



## ACTIVITY

### Describing Your Multiple Intelligences

Below are some definitions and examples of the different intelligences. As you read each section, think positively about your intelligence in this area. Highlight or place a checkmark in front of each item that is true for you.

#### Musical

Musical intelligence involves hearing and remembering musical patterns and manipulating patterns in music. Some occupations connected with this intelligence include musician, performer, composer, and music critic. Place a checkmark next to each skill that you possess in this area.

- I enjoy singing, humming, or whistling.
- One of my interests is playing recorded music.
- I have collections of recorded music.
- I play or used to play a musical instrument.
- I can play the drums or tap out rhythms.
- I appreciate music.
- Music affects how I feel.
- I enjoy having music on while working or studying.
- I can clap my hands and keep time to music.
- I can tell when a musical note is off key.
- I remember melodies and the words to songs.
- I have participated in a band, chorus, or other musical group.

Look at the items you have checked above and summarize your musical intelligence.

*I Enjoy music But does not Play or  
Spend much money on music.*

#### Interpersonal

Interpersonal intelligence is defined as understanding people. Occupations connected with this intelligence involve working with people and helping them, as in education or health care. Place a checkmark next to each skill that you possess in this area.

- I enjoy being around people.
- I am sensitive to other people's feelings.
- I am a good listener.
- I understand how others feel.
- I have many friends.

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- I enjoy parties and social gatherings.
- I enjoy participating in groups.
- I can get people to cooperate and work together.
- I am involved in clubs or community activities.
- People come to me for advice.
- I am a peacemaker.
- I enjoy helping others.

Look at the items you have checked above and summarize your interpersonal intelligence.

I Enjoy People But I do not have  
The time to be in clubs or social gathering  
like I use to do. Church is my main social  
gathering place and it is not to be a social thing  
But a worship thing.

#### Logical-Mathematical

Logical-mathematical intelligence involves understanding abstract principles and manipulating numbers, quantities, and operations. Some examples of occupations associated with logical-mathematical intelligence are mathematician, tax accountant, scientist, and computer programmer. Place a checkmark next to each skill that you possess. Keep an open mind. People usually either love or hate this area.

- I can do arithmetic problems quickly.
- I enjoy math.
- I enjoy doing puzzles.
- I enjoy working with computers.
- I am interested in computer programming.
- I enjoy science classes.
- I enjoy doing the experiments in lab science courses.
- I can look at information and outline it easily.
- I understand charts and diagrams.
- I enjoy playing chess or checkers.
- I use logic to solve problems.
- I can organize things and keep them in order.

Look at the items you have checked above and summarize your logical-mathematical intelligence.

I Enjoy doing all but I do know that  
math & science have changed and do not  
know if I will understand. I love learning  
about computer but I have not been raised  
up with a computer in my hand.

### Spatial

Spatial intelligence involves the ability to manipulate objects in space. For example, a baseball player uses spatial intelligence to hit a ball. Occupations associated with spatial intelligence include pilot, painter, sculptor, architect, inventor, and surgeon. This intelligence is often used in athletics, the arts, or the sciences. Place a checkmark next to each skill that you possess in this area.

- I can appreciate a good photograph or piece of art.
- I think in pictures and images.
- I can use visualization to remember.
- I can easily read maps, charts, and diagrams.
- I participate in artistic activities (art, drawing, painting, photography).
- I know which way is north, south, east, and west.
- I can put things together.
- I enjoy jigsaw puzzles or mazes.
- I enjoy seeing movies, slides, or photographs.
- I can appreciate good design.
- I enjoy using telescopes, microscopes, or binoculars.
- I understand color, line, shape, and form.

Look at the items you have checked above and summarize your spatial intelligence.

*I Enjoy ART But I usually do not think in pictures and images unless I AM designing something for customers for their home. I was taught how to hunt in the woods and find my way back and I can take something apart and put back together. Cars homes ect...*

### Bodily-Kinesthetic

Bodily-kinesthetic intelligence is defined as being able to use your body to solve problems. People with bodily-kinesthetic intelligence make or invent objects or perform. They learn by doing, touching, and handling. Occupations connected to this type of intelligence include athlete, performer (dancer, actor), craftsperson, sculptor, mechanic, and surgeon. Place a checkmark next to each skill that you possess in this area.

- I am good at using my hands.
- I have good coordination and balance.
- I learn best by moving around and touching things.
- I participate in physical activities or sports.
- I learn new sports easily.
- I enjoy watching sports events.
- I am skilled in a craft such as woodworking, sewing, art, or fixing machines.
- I have good manual dexterity.
- I find it difficult to sit still for a long time.
- I prefer to be up and moving.
- I am good at dancing and remember dance steps easily.
- It was easy for me to learn to ride a bike or skateboard.

(Continued)



Look at the items you checked above and describe your bodily-kinesthetic intelligence.

I AM good with my hands and skilled  
to build things but never played much  
sport

### Linguistic

People with linguistic intelligence are good with language and words. They have good reading, writing, and speaking skills. Linguistic intelligence is an asset in any occupation. Specific related careers include writing, education, and politics. Place a checkmark next to each skill that you possess in this area.

- I am a good writer.
- I am a good reader.
- I enjoy word games and crossword puzzles.
- I can tell jokes and stories.
- I am good at explaining.
- I can remember names, places, facts, and trivia.
- I'm generally good at spelling.
- I have a good vocabulary.
- I read for fun and relaxation.
- I am good at memorizing.
- I enjoy group discussions.
- I have a journal or diary.

Look at the items you have checked above and summarize your linguistic intelligence.

I AM not good at this ~~at all~~ AT ALL.

### Intrapersonal

Intrapersonal intelligence is the ability to understand yourself and how to best use your natural talents and abilities. Examples of careers associated with this intelligence include novelist, psychologist, or being self-employed. Place a checkmark next to each skill that you possess in this area.

- I understand and accept my strengths and weaknesses.
- I am very independent.
- I am self-motivated.
- I have definite opinions on controversial issues.
- I enjoy quiet time alone to pursue a hobby or work on a project.
- I am self-confident.
- I can work independently.

- I can help others with self-understanding.
- I appreciate quiet time for concentration.
- I am aware of my own feelings and sensitive to others.
- I am self-directed.
- I enjoy reflecting on ideas and concepts.

Look at the items you have checked above and summarize your intrapersonal intelligence.

I Am Independent But I love sharing  
 life ~~and~~ with family but also love having  
 someone working with me but not one telling  
 me how to do my job, will listen to see if  
 it is better way.

**Naturalist**

The naturalist is able to recognize, classify, and analyze plants, animals, and cultural artifacts. Occupations associated with this intelligence include botanist, horticulturist, biologist, archeologist, and environmental occupations. Place a checkmark next to each skill you possess in this area.

- I know the names of minerals, plants, trees, and animals.
- I think it is important to preserve our natural environment.
- I enjoy taking classes in the natural sciences such as biology.
- I enjoy the outdoors.
- I take care of flowers, plants, trees, or animals.
- I am interested in archeology or geology.
- I would enjoy a career involved in protecting the environment.
- I have or used to have a collection of rocks, shells, or insects.
- I belong to organizations interested in protecting the environment.
- I think it is important to protect endangered species.
- I enjoy camping or hiking.
- I appreciate natural beauty.

Look at the items you have checked above and describe your naturalist intelligence.

I may not know all names but do know  
 alot. I love the outdoors and nature. I think  
 most of these organizations are only there for the money.

**Existential**

Existential intelligence is the capacity to ask profound questions about the meaning of life and death. This intelligence is the cornerstone of art, religion, and philosophy. Related occupations include minister, philosopher, psychologist, and artist. Place a checkmark next to each skill that you possess in this area.

- I often think about the meaning and purpose of life.
- I have strong personal beliefs and convictions.

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- I enjoy thinking about abstract theories.
- I have considered being a philosopher, scientist, theologian, or artist.
- I often read books that are philosophical or imaginative.
- I enjoy reading science fiction.
- I like to work independently.
- I like to search for meaning in my studies.
- I wonder if there are other intelligent life forms in the universe.

Look at the items you have checked above and describe your existential intelligence.

*I Enjoy Thinking About what HEAVEN IS going To Be Like*

### Journal Entry III

Look at the items you have checked above. What are your highest intelligences? How do your results compare with your results from the AchieveWORKS Intelligences assessment?

### Build on Your Strengths

Consider your personal strengths when deciding on a career. People in each of the multiple intelligence areas have different strengths:

- Musical strengths include listening to music, singing, playing a musical instrument, keeping a beat, and recognizing musical patterns. People with this intelligence are "musical smart."
- Interpersonal strengths include communication skills, social skills, helping others, understanding other's feelings, and the ability to resolve conflicts. People with this intelligence are "people smart."
- Logical-mathematical strengths include math aptitude, interest in science, problem-solving skills, and logical thinking. People with this intelligence are "number/reasoning smart."
- Spatial strengths include visualization, understanding puzzles, navigation, visual arts, reading, and writing. People with this intelligence are "picture smart."
- Bodily-kinesthetic strengths include hand and eye coordination, athletics, dance, drama, cooking, sculpting, and learning by doing. People with this intelligence are "body smart."
- Linguistic strengths include good reading, writing, vocabulary, and spelling skills; good communication skills; being a good listener; having a good memory; and learning new languages easily. People with this intelligence are "word smart."

