

PERSONAL REPRESENTATIONAL SYSTEMS QUIZ

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DISCOVER YOUR PREFERRED
WAY OF LEARNING AND
INTERPRETING YOUR WORLD



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WHAT TYPE OF LEARNER ARE YOU?

My guess is that you have an awareness of, or may even think you know, how you learn most effectively. However, it may come as a complete surprise to discover that it may not be what you think (I know I was surprised! 😲) And even if you've never thought about it before, the good news is you are about to find out what your own Personal Representational Systems are.

Before you take the mini-quiz below, here's a little about these systems and their importance.

Your Personal Representational System (PRS) is the way you make sense of your world. It's your preferred way of organizing, coding and storing information and ASSIGNING MEANING to what you experience in the world, which is what defines your version of reality.

Personal Representational Systems are created within your mind. These systems mainly consist of pictures, sounds, feelings, and personal linguistics (how you talk to yourself), to help form your own uniquely detailed 'map of the world.' (Additionally, there are also the senses of smell and taste to be aware of, but overall, they are not the strongest of your senses and, therefore, not included in the quiz.)

BEFORE YOU GET STARTED

I thought I'd introduce myself. I am Peggy Popielarz, an Empowerment Coach.

I am mission driven to facilitate breakthroughs for people-pleasing clients who find themselves stagnating due to thoughts and feelings that include overwhelm, inadequacy, frustration, self-doubt, confusion, and overthinking.

My goal is to guide women through the process of clearing what have become reliable cobwebs to ultimately emerge feeling secure, confident, and empowered.



Your first step to achieving greater happiness, is to create a higher level of self awareness. This short quiz is a great place to start.

Relax, take a deep breath and allow your true feelings to come through.

BY UNDERSTANDING YOUR PRS, YOU CAN:

- **Enhance the effectiveness of your learning**
 - Understanding what works for you means you can then personalize learning strategies to be more suited to meet your needs
- **Better understand yourself**
 - Knowing your strengths and weaknesses enables you to make better-informed decisions on what will work best for you
- **Experience greater confidence**
 - When you have a clear picture of your learning style, you will be able to adapt to challenges faster
- **Set better and more compelling goals**
 - Being able to approach assignments, goals, and tasks with a clear picture of what strategies to use improves your chances of success.
- **Improve your performance**
 - You can design your work tasks to suit your learning preference

BY UNDERSTANDING OTHER PEOPLE'S PREFERRED SYSTEMS, YOU CAN:

- **More clearly communicate with them**
 - By conversing with them in their preferred representational system
- **Create a deeper connection and better rapport**
 - Because people like people who are like them
- **Motivate them better**
 - By using their preferred PRS you're able to inspire them in a way that resonates with them directly
- **Help them work through their problems more effectively**
 - By keeping communication more precise, which creates more clarity and focus.

WHAT IS YOUR PREFERRED SENSORY SYSTEM?

Assuming that your senses are working ok, you are mainly going to process information by seeing external visual data through your eyes, hearing auditory data through your ears, experiencing kinesthetic data through touch or gut feelings , or processing auditory-digitally by making sense of and communicating information to yourself using certain language, symbols or organizational systems.

And as I stated previously, though the senses of taste and smell do provide data, we are typically much less reliant on these on a regular basis, so we will disregard them for the purposes of the quiz.

WHAT IS YOUR PREFERRED SENSORY SYSTEM?

So, which sensory systems are you using that allow you to process external information, create memories, and then be able to recreate memories of what you have experienced in the past, all of which inform you as to what you may expect to experience in the future?

- Is it your VISUAL sense - through pictures, colors, sights, using your eyes?
- Is it your KINESTHETIC sense - physical touch, sensing through feelings?
- Is it your AUDITORY sense - voices, music, using your ears?
- Is it your AUDITORY-DIGITAL sense - reasoning, self-talk, making sense of things using words and logic?

Take the mini-quiz and find out!

Have fun with this; I hope it provides you with new insights.

INSTRUCTIONS:

On the next pages there are 8 statements. There are no wrong answers.

Using each number only once, read the four descriptive phrases that make up each statement and rank each phrase using the number system provided here:

1. Most unlikely to do
2. Somewhat unlikely to do
3. Somewhat likely to do
4. Most likely to do

1. I mostly make money decisions based on:

- a___ My gut level feeling
- b___ What sounds best to me
- c___ What looks the best to me
- d___ A precise review and study of the situation

2. During a discussion or argument, I am most likely to be influenced by:

- a___ The sound and tone of the other person's voice
- b___ Being able to see the other person's viewpoint
- c___ The logic of the other person
- d___ The energy I feel from the other person

3. I am aware of the following in a conversation:

- a___ People's body language and their facial expressions
- b___ The feelings that we share
- c___ The words themselves and whether it's logical or reasonable
- d___ The sounds and intonations in their voice

4. When I am anxious, I am most likely to experience:

- a ___ Things begin to sound different
- b ___ Things begin to feel different
- c ___ Things begin to look different
- d ___ Things begin not to make sense

5. I assess and adjust my performance at work based on:

- a ___ My understanding of what needs to be done
- b ___ How I see myself making progress
- c ___ How things sound
- d ___ How satisfied I feel

6. When I agree with someone, I am likely to say to myself:

- a ___ That feels right
- b ___ That looks right
- c ___ That sounds right
- d ___ That makes sense

7. I communicate my thoughts and opinions through:

- a ___ How I dress and my appearance.
- b ___ The feelings I express
- c ___ The words I choose
- d ___ The tone of my voice

8. On vacation at the beach, the thing that makes me most glad to be there is:

- a ___ The roar of the waves, the whistling wind or the sound of birds.
- b ___ The cost is reasonable, and it makes sense for this type of vacation
- c ___ The clear turquoise waters, the bright sun and beautiful scenery
- d ___ Feeling the warmth of the sun, the grit of the sand underfoot or the cooling breeze touch my skin

DETERMINING YOUR PREFERENCES:

Now, copy your answers to the grey boxes in the table below to determine your preferences.

1.	a		K
	b		A
	c		V
	d		Ad

2.	a		A
	b		V
	c		Ad
	d		K

3.	a		V
	b		K
	c		Ad
	d		A

4.	a		A
	b		K
	c		V
	d		Ad

5.	a		Ad
	b		V
	c		A
	d		K

6.	a		K
	b		V
	c		A
	d		Ad

7.	a		V
	b		K
	c		Ad
	d		A

8.	a		A
	b		Ad
	c		V
	d		K

V = Visual
A = Auditory
K = Kinesthetic
Ad = Auditory-digital

DETERMINING YOUR PREFERENCES:

Each question maps to a horizontal row on the grid below. For each of the 8 statements, insert the four “number” answers into the appropriate column. Add the numbers in each column to ascertain your totals.

Statement	V	A	K	Ad
1				
2				
3				
4				
5				
6				
7				
8				
TOTALS:				

FIND YOUR REPRESENTATIONAL SYSTEM

The comparison of the total score in each column gives you your relative preference for each of the four major Representational Systems.

You will probably score noticeably higher in one or two of them, which indicates your strongly preferred learning styles, though you can also exhibit characteristics of the others.

V = Visual

- Memorize by seeing pictures
- Are less distracted by noise
- Often have trouble remembering and are bored by long verbal instructions because their mind may wander
- Are interested in how “things” look
- People’s appearances are important to them

A = Auditory

- Often talk to themselves and are easily distracted by noise
- They can repeat things back to you easily & learn by listening
- They like music and like to talk on the phone
- They like to be TOLD how they’re doing
- Tone of voice and the words used can be important
- They are interested in what you have to SAY

FIND YOUR REPRESENTATIONAL SYSTEM

K = Kinesthetic

- Often move and talk more slowly
- They memorize by doing or by walking through something
- They often stand closer to people than a visual person
- They respond to touching
- They rely on their gut feeling to inform them whether something is right or not

Ad = Auditory-digital (self-talk, or labeling system)

- They need things to “make sense”
- Learn best by listening, taking notes, and mentally pacing themselves through steps, systems, and procedures
- They use words like logic, common sense, and reason
- They prefer printed details and flow charts and will often take notes and hone in on finer details when presented with information

WHAT'S NEXT?

Each of the four types of personal representational systems come with a unique set of attributes.

Learning how to recognize your responses and how you engage with the world is the first step in winding down the programming you have been given in the early days of your life.

From there, many people stop. The knowledge alone won't change your life. It's taking this information and committing to changing behaviors that will provide the lasting impact.

That's where I come in. I help women to unravel their past so they can live the future of their dreams.

I work with clients both privately and in small group format.

If you are curious how working together can help you to reach a higher level of satisfaction in your life and relationships, I encourage you to connect with me on social or by booking a free 30-minute Discovery Session.

I'm looking forward to helping you reach your next level.

Peggy

LET'S CONNECT

Find me on social media:



[peggypegasuscoaching/](https://www.facebook.com/peggypegasuscoaching/)



[@peggypegasuscoaching](https://www.instagram.com/peggypegasuscoaching)

Send me a personal message:



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**Review your PRS Quiz results with me or see
if a private or group program is for you**

Book a free session here:

<https://calendly.com/peggypegasuscoaching>