

---

## 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 one 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  
Meta-cognition Techniques  
Thinking Strategies  
Emotional Processing  
"Know Thyself" Procedures  
Mindfulness Practices  
Focusing/Concentration Skills  
Higher-Order Reasoning  
"Centering" Practices  
Complex Guided Imagery and "Centering" Practice