

MULTIPLE INTELLIGENCES CHECKLIST

INSTRUCTIONS:

It is hoped that this checklist will be fun to do and will help you discover your many gifts. This is not a test – it's just for your own information – but it is based on wonderful studies done by many wise people about how we learn and why it is really great to know our own preferences; each one of us is unique and our preferences help us understand our special ways of learning and knowing.

Check any items that seem to apply to you. You may check as many as you like. Please have a good time and enjoy yourself!

1. ___ I enjoy reading books.
2. ___ I have always liked math and science classes best and I do well in them.
3. ___ I enjoy drawing, painting and doodling.
4. ___ I love being outdoors and enjoy spending my free time outside.
5. ___ I have a pleasant singing voice and I like to sing.
6. ___ I'm the kind of person others come to for advice.
7. ___ I have some important goals for my life that I think about often.
8. ___ I love animals and I spend a lot of time with them.
9. ___ I like English, social studies and history better than math and science.
10. ___ I try to look for patterns and regularities in things, such as every third stair on the staircase has a notch in it.
11. ___ I like to figure out how to take apart and put back together things like toys and puzzles.
12. ___ I am an active person and if I can't move around I get bored.
13. ___ I frequently listen to music because I enjoy it so much.
14. ___ I like going to parties and social events.
15. ___ I think I am a very independent person.

16. ___ I enjoy watching nature shows on television like the Discovery Channel, National Geographic and Nova.
17. ___ I am good at using words to get others to change their mind.
18. ___ I enjoy playing around with a chemistry set and am interested in new discoveries in science.
19. ___ When I watch a movie or video, I am more interested in what I see than what I hear.
20. ___ I think I am well coordinated.
21. ___ I can play a musical instrument.
22. ___ I don't like to argue with people.
23. ___ Sometimes I talk to myself.
24. ___ It's fun to watch birds or other animals, to watch their habits, and to learn more about them.
25. ___ I'm good at Scrabble and other word games.
26. ___ I believe that almost everything has a logical explanation.
27. ___ When I close my eyes, sometimes I can see clear images in my head that seem real.
28. ___ I have good skills in one or more sports and learn new sports quickly.
29. ___ I can easily keep time to a piece of music.
30. ___ I enjoy getting other people to work together.
31. ___ I like to spend time alone thinking about things that are important to me.
32. ___ I'm very good at telling the difference between different kinds of birds, dogs, trees and stuff like that.
33. ___ I like to learn new words and know their meanings.
34. ___ I like to play games and solve brainteasers that require tactics and strategy.

35. ___ I am good at reading maps and finding my way around unfamiliar places.
36. ___ I don't like organized team sports as much as individual sports activities, such as tennis, swimming, skiing, golf or ballet.
37. ___ I know the tunes and titles of many songs and musical pieces.
38. ___ I consider myself a leader (and others call me that).
39. ___ I would rather spend a vacation in a cabin in the woods than at a fancy resort.
40. ___ I enjoy visiting zoos, natural history museums or other places where the world is studied.
41. ___ It's easy for me to memorize things at school.
42. ___ It is fun for me to work with numbers and data.
43. ___ I like some colors better than others.
44. ___ I don't mind getting my hands dirty from activities like painting, clay, or fixing and building things.
45. ___ Sometimes I catch myself walking along with a television jingle or song in my mind.
46. ___ When I have a problem, I'll probably ask a friend for help.
47. ___ I think I know what I am good at and what I'm not so good at doing.
48. ___ I like being outside whenever possible; I feel confident and comfortable there.
49. ___ I like to look things up in the dictionary or any encyclopedia.
50. ___ I like to ask people questions about how things work or why nature is the way it is.
51. ___ I sketch or draw when I think.
52. ___ Sometimes when I talk with people, I gesture with my hands.
53. ___ I like to make up my own tunes and melodies.

54. ___ I have at least three close friends.
55. ___ I have hobbies and interests that I prefer to do on my own.
56. ___ I like camping and hiking.
57. ___ I like to talk to friends and family better than watching TV.
58. ___ I have an easy time understanding new math concepts in school.
59. ___ I enjoy reading things more when they have lots of pictures and drawings.
60. ___ I would rather play a sport than watch it.
61. ___ Often I keep time to music by tapping to the beat or humming the tune when I am studying or talking on the phone.
62. ___ I am easy to get to know.
63. ___ I want to be self-employed or maybe start my own business.
64. ___ I want to become a volunteer in an ecological organization (such as Greenpeace or Sierra Club) to help save nature from further destruction.
65. ___ I like to write things like stories, poems and reports.
66. ___ I like things better when they are organized, categorized or measured.
67. ___ I am good at playing Pictionary, doing jigsaw puzzles, and solving mazes.
68. ___ I like to “ham it up” in skits, plays, speeches, sports or other types of activities.
69. ___ I can tell when notes are off-key.
70. ___ I feel comfortable most of the time, even in the midst of a crowd.
71. ___ I like to spend time by myself thinking about thing that I value.
72. ___ When I was younger I used to dislodge big rocks from the ground to discover the living things underneath.
73. ___ I’m really good at describing things in words.

74. ____ I think I am good at working with numbers and data.
75. ____ I am better at remembering faces than names.
76. ____ I like working with my hands in activities such as sewing, carving, or model-building.
77. ____ I know what I like and don't like in music.
78. ____ I am good at making new friends.
79. ____ I like to think about things before I take any action.
80. ____ I have a green thumb and I am really good at keeping plants alive and healthy.

Note:

As recommended by Dr. Armstrong, this checklist does not contain elements from the Existential intelligence, as it is an area that is best identified through personal reflection.

Reference:

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MULTIPLE INTELLIGENCES TALLY SHEET

Circle the numbers below that you checked on your Multiple Intelligence checklist. Then count how many **circles** you have in each **column**, and write that number at the bottom of each column.

	1	2	3	4	5	6	7	8
	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24
	25	26	27	28	29	30	31	32
	33	34	35	36	37	38	39	40
	41	42	43	44	45	46	47	48
	49	50	51	52	53	54	55	56
	57	58	59	60	61	62	63	64
	65	66	67	68	69	70	71	72
	73	74	75	76	77	78	79	80
How many circles in each column?								
	LIN	I-M	SP	B-K	MU	NTER	NTRA	NAT

Look at the columns where you counted the most circles. You may have one, two or three areas that stand out. It doesn't matter how many, but rather what "fits" and seems right for you. See the key below to discover your natural preferences!

LIN	=	Linguistic	MU	=	Musical
L-M	=	Logical-Mathematical	NTER	=	Interpersonal
SP	=	Spatial	NTRA	=	Intrapersonal
B-K	=	Bodily-Kinesthetic	NAT	=	Naturalist

Congratulations! You are a unique and special individual with many wonderful abilities, gifts and talents!

Name: _____ Date: _____ Blk: _____

Multiple Intelligence Graphing Sheet

Use your totals from your tally sheet to complete the bar graph below to visualize your intelligence profile.

Remember:

- Everyone has all the intelligences
- You can strengthen any intelligence
- This profile is just a snapshot – it can and usually does change over time
- Understanding your intelligence profile can help you become a better learner

My Multiple Intelligence Profile

	10								
	9								
	8								
	7								
	6								
	5								
	4								
	3								
	2								
	1								
Intelligence		Linguistic (Verbal)	Logical - Mathematical	Spatial (Visual)	Kinesthetic (Body)	Musical	Interpersonal (in groups)	Intrapersonal (by yourself)	Naturalist