



Are you a Big-Picture Thinker?

Here are a few ways to think about what defines a “big-picture thinker.” You might resonate with some or all of them:

1. **You take in information “intuitively.”** The Myers-Briggs personality test assesses four different personality tendencies, one of which is how people like to take in information. The two choices are:

<i>Sensing (S)</i>	<i>Intuition (N)</i>
Paying more attention to information that comes in through your senses.	Paying more attention to impressions or meaning or patterns of information.

Big-picture thinkers lean toward N.

2. **You have a good dose of “right-brain thinking.”** Although the science is evolving about whether there is a distinct “left-brain” or “right-brain,” I think there’s agreement that our brains can function in different modes:

<i>“Left-brain” mode</i>	<i>“Right-brain” mode</i>
Linear, analytical “Piece-by-piece” mind	3-D spatial, visual, synthesizing “All-at-once” mind

Some of my clients are fairly equally balanced between left and right brain – they usually think of themselves as smart, and they feel as if they have access to both visual thinking and the ability to order things in a linear way. Other clients are further out on the right brain spectrum. These folks usually are fantastic visual thinkers, and I’ve noticed that many of them question whether they are smart, probably as a result of the orientation of traditional schools toward the linear and analytical.

3. **Systems Thinking.** A last way that “big-picture thinking” can show up is through identifying as a “systems-thinker” – someone who is thinking about and solving problems from the point of view of the whole system.

