

BRAIN BRIEF PROFILE

For **Sample**
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Your brain's preferences
(not necessarily your behavior)
in focus, decisions, and drive

Focus:

your brain is better at collecting rational data (vs. perceiving emotions).



Decisions:

your brain likes finding alternatives (vs. careful evaluation).



Drive:

your brain slightly prefers to push for practical actions (vs. planning for long term).



Brain Style: The Deliverer.

If someone absolutely needs a solution, do they come to you? The Deliverer will find a way and move forward, even if s/he's not sure where to do. They sometimes ignore their own and others' emotions as they get caught up in creating and solving. The Deliverer is intensely practical but equally inventive; this person likes puzzles and gets energy from turning an idea into reality – even if it means stepping on toes to get there.

See The Brain Brief Interpretations for more. www.6seconds.org/bbig

Asset: Health

Your EQ Brain Style helps you create physical and mental wellness.

Opportunity: Decision Making

If you want to make more optimal choices, try flexing and balancing your EQ Brain Style.

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For more on the Brain Brief and next steps, contact your provider at the email above, and visit www.6seconds.org/brain for free resources.