE HOTLINE

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1.844.493.8255

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