



# THREE LEARNING STYLES

MASTERING YOUR MIND

## 01 VISUAL PEOPLE

learn best by taking in information from pictures, images, animations, charts, etc. They might be the ones who prefer to color-code their to-do lists.

## 02 AUDITORY PEOPLE

learn best by hearing information. They probably read a lot, too, as reading is also an auditory style of learning.

## 03 KINESTHETIC PEOPLE

learn best by doing stuff, trying out information by acting on it.