

WORRY

A Worry Warts Guide to

Self Mastery

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VARK QUIZ

This questionnaire aims to find out something about your preferences for the way you work with information. You will have a preferred learning style and one part of that learning style is your preference for the intake and output of ideas and information.

Choose the answer which best explains your preference and tick the box next to the letter. Please select more than one response if a single answer does not match your perception. Leave blank any question which does not apply.

1. You are about to give directions to a person who is standing with you. She is staying in a hotel in town and wants to visit your house later. She has a rental car.

Would you:

- a. draw a map on paper.
- b. tell her the directions
- c. write down the directions (without a map)
- d. collect her from the hotel in your car

2. You are not sure whether a word should be spelled 'dependent' or 'dependant'.

Do you:

- c. look it up in the dictionary.
- a. see the word in your mind and choose by the way it looks
- b. sound it out in your mind.
- d. write both versions down on paper and choose one.

3. You have just received a copy of your itinerary for a world trip. This is of interest to a friend. Would you:

- b. phone her immediately and tell her about it.
- c. send her a copy of the printed itinerary
- a. show her on a map of the world.
- d. share what you plan to do at each place you visit.

4. You are going to cook something as a special treat for your family. Do you:

- d. cook something familiar without the need for instructions.
- a. thumb through the cookbook looking for ideas from the pictures.
- c. refer to a specific cookbook where there is a good recipe.

5. A group of tourists have been assigned to you to find out about wildlife reserves or parks. Would you:

- d. drive them to a wildlife reserve or park.
- a. show them slides and photographs.
- c. give them pamphlets or a book on wildlife reserves or parks.
- b. give them a talk on wildlife reserves or parks.

6. You are about to purchase a new stereo. Other than price, what would most influence your decision?

b. the salesperson telling you what you want to know.

c. reading the details about it.

d. playing with the controls and listening to it.

a. it looks really smart and fashionable.

7. Recall a time in your life when you learned how to do something like playing a new board game. Try to avoid choosing a very physical skill, e.g. riding a bike. How did you learn best? By:

a. visual clues -- pictures, diagrams, charts.

c. written instructions.

b. listening to somebody explaining it.

d. doing it or trying it.

8. You have an eye problem. Would you prefer that the doctor:
- b. tell you what is wrong.
 - a. show you a diagram of what is wrong.
 - d. use a model to show you what is wrong.
9. You are about to learn to use a new program on a computer. Would you:
- d. sit down at the keyboard and begin to experiment with the program's features.
 - c. read the manual which comes with the program.
 - b. telephone a friend and ask questions about it.
10. You are staying in a hotel and have a rental car. You would like to visit friends whose address/location you do not know. Would you like them to:
- a. draw you a map on paper.
 - b. tell you the directions.
 - c. write down the directions (without a map).
 - d. collect you from the hotel in their car.

11. Apart from the price, what would most influence your decision to buy a book?

d. you have used a copy before.

b. a friend talking about it.

c. quickly reading parts of it.

a. the way it looks is appealing.

12. A new movie has arrived in town. What would most influence your decision to go (or not go)?

b. you heard a radio review about it.

c. you read a review about it.

a. you saw a preview of it.

13. Do you prefer a lecturer or teacher who likes to use?

c. a textbook, handouts, readings

a. flow diagrams, charts, slides.

d. field trips, labs, practical sessions.

b. discussion, guest speakers.

When you have finished making your selections count up how many answers you have marked in total, and then how many A's, B's, C's and D's.

A	B	C	D
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Visual	Auditory	Read/Write (Auditory Digital)	Kinaesthetic

Next Step

VISIT

www.worrywart.com.au

to organise your

WORRY FREE

Coaching Session with

Jac

Offerings

Connect on Facebook

The Worry Wart Private Club

3 Day Soul Residential Retreats

Signature Program | Local | National | International

Worry Wart Self Leadership Program

Training Events | 2 Days | 1 Day | Half Day | 2 hours | 1 hour Lunch & Learn

One on One Mentoring Programs

Face to Face | Online | Blended Learning Format

3 months | 6 months | 12 months

Coaching Programs

3 months | 6 months | 12 months

Facilitating Groups

Community Groups | Spiritual Centres | Wellness Training Academies | Personal Development Schools

Online | Face to Face also available on request

Book | Kindle

Available through the website | Amazon | Kindle

Mastermind Groups

Various levels in different regions

Key Note Speaking

Jac is available for key note speaking Worldwide

Online Programs

3 months | 6 months | 12 months

About Jac

Jacqueline Delarue has been an EA herself for over 20 years and has overcome worry, fear and anxiety. She now offers programs for EAs | PAs | VAs in specialising self leadership.

Jacqueline runs an online VA community group, runs workshops and retreats moving you away from worry, inaction and into inspired action.

Jac provides a customised, individual solution for you to build the business or career of your dreams, allowing you to embody and be your authentic self, whilst ensuring we address your emotional challenges, using the latest NLP techniques and as a Health and Wellbeing Coach formally educated through the Institute of Integrated Nutrition.

Jacqueline is a #1 best-selling author of *WORRY, A Worry Warts* guide to Self Mastery and enjoys guest speaking at EA | PA and VA conferences and networking events.

Jac has a lot of fun working with like minded women and would love to work with you on an individual basis as your Worry Wart Mentor.