

What Smart Are You?

Take a few moments to check those statements that apply to each intelligence category. Take your time, and don't worry--Your individual answers will not be recorded. If you change your mind on any answer, just cross off that check.

Linguistic Intelligence (Word Smart)

- Books are very important to me.
- I can hear words in my head before I read, speak or write them down.
- I get more out of listening to the radio or spoken word cassette than I do from television or films.
- I show an aptitude for word games like scrabble, Anagrams, or Password.
- I enjoy entertaining myself or others with tongue twisters, nonsense rhymes, or puns.
- Others sometimes have to stop and ask me to explain the meaning of the words I use writing and speaking.
- English, social studies, and history were easier for me in school than math or science.
- When I drive down a freeway, I pay more attention to the words written on billboards than to the scenery.
- My conversation includes frequent references to things that I've read or heard.
- I've written something recently that I was particularly proud of or that earned me recognition from others.

Logical - Mathematical Intelligence (Logic Smart)

- I can easily compute numbers in my head.
- Math and/or science were among my favorite subjects in school.
- I enjoy playing games or solving brainteasers that require logical thinking.
- I like to set up little "what if" experiments (for example: "what if I double the amount of water I give my rosebush each week?")
- My mind searches for patterns, regularities, or logical sequences in things.
- I'm interested in new developments in science.
- I believe that almost everything has a rational explanation.
- I sometimes think in clear, abstract, wordless, imageless concepts.
- I like finding logical flaws in things that people say and do at home and work.
- I feel more comfortable when something has been measured, categorized, analyzed, or quantified in some way.

Spatial Intelligences (Picture Smart)

- I often see in clear visual images when I close my eyes.
- I'm sensitive to color.
- I frequently use a cameras or camcorder to record what I see around me.
- I enjoy doing jigsaw puzzles, mazes, and other visual puzzles.
- I have vivid dreams at night.
- I can generally find my way around unfamiliar territory.
- I like to draw or doodle.
- Geometry was easier for me than algebra in school.
- I can comfortably imagine how something might appear if it were looked down upon from directly above in a bird's eye view.
- I prefer looking at reading material that is heavily illustrated.

Bodily-Kinesthetic Intelligence (Body Smart)

- I engage in at least one sport or physical activity on a regular basis.
- I find it difficult to sit for long periods of time.
- I like working with my hands at concrete activities such as sewing, weaving, carving, carpentry or model building.
- My best ideas often come to me when I'm out for a long walk or jog, or when I'm engaged in some other kind of physical activity.
- I often like to spend my free time outdoors.
- I frequently use hand gestures or other forms of body language when conversing with someone.
- I need to touch things in order to learn more about them.
- I enjoy daredevil amusement rides or similar thrilling physical experiences.
- I would describe myself as well coordinated.
- I need to practice a new skill rather than simply reading about it or seeing a video that describes it.

Musical Intelligence (Music Smart)

- I have a pleasant singing voice.
- I can tell when a musical note is off-key.
- I frequently listen to music on the radio, records, cassettes, or compact discs.
- I play a musical instrument.
- My life would be poorer if it had no music in it.
- I sometimes catch myself walking down a street with a television jingle or other tune running through my mind.
- If I hear a musical selection once or twice, I am usually able to sing it back fairly accurately.
- I can easily keep time to a piece of music with a simple percussion instrument.
- I often make tapping sounds or sing little melodies while working, studying or learning something new.
- I know the tunes to many different songs or musical pieces.

Interpersonal Intelligences (People Smart)

- I'm the sort of person that people come to for advice and counsel at work or in my neighborhood.
- I prefer group sports like badminton, volleyball, or softball to solo sports such as swimming and jogging.
- When I have a problem, I'm more likely to seek out another person for help than attempt to work it out on my own.
- I have at least three close friends.
- I favor social pastimes such as Monopoly or bridge over individual recreations, such as video games and solitaire.
- I enjoy the challenge of teaching another person, or groups of people, what I know how to do.
- I consider myself a leader (others have called me that).
- I feel comfortable in the midst of a crowd.
- I like to get involved in social activities connected with my work, church or community.
- I would rather spend my evenings at a lively social gathering than stay at home alone.

Intrapersonal Intelligences (Self Smart)

- I regularly spend time alone meditating, reflecting, or thinking about important life questions.
- I have attended counseling sessions or personal growth seminars to learn more about myself.
- I have an opinion that sets me apart from the crowd.
- I have a special hobby or interest that I keep pretty much to myself.
- I have some important goals for my life that I think about on a regular basis.
- I have a realistic view of my strengths and weaknesses (borne out of feedback from other sources).
- I would prefer to spend a week-end alone in a cabin in the woods rather than a fancy resort with lots of people around.
- I consider myself strong willed or independent minded.
- I keep a personal diary or journal to record events in my inner life.
- I am self employed or have at least thought seriously about starting a business.

Visual Spatial
Bodily- Kinesthetic
Musical -rhythmic
Interpersonal