In order to be successful in life, you need analytical, creative and practical abilities. According to professor Sternberg we all have all three of them and they complement each other.

You achieve better outcomes when you are able to combine the three thinking skills and understand which one is needed most in which context. When working in a group, you complement each other for the best result.

It is therefore important to gain insight in your own thinking skills. It allows you to learn in a way that is appropriate for you and make choices: Would you like to become better in the skill you are already good at or do you aim to develop the other skills?

Learn to become more successful at reaching your goals in life. Do you want to know how your thinking skills have developed? You can find out by screening what activities you often engage in.

### What activities do you often engage in?

**Analytical**

- Analysing characters in a story
- Comparing and contrasting opinions
- Critically reviewing (your own) work
- Thinking logically
- Contemplating opinions
- Judging behaviour
- Explaining difficult notions
- Solving problems logically
- Thinking puzzles/brain games
- Logical reasoning
- Sorting and classifying
- Spending time alone thinking

**Creative**

- Designing new objects
- Suggesting new ideas
- Using your imagination
- Role play
- Coming up with unusual solutions
- Contemplating the ordinary
- Visual thinking
- Inventing something new
- Tossing ideas around
- Daydreaming
- Composing
- Acting

**Practical**

- Repairing things
- Learning by doing
- Maintaining friendships
- Reflecting on responses
- Applying knowledge by doing
- Solving disagreements
- Giving advice
- Persuading others
- Collaborative learning
- Applying knowledge to new ideas
- Teamwork
- Adjusting to new situations