
MULTIPLE INTELLIGENCES INVENTORY

Place a check in all boxes that best describe you.

LINGUISTIC

- I really enjoy books
- I hear words in my head before I write, read or speak them
- I remember more when I listen to the radio or an audiocassette than from television or films
- I enjoy word games such as crossword puzzles, Scrabble, anagrams, or Password
- I like puns, tongue twisters, nonsense rhymes, and double meanings
- English, Social Studies, and History were easier subjects for me than Science and Math
- When I'm driving I like to read the billboards and signs, and notice them more than the scenery along the road.
- I often refer to things I have read or heard in conversations
- People often ask me the meaning of words
- I have written something recently that I was proud of, or that was published or recognized

_____ Total Linguistic boxes checked

LOGICAL

- I can quickly and easily compute numbers in my head (example: double or triple a cooking recipe or carpentry measurement without having to write it on paper)
- I enjoy Math and Science in school
- I like solving brainteasers, logical games and other strategy games such as chess/checkers
- I like to set up "what if" experiments (example: "What if I fertilized my plants twice as often?")
- I look for structure, patterns, sequences, or logical order
- I wonder about how some things work and keep up-to-date on new scientific developments and discoveries
- I believe that there is a rational explanation for almost everything
- I can think in abstract, clear, imageless concepts
- I can find logical flows in things people say and do at work or home
- I feel more comfortable when things have been quantified, measured, categorized, or analyzed in some way.

_____ Total Logical boxes checked

SPATIAL

- _____ When I close my eyes, I can see clear visual images
- _____ I'm responsive to color
- _____ I often use a camcorder or camera to record my surroundings
- _____ I enjoy visual puzzles such as mazes, jigsaw puzzles, 3-D images
- _____ I have vivid dreams at night
- _____ I navigate well in unfamiliar places
- _____ I often draw or doodle
- _____ Geometry was easier than Algebra
- _____ I can imagine what something would look like from a bird's eye view
- _____ I prefer reading books, newspaper, magazines, etc. that have many illustrations

_____ Total Spatial boxes checked

BODILY-KINESTHETIC

- _____ I take Part in at least on sport or physical activity regularly
- _____ I find it difficult to sit still for long periods of time
- _____ I like working with my hands (for example, sewing weaving, carving, carpentry, model-building)
- _____ I frequently get insights or ideas when I am involved in physical activities, such as walking, swimming, or jogging
- _____ I enjoy spending my free time outside
- _____ I tend to use gestures and other body language when engaged in conversations
- _____ I need to touch or hold objects to learn more about them
- _____ I enjoy dare-devil activities such as parachuting, bung jumping, and thrilling amusement rides
- _____ I am well-coordinated
- _____ To learn new skills, I need to practice them rather than simply read about them or watch them being performed

_____ Total Bodily-Kinesthetic boxes checked

MUSICAL

- _____ I have a nice singing voice
- _____ I know when musical notes are off-key
- _____ I often listen to musical selections on radio, records, tapes, CDs, etc.
- _____ I play an instrument
- _____ My life would be less dynamic without music
- _____ I often have a tune running through my mind during the day
- _____ I can keep time to a piece of music
- _____ I know the melodies of many songs or musical pieces
- _____ If I hear musical piece once or twice, I can easily repeat it
- _____ I often tap, whistle, hum or sing when engaged in a task

_____ Total Musical boxes checked

INTERPERSONAL

- People often come to me to seek advice or counsel
- I prefer team and group sports to individual sports
- When I have problems, I prefer to seek help from other people rather than work it out alone
- I have at least three close friends
- I enjoy social pastimes like board games and charades more than individual ones such as video games and solitaire
- I like the challenge of teaching other people what I know how to do
- I have been called a leader and consider myself one
- I am comfortable in a crowd of people
- I am involved in local school, neighborhood, church and community activities
- I would rather spend a Saturday night at a party than spend it at home alone

_____ Total Interpersonal boxes checked

INTRAPERSONAL

- I regularly spend time reflecting, meditating or thinking about important life questions
- I have attended classes, seminars and workshops to gain insight about myself and experience personal growth
- My opinions and views distinguish me from others
- I have a hobby, pastime or special activity that I do alone
- I have specific goals in life that I think about regularly
- I have a realistic view of my own strengths and weaknesses backed up by accurate feedback from others
- I would rather spend a weekend in a cabin or hide-away than at a large resort with lots of people
- I am independent-minded and strong-willed
- I keep a journal or diary to record the events of my inner life
- I am self-employed or have seriously considered starting my own business

_____ Total Intrapersonal boxes checked

MULTIPLE INTELLIGENCES PALETTE

The array of competencies found in each area of intelligence. Place your totals for each on the line provided.

Verbal/Linguistic _____

Reading
Vocabulary
Formal Speech
Journal/Diary Keeping
Creative Writing
Poetry
Verbal Debate
Impromptu Speaking
Storytelling

Bodily/Kinesthetic _____

Folk/Creative Dance
Role Playing
Physical Gestures
Dramaˆ Martial Arts
Body Language
Physical Exercise
Mimeˆ Inventing
Sports Games

Musical/Rhythmic _____

Rhythmic Patterns
Vocal Sounds/Tones
Music Composition/creation
Percussion Vibrations
Hummingˆ Environmental Sounds
Instrumental Sounds
Singing
Tonal Patterns
Music Performance

Logical/Mathematical _____

Abstract Symbols/Formulas
Outlining Graphic Organizers
Number Sequences
Calculation
Deciphering Codes
Forcing Relationships
Syllogisms
Problem Solving
Pattern Games

Visual/Spatial _____

Guided Imagery
Active Imagination
Color Schemes
Patterns/Designs
Painting
Drawing
Mind-Mapping
Pretending
Sculpture
Pictures

Interpersonal _____

Giving Feedback
Intuiting Others Feelings
Cooperative Learning Strategies
Person-to-Person Communication
Empathy Practices
Division of Labor
Collaborative Skills
Receiving Feedback
Sensing Others Motives
Group Projects

Intrapersonal _____

Silent Reflection Methods
Metacognition Techniques
Thinking Strategies
Emotional Processing
"Know Thyself" Procedures
Mindfulness Practices
Focusing/Concentration Skills
Higher-Order Reasoning
"Centering" Practices
Complex Guided Imagery and "Centering" Practice