

M. Puranen - Lifeworks 20S

Name: _____

Date _____

Multiple Intelligences Inventory Checklist

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Using the scale below, give each statement a number that best represents your response.

1—Not at all like me 2—A little like me 3—Somewhat like me 4—A lot like me 5—Definitely me

Add the total for each category and then identify your top five intelligences.

Verbal/Linguistic	
1. I like puns and other wordplay.	
2. I feel comfortable and get positive reinforcement when dealing with language and words.	
3. I enjoy completing crosswords and other word games.	
4. I remember things exactly as they are said to me.	
5. I like to take part in debates and/or discussions.	
6. I prefer writing long- and short-answer responses rather than multiple choice responses.	
7. I enjoy keeping a written journal, and/or writing stories and articles.	
8. I like to read a lot.	
My Verbal/Linguistic Total	
Logical/Mathematical	
1. I work best in an organized work area.	
2. I enjoy math and/or science.	
3. I keep a "things to do" list.	
4. I enjoy playing brainteasers and games that involve logical thinking.	
5. I like to ask "why" questions and seek clarification of issues and concerns.	
6. I work best when I have a day planner or timetable.	
7. I quickly grasp cause-and-effect relationships.	
8. I am good at estimating.	
My Logical/Mathematical Total	
Visual/Spatial	
1. I understand colour combinations and what colours work well together.	
2. I enjoy solving jigsaw, maze, and/or other visual puzzles.	
3. I read charts and maps easily.	
4. I have a good sense of direction.	
5. I like to watch the scenes and activities in movies.	
6. I have vivid dreams when sleeping.	
7. I can anticipate the moves and consequences in a game plan (i.e., hockey sense, chess sense).	
8. I remember things best by seeing them.	
My Visual/Spatial Total	

Multiple Intelligences Inventory Checklist (2)

Interpersonal	
1. I work best through interaction with people.	
2. I enjoy team sports rather than individual sports.	
3. Being around people energizes me.	
4. I prefer group activities rather than ones I do alone.	
5. I enjoy learning about different cultures.	
6. I usually talk over my personal problems with a friend.	
7. I enjoy sharing my ideas and feelings with others.	
8. I work best in cooperative groups where I can discuss issues with others.	
My Interpersonal Total	
Intrapersonal	
1. I am a private person, and I like my private inner world.	
2. I have a few close friends.	
3. I have strong opinions about controversial issues.	
4. I work best when activity is self-paced.	
5. I am not easily influenced by other people.	
6. I have a good understanding of my feelings and how I will react to situations.	
7. I often raise questions concerning values and beliefs.	
8. I understand that I am responsible for my own behaviour.	
My Intrapersonal Total	
Body/Kinesthetic	
1. I like to move, tap, or fidget when sitting.	
2. I participate in extreme sports (i.e., sea kayaking, snowboarding, mountain biking).	
3. I am curious as to how things feel and I tend to touch objects to examine the texture.	
4. I am well coordinated.	
5. I like working with my hands.	
6. I prefer to be physically involved rather than sitting and watching.	
7. I understand best by doing (touching, moving, and interacting).	
8. I enjoy creating things with my hands.	
My Body/Kinesthetic Total	

Multiple Intelligences Inventory Checklist (3)

Musical	
1. I play music in my head.	
2. I make up a rhyme to remember something.	
3. It is easy for me to follow the beat of music.	
4. I like setting songs and poems to music.	
5. I keep time when music is playing.	
6. I can hear an off-key note.	
7. I find it easy to engage in musical activities.	
8. I feel proud of my musical accomplishments.	
My Musical Total	
Naturalistic	
1. I have a collection (i.e., shells, mugs, rocks, hockey cards).	
2. I notice similarities and differences in trees, flowers, and other things in nature.	
3. I am actively involved in protecting the environment.	
4. I enjoy digging for and discovering artifacts and unusual items.	
5. I prefer to be outdoors rather than indoors.	
6. I like planting and caring for a garden.	
7. I enjoy fishing and tracking.	
8. I learn best when I can go on field trips to explore and observe nature exhibits, museums, or the outdoors.	
My Naturalistic Total	

My Top Five Multiple Intelligences

1. _____
2. _____
3. _____
4. _____
5. _____