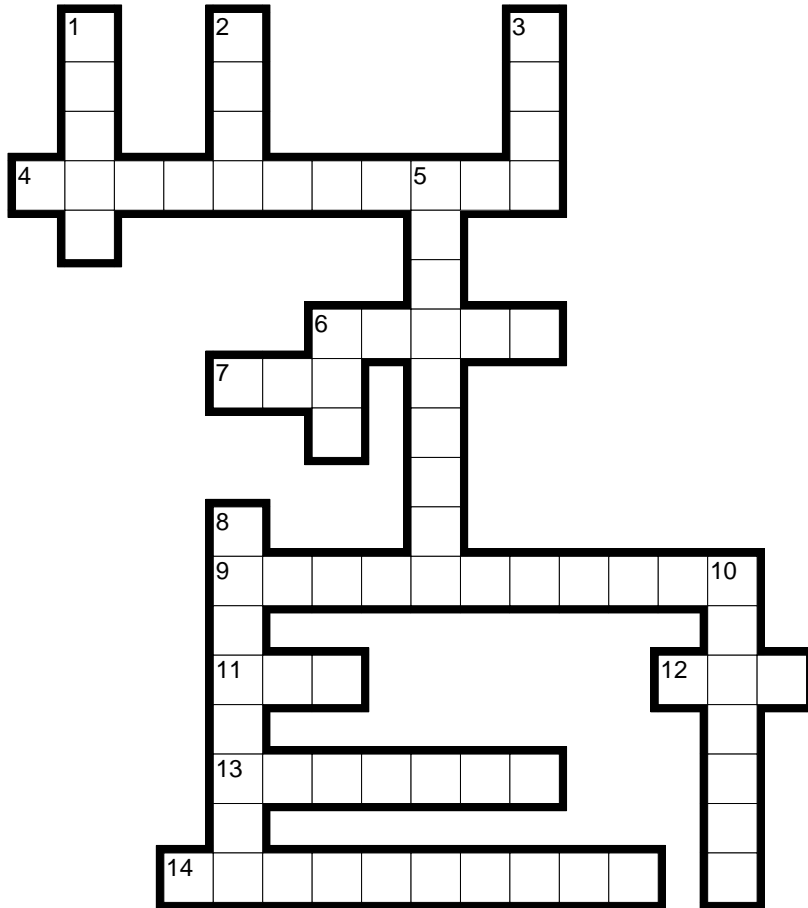


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## Introduction Chapter

### Across

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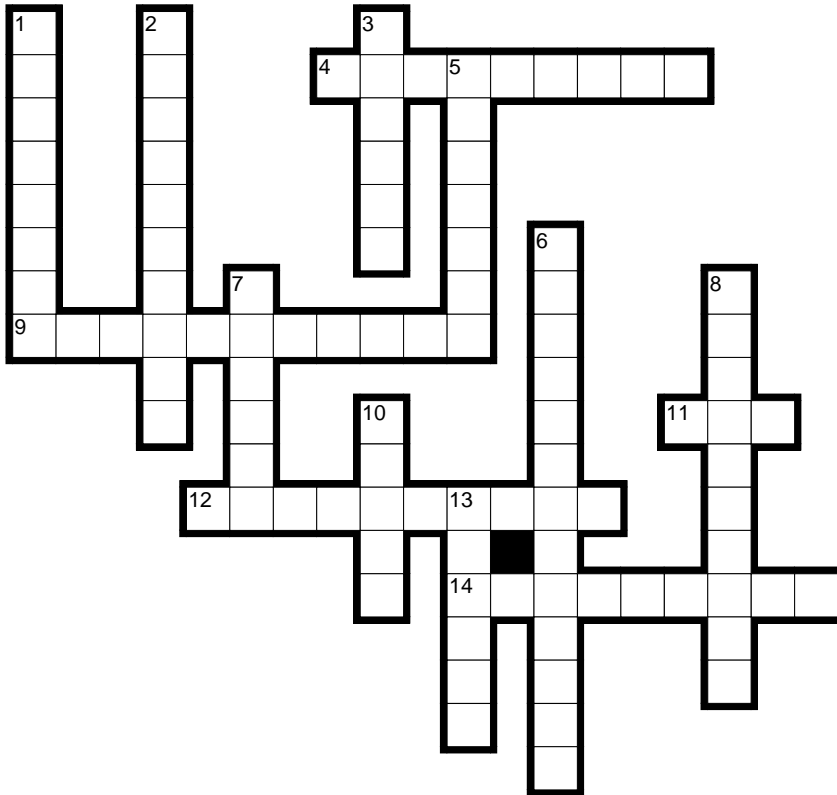
4. A "win-lose" obstruction
6. Popularized the concept of the subconscious
7. An insightful moment
9. Other word for subconscious
11. Yoda, "there is no \_\_\_\_"
12. "Sharpen the \_\_\_\_"
13. Primary directive of the mind
14. Low on water

### Down

---

1. Area on the edge of the comfort zone
2. A ship in the harbor is \_\_\_\_\_
3. A quick preview of the whole book
5. What you expect to get from this book
6. Result of alcohol during pregnancy
8. Entries with \_\_\_\_\_ references in index might be important
10. Ocular lock

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## Chapter 1

### Across

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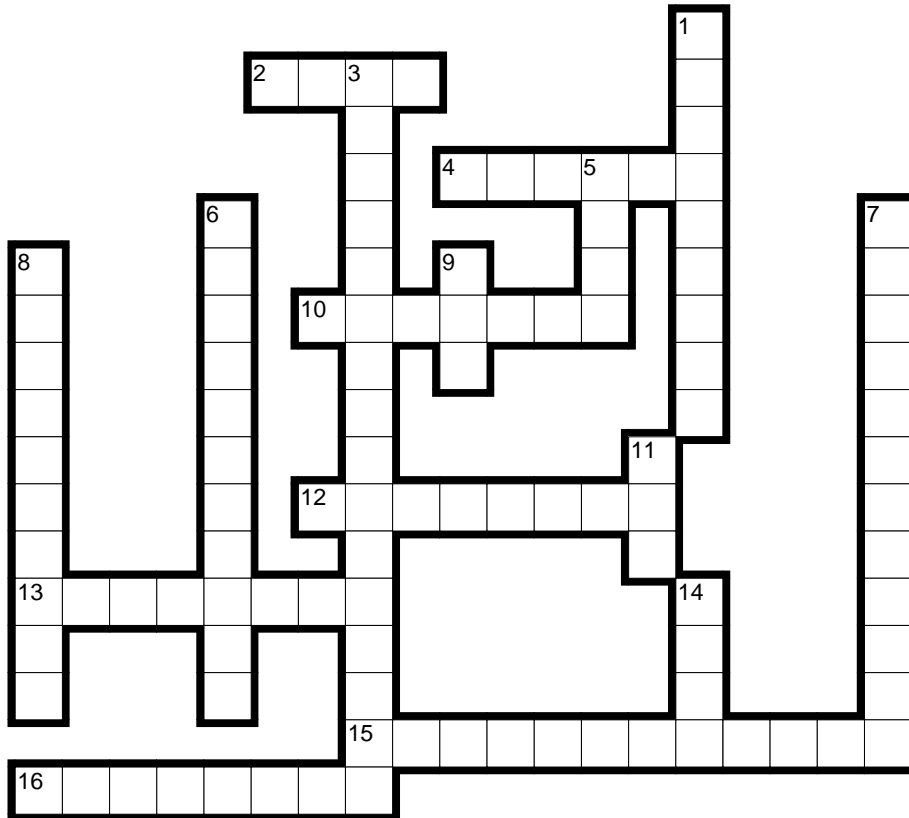
4. Einstein and da Vinci, were \_\_\_\_\_ thinkers
9. Picture \_\_\_\_\_ effect
11. Mind Maps use just \_\_\_\_ words
12. \_\_\_\_\_ bolsters memory
14. Einstein was a master at image-\_\_\_\_\_

### Down

---

1. Sub-topics and facts are like tree \_\_\_\_\_
2. They sell off roll-ends
3. Mind Maps have more information on a \_\_\_\_\_ page
5. As adulthood approaches, a child's active imagination begins to \_\_\_\_\_
6. Not judging or holding back is part of this
7. Memory is not \_\_\_\_\_
8. Imagery improved memory three times better than \_\_\_\_\_
10. Mind Maps were originally for taking \_\_\_\_\_
13. About 80% of the brain is involved in \_\_\_\_\_ processing

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## Chapter 2

### Across

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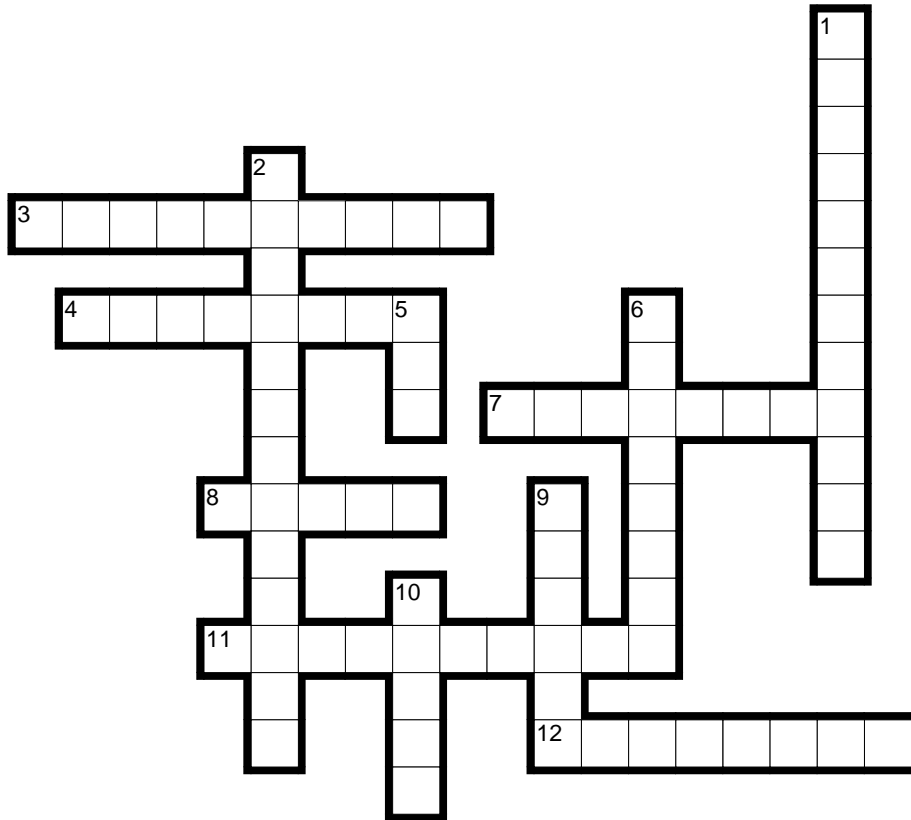
2. Measures brain blood flow
4. Emotional brain
10. Remembering items at end of list
12. \_\_\_\_\_ spiny protuberances
13. Muscle memory
15. 10,000 x faster than conscious
16. Smell bypasses \_\_\_\_\_

### Down

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1. Thinking brain
3. Low threat & high challenge
5. Brain is 2% of \_\_\_\_\_ weight
6. Everyday memory
7. Brain cells' ability to rebuild
8. Brain's ability to reorganize neural pathways
9. Least-invasive of imaging technology
11. Uses radioactive isotopes
14. Oscillates between 90 & 120 minutes

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## Chapter 3

### Across

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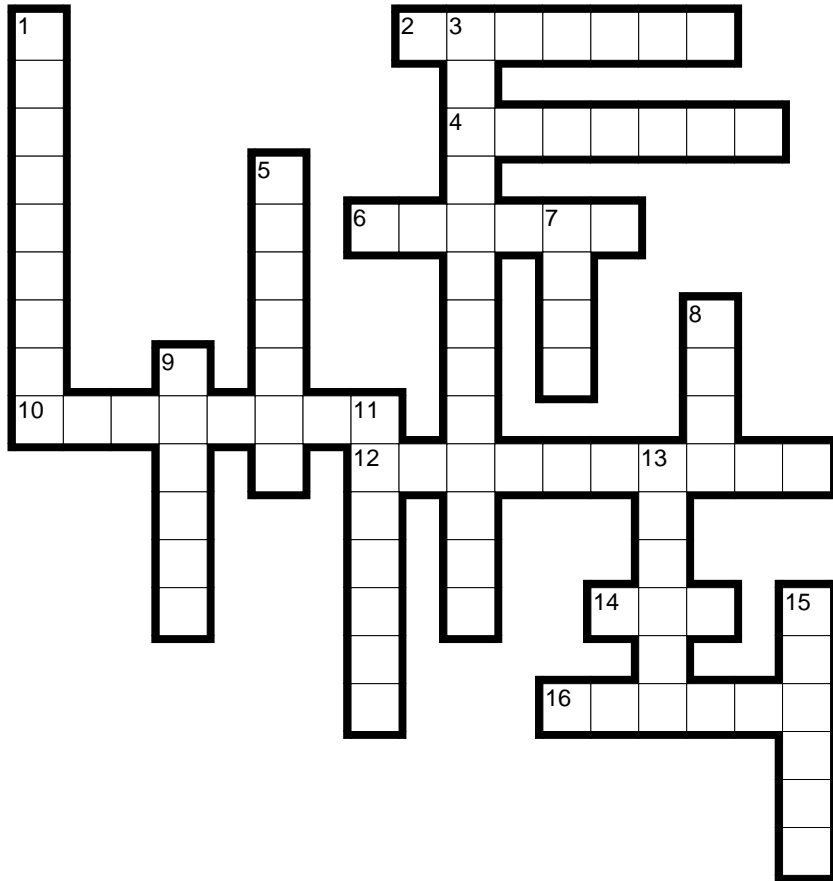
3. Last step in my goal-setting process
4. In goal-setting, assessment of your success must be \_\_\_\_\_
7. Newborns' brains are preprogrammed to perceive \_\_\_\_\_ and establish categories.
8. They provide direction, momentum, and motivation
11. Traditional learning promotes standardization and strict \_\_\_\_\_
12. Goals without an action plan

### Down

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1. Conventional approaches to teaching are considered to be "brain \_\_\_\_\_".
2. This primes the pump
5. Begin with the \_\_\_\_ in mind
6. 4th Link: Associate, \_\_\_\_\_, and Archive
9. What you do after a short break, then at 1 day, 2 days, 1 week, one month, and six months
10. In learning, memory processes create \_\_\_\_\_ to associated information.

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## Chapter 4

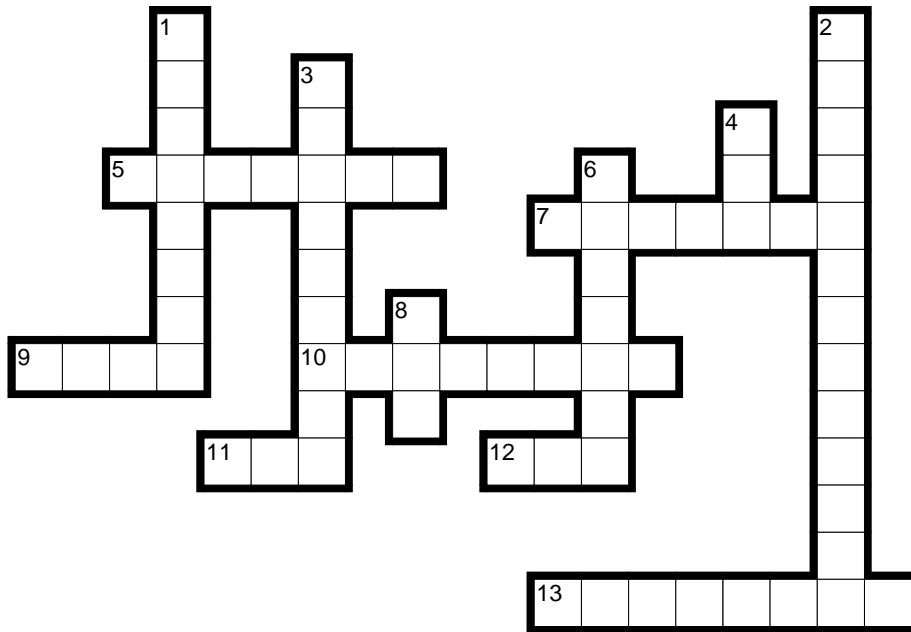
### Across

2. Developer of Multiple Intelligence Theory
4. Learning by doing (tactile, hands-on)
6. 60-90% of information transmitted between people is non-\_\_\_\_\_
10. Like literate. Being competent in problem-solving, probability, estimation, and statistics
12. Clever use of puns, rhymes, tongue twisters is \_\_\_\_\_ intelligence
14. Dustin Hoffman character in Rainman
16. Intelligence is not an \_\_\_\_\_ score

### Down

1. Social \_\_\_\_\_ is the ability to make fine distinctions in the intentions, motivations, moods, feelings, and thoughts of others
3. \_\_\_\_\_ is sticking up for yourself as well as considering the rights of others
5. Ability to reframe, reinterpret, re-evaluate, and consider alternative levels of significance is: \_\_\_\_\_ intelligence
7. Sometimes, Kinesthetic learners are misdiagnosed as this
8. Music is the counter-balance to all the \_\_\_\_\_ brain activities experienced in the modern world.
9. Exercise enhances \_\_\_\_\_ & improves reaction times
11. The body and mind are a completely integrated bio-\_\_\_\_\_ -chemical system
13. Single strong intelligence, without developing others is idiot \_\_\_\_\_
15. Also known as self-worth: self-\_\_\_\_\_

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## Chapter 5

### Across

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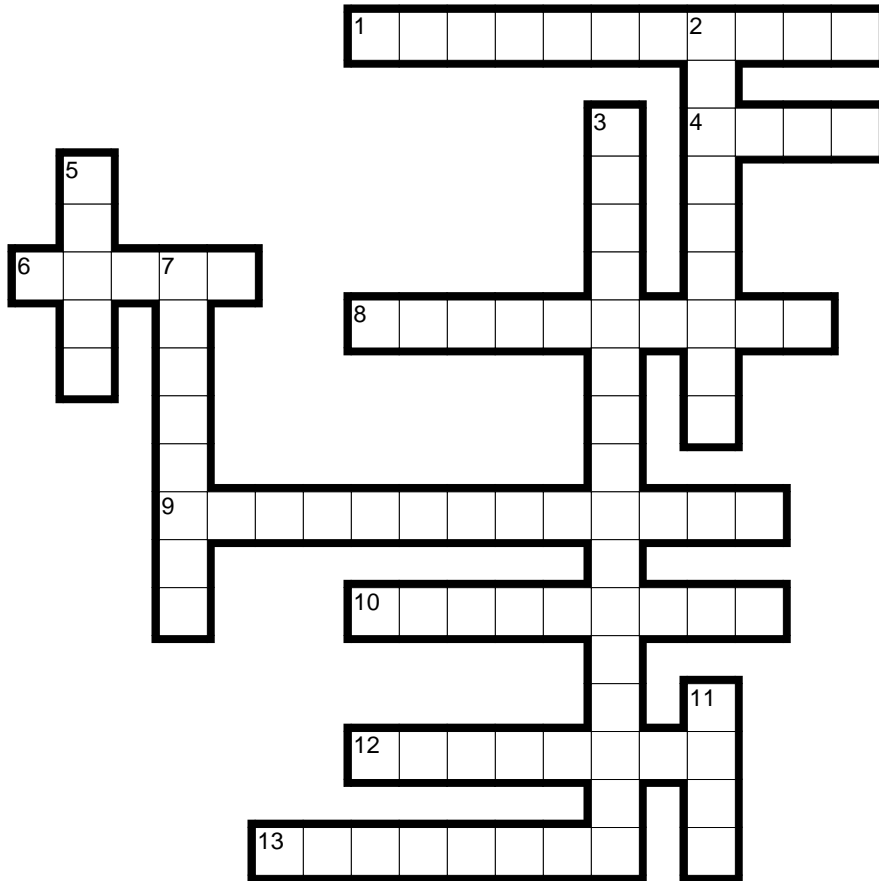
5. A condition of traumatized children
7. Learned helplessness is \_\_\_\_\_ - specific
9. IQ measures the \_\_\_\_-brain intelligences only
10. Emotions are primary and universal \_\_\_\_\_ tools
11. A common problem in the short days of winter
12. A form of psychological acupressure
13. Emotions receive neurological message\_\_\_\_\_

### Down

---

1. The right kind of emotion acts as a \_\_\_\_\_ to learning
2. Built-in human defense mechanisms
3. Neural pathways are developed and reinforced by the degree they are\_\_\_\_\_
4. Number of emotions a person can have at one time
6. Negative emotions can lay \_\_\_\_\_ for years
8. Beat-to-beat changes in heart rhythm patterns

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**Chapter 6**

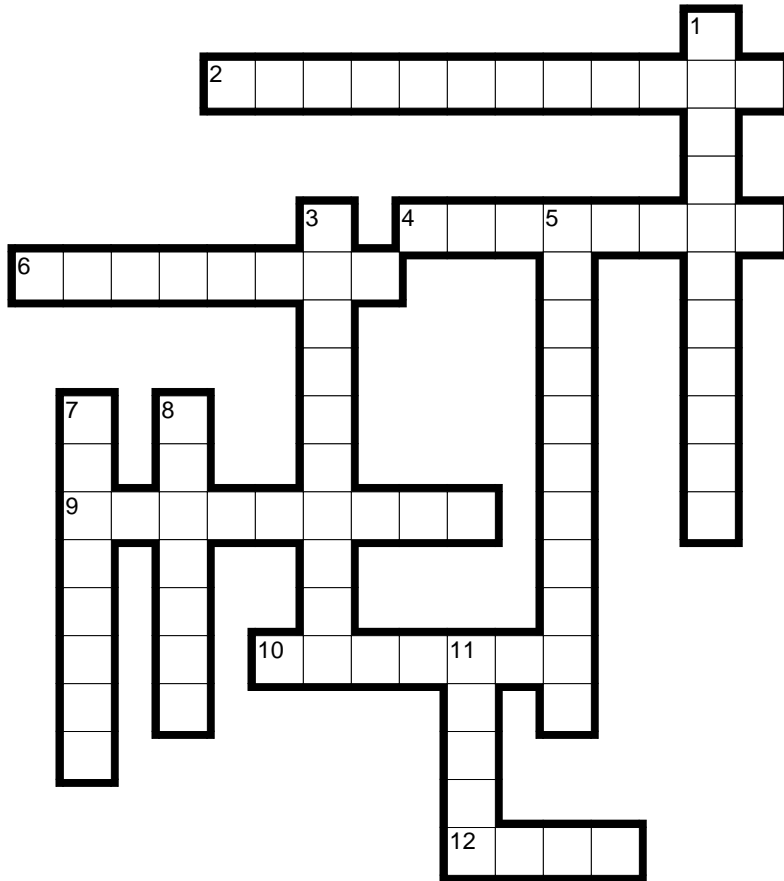
**Across**

1. The process for making decisions begins with making \_\_\_\_\_ of the problem
4. Usually, sometimes, or often, are frequently \_\_\_\_\_ statements
6. \_\_\_\_\_ Hat is the devil's advocate
8. The Green Hat focuses on \_\_\_\_\_
9. Six Thinking Hats fosters \_\_\_\_\_
10. There is a misconception that creative thinking and critical thinking are \_\_\_\_\_
12. Education systems teach people how to \_\_\_\_\_ information
13. By mentally wearing and switching "hats", a person changes the mode of \_\_\_\_\_

**Down**

2. The Red Hat signifies feelings, hunches, and \_\_\_\_\_
3. Narrowing-down activity
5. Always or never, indicate a \_\_\_\_\_ statement
7. \_\_\_\_\_ thinking is used to make rational decisions
11. Creativity is \_\_\_\_\_ predictable than critical thinking

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### Chapter 7

#### Across

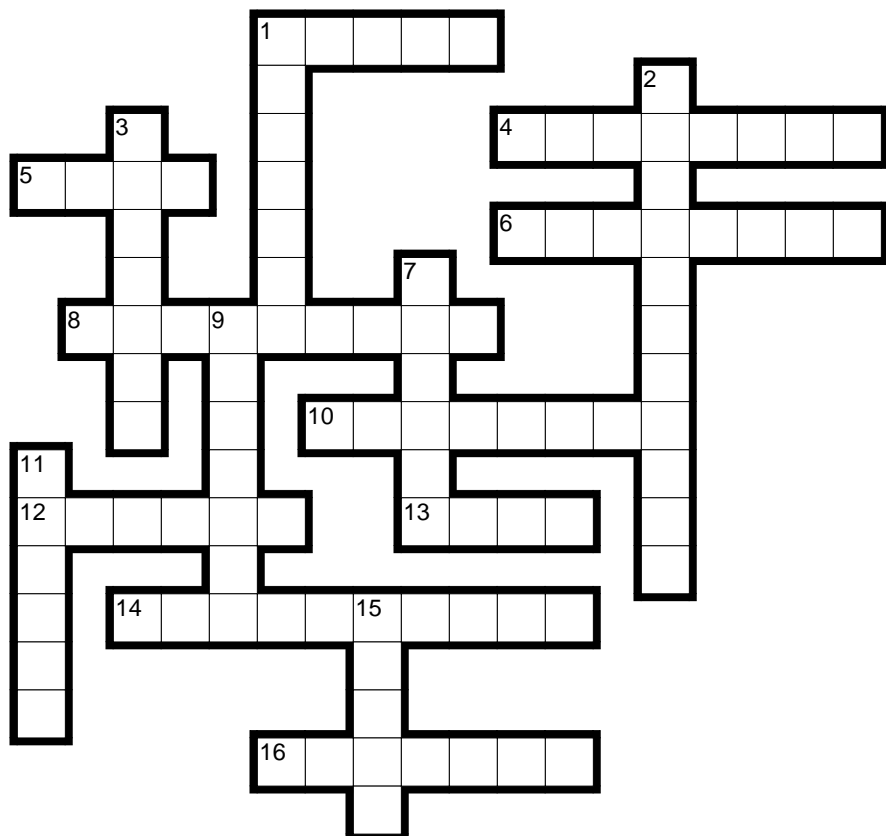
2. Focusing on the inner world
4. Who said "each person's map of the world is as unique as their thumbprint"
6. The Myers Briggs type indicator is based on the findings of this Swiss psychologist/anthropologist.
9. From general to specific
10. Conflict in styles between teachers and students \_\_\_\_\_ excellence in learning
12. This explores behavioral characteristics in four areas: dominance, influence, steadiness, and conscientiousness.

#### Down

1. Native personality type indicates in which environments we are most \_\_\_\_\_
3. Identification of a learner's traits is used as a general \_\_\_\_\_ of how that person takes in and integrates information
5. Discovering other people's personality types helps us to \_\_\_\_\_ with them
7. Presentations must appeal to visual, \_\_\_\_\_, and kinesthetic learners
8. MBTI - organized, orderly and decisive
11. Usually, individuals are a \_\_\_\_\_ of all categories



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## Chapter 8

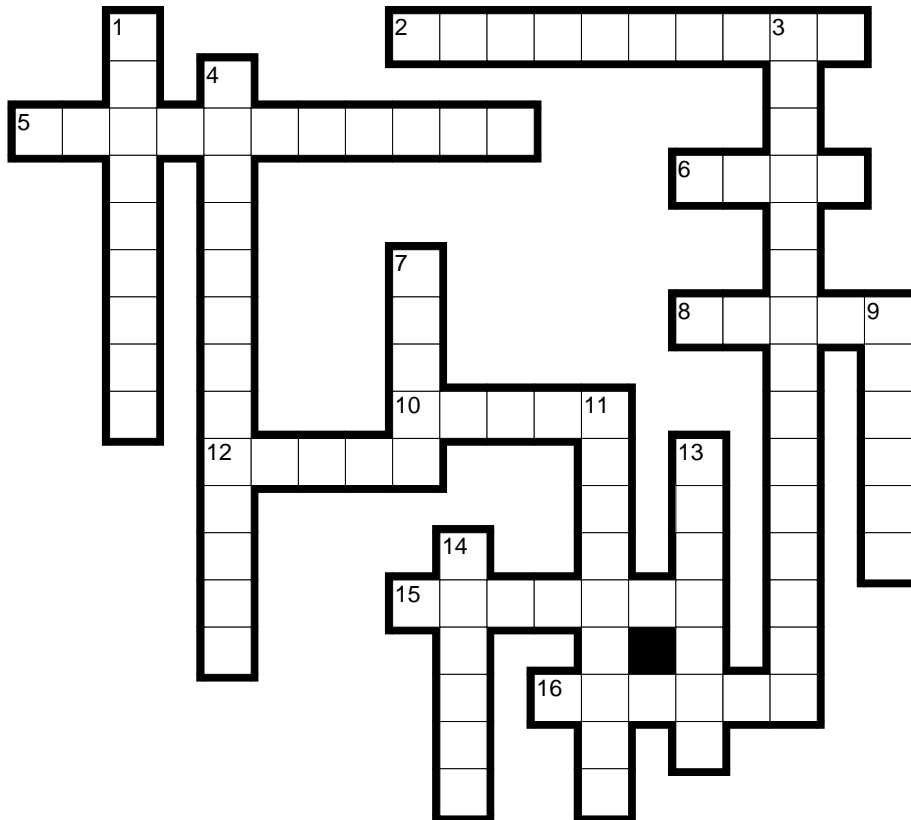
### Across

1. When people talk & their eyes move from side to side, it indicates that they are accessing different parts of their \_\_\_\_\_
4. While learning new information, or under stress, people tend to depend on their \_\_\_\_\_ side
5. 30 More Miles requires thumping around the \_\_\_\_\_
6. Kinesiology is simply the study of body \_\_\_\_\_
8. In homeostasis, most people tend to process information using \_\_\_\_\_ of their brain
10. \_\_\_\_\_ drives much of an infant's learning
12. The Tarzan Thump targets this gland.
13. Those who have a dominant right- brain and dominant \_\_\_\_\_ foot. Don't easily follow instructions
14. \_\_\_\_\_ system controls the sense of movement and balance
16. Areas of the brain related to muscle movement, are also essential in synchronizing \_\_\_\_\_

### Down

1. Three slow deep \_\_\_\_\_ will relax the body very quickly
2. The study of body language, physical exercise, anatomy, and physiology.
3. Nerve cells adapted specifically for transmission of electrical messages throughout the body
7. Movement integrates information from our minds and bodies into our \_\_\_\_\_ networks.
9. \_\_\_\_\_ activate the sensory and motor cortices of each brain hemisphere.
11. 80% of learning difficulties are related to blockages generated by \_\_\_\_\_
15. Thumping K-27 sends more \_\_\_\_\_ to the brain

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## Chapter 9

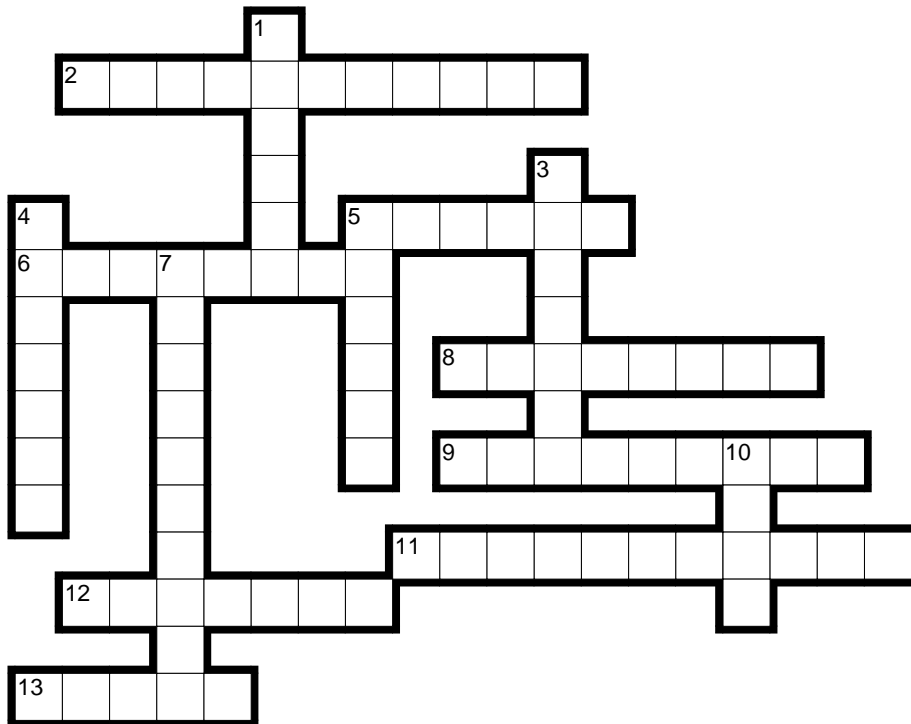
### Across

2. The principle says that the subconscious mind always moves in the direction in which the conscious mind points it
5. The subconscious mind wants to make sense of a story by discovering the deeper \_\_\_\_\_
6. The "wide-awake" state
8. The whole point of self-hypnosis is to take your \_\_\_\_\_ or affirmations down into the trance with you
10. The same tempo as that of the constant and rhythmic drone chanted by Tibetan monks
12. Highly suggestible, daydreaming state
15. Imagery when you imagine being in the activity
16. Whole-brain functioning is associated with increased creativity, insight, learning ability, problem solving ability, and \_\_\_\_\_

### Down

1. Trance can be induced through progressive relaxation, boredom, shock, misdirection, and \_\_\_\_\_
3. Normally block access to your subconscious mind
4. One of the greatest difficulties that students have
7. Infants operate at this very slow frequency
9. The most effective way to imagine is by recruiting all your \_\_\_\_\_
11. Principle that says the subconscious mind always follows what it is instructed to do
13. Hypnosis is meditation with a \_\_\_\_\_
14. Categories of brain waves that are slower than beta waves indicate levels of \_\_\_\_\_

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## Chapter 10

### Across

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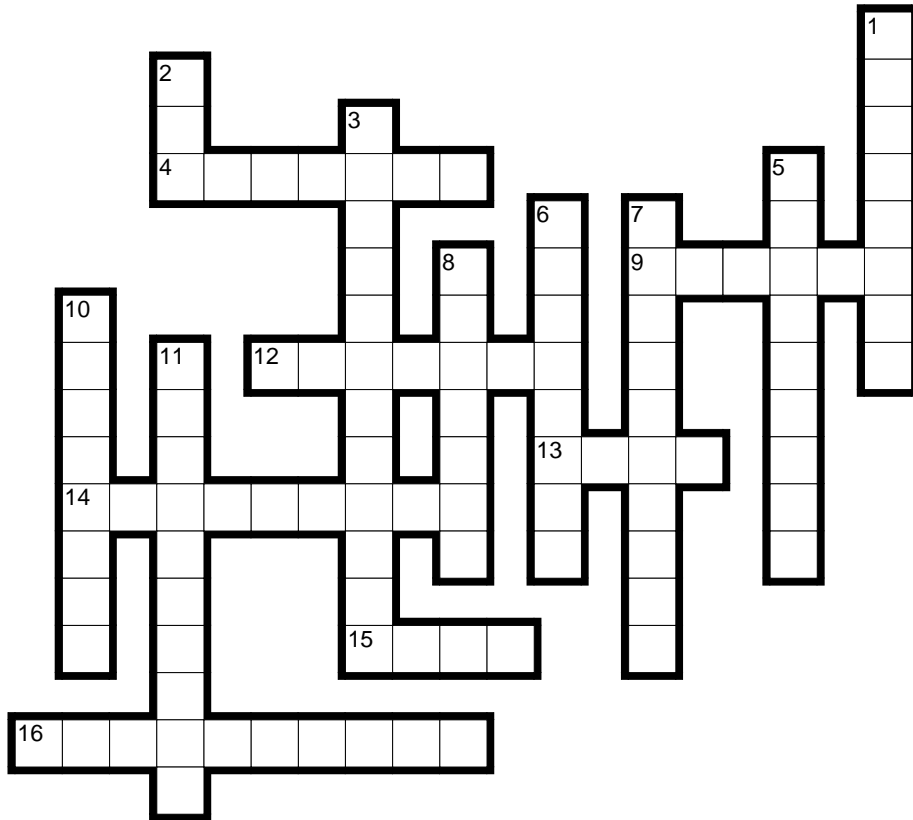
2. Person with the greatest \_\_\_\_\_ controls the state of affairs
5. \_\_\_\_\_ learners speak and read quickly
6. In communication, the \_\_\_\_\_ validates the message
8. Study showed that majority of \_\_\_\_\_ were kinesthetic learners
9. Very precise questioning
11. \_\_\_\_\_ learners stand close when talking to someone
12. \_\_\_\_\_ time people have a good sense of time
13. How someone fits into the society at large: model of the \_\_\_\_\_

### Down

---

1. Purposefully vague phrases: \_\_\_\_\_ Model
3. A bridge to the other person's world
4. Auditory learners may have difficulty with \_\_\_\_\_ directions
5. Matching of representational words is \_\_\_\_\_ pacing
7. The learning state used \_\_\_\_\_ vision
10. Explicit meaning \_\_\_\_\_ structure

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## Chapter 11

### Across

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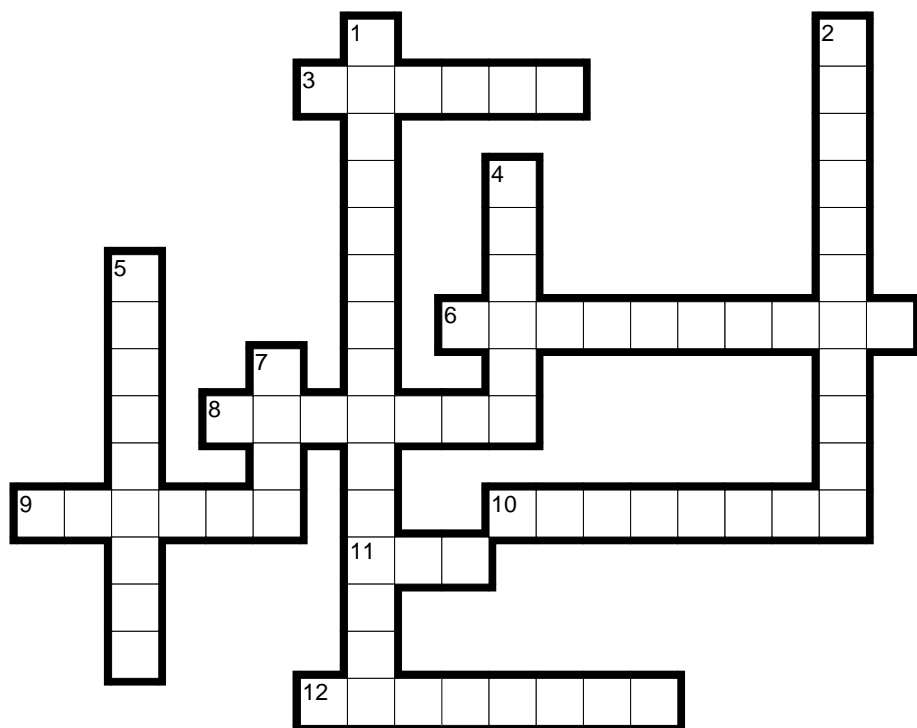
4. To initialize the PhotoReading process, state the \_\_\_\_\_
9. Postview re-stimulates the \_\_\_\_\_ connections
12. One of the last steps is to create a \_\_\_\_\_ map
13. \_\_\_\_\_ selection theory: data are received and encoded by the nonconscious mind first
14. The key is to believe in the power of \_\_\_\_\_ abilities
15. PhotoFocus state displays a \_\_\_\_\_ gaze.
16. Follows post-viewing is \_\_\_\_\_ of at least twenty minutes

### Down

---

1. Other name for PhotoRead step
2. PhotoReading incorporates features from \_\_\_\_
3. PhotoReading is a \_\_\_\_\_ activity
5. To master PhotoReading let go of old \_\_\_\_\_
6. The ideal State is physically-relaxed, \_\_\_\_\_-alert
7. "Skittering" is an effective alternative for those who are \_\_\_\_\_
8. Examining the titles and subtitles and book cover, and table of contents
10. Rapid Read speeds are highly \_\_\_\_\_ .
11. A soft gaze

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## Chapter 12

### Across

3. Practice sessions can be recorded for later playback. The music acts as an \_\_\_\_\_ of the words and phrases.
6. Word changes
8. Bach, Handel, Pachelbel, and Vivaldi are composers from the \_\_\_\_\_ period
9. During the \_\_\_\_\_ concert, the teacher reads the subject text in an animated fashion with lots of dramatic gestures.
10. Dr. Lozanov said that as we age, we acquire self-\_\_\_\_\_ beliefs about learning
11. Suggestopedia was partially based on elements soviet psychological research on \_\_\_\_\_
12. Pre-verbally, infants express their needs through \_\_\_\_\_

### Down

1. Human brain's genetically-determined adaptation for language
2. A growing form of parent/infant communications
4. Young children achieve comprehension \_\_\_\_\_ they speak
5. The meaning of words
7. The original Suggestopedic program began with each student changing his/her \_\_\_\_\_