

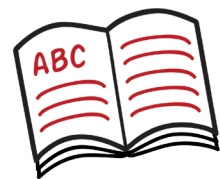
# MULTIPLE INTELLIGENCES SELF-ASSESSMENT

*Answer each set of questions and then add up your scores.*

## Linguistic Intelligence

(Score \_\_\_\_ out of 5)

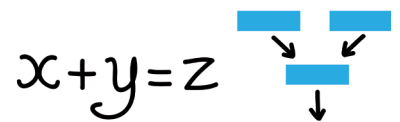
- ☐ Books are very important to me
- ☐ I'm a good at spelling
- ☐ I enjoy writing
- ☐ I like to tell stories
- ☐ I enjoy word games like Scrabble®, crosswords, wordsearch etc.



## Logical-Mathematical Intelligence

(Score \_\_\_\_ out of 5)

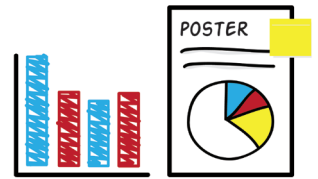
- ☐ I can quickly compute numbers in my head
- ☐ Maths and/or science were enjoyable subjects in school
- ☐ I enjoy playing strategy games and solving logic puzzles or brain-teasers
- ☐ When I look at things my mind searches for patterns, regularities, and logical sequences
- ☐ I believe that almost everything has a logical explanation



## Spatial-Visual Intelligence

(Score \_\_\_\_ out of 5)

- ☐ I can see clear visual pictures when I imagine things
- ☐ I enjoy doing jigsaw puzzles, mazes, and other visual puzzles
- ☐ I can generally find my way around unfamiliar territory
- ☐ I like to draw or doodle
- ☐ I prefer reading when it is illustrated with maps, pictures and diagrams



## Bodily-Kinesthetic Intelligence

(Score \_\_\_\_ out of 5)

- ☐ I engage in at least one physical activity or sport on a regular basis
- ☐ I use hand gestures or other body language when talking
- ☐ I like to touch and handle objects in order to learn about them
- ☐ I like working with my hands (drawing, carpentry, building)
- ☐ I prefer practicing a new skill rather than reading about it or seeing it



## Musical Intelligence

(Score \_\_\_\_ out of 5)

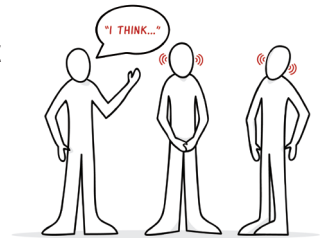
- ☐ I can tell when a musical note is off key
- ☐ I often make tapping sounds or hum little melodies
- ☐ I play a musical instrument
- ☐ I remember melodies of songs
- ☐ Music is connected strongly with emotions for me



## Interpersonal Intelligence

(Score \_\_\_\_ out of 5)

- ☐ I have at least three truly close and intimate friendships
- ☐ When I have a problem, I'm likely to talk to another person about it
- ☐ I enjoy socialising and being amongst groups of people
- ☐ I'm the sort of person that other people come to for advice
- ☐ I learn through discussing and debating a topic



## Intrapersonal Intelligence

(Score \_\_\_\_ out of 5)

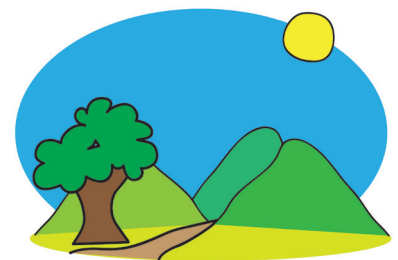
- ☐ I enjoy spending time alone meditating, reflecting, or thinking
- ☐ I have a hobby or interest that I keep pretty much to myself
- ☐ I have a realistic view of my strengths and weaknesses
- ☐ I'm aware of my feelings
- ☐ I'm confident and comfortable being different from others in a group



## Naturalistic Intelligence

(Score \_\_\_\_ out of 5)

- ☐ I hate sitting indoors
- ☐ I feel I need natural light or fresh air to think clearly
- ☐ Being with animals or pets calms me
- ☐ When I go on holiday I want to get out and see things
- ☐ I believe to a large extent we live an 'unnatural' life



This quiz accompanies Chapter 3 of *'Corporate Energy: How to Engage and Inspire Audiences'* written by renowned speaker Chris Atkinson. The book is available from all major retailers in both print and ebook editions, published by New Leadership Press. [www.corporate-energy-book.com](http://www.corporate-energy-book.com)

