## **Multiple Intelligences Inventory for Adults**

Place a 2 in the box if the statement is a lot like you, 1 if it is somewhat like you, and 0 if it is not like you at all.

by Thomas Armstrong

Books are very important to me.				
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I can easily compute numbers in my head.				
I often see clear visual images when I close my eyes.				
I'm the sort of person that people come to for advice and counsel at work or in my neighborhood.				
I engage in at least one sport or physical activity on a regular basis.				
I have a pleasant singing voice.				
I regularly spend time alone meditating, reflecting, or thinking about important life questions.				
I can hear words in my head before I read, speak, or write them down.				
Math and/or science were among my favorite subjects in school.				
I'm sensitive to color.				
I prefer group sports like badminton, volleyball, or softball to solo sports such as swimming and jogging.				
I find it difficult to sit still for long periods of time.				
Page 1 Totals				

I can tell when a musical note is off-key.				
I have attended counseling sessions or personal growth seminars to learn more about myself.				
I get more out of listening to the radio or a spoken-word cassette than I do from television or films.				
I enjoy playing games or solving brainteasers that require logical thinking.				
I frequently use a camera or camcorder to record what I see around me.				
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 like working with my hands at concrete activities such as sewing, weaving, carving, carpentry, or model building.				
I frequently listen to music on radio, records, cassettes, or compact discs.				
I am able to respond to setbacks with resilience.				
I enjoy word games like Scrabble, Anagrams, or Password.				
I like to set up little "what if" experiments (for example, "What if I double the water I give to my rosebush?")				
I enjoy doing jigsaw puzzles, mazes, and other visual puzzles.				
I have at least three close friends.				
Page 2 Totals				

My best ideas often come when I'm out for long walk or jog, or when I engage in another kind of physical activity.				
I play a musical instrument.				
I have a special hobby or interest that I keep pretty much to myself.				
I enjoy entertaining myself or others with tongue twisters, nonsense rhymes, or puns.				
My mind searches for patterns, regularities, or logical sequences in things.				
I have vivid dreams at night.				
I favor social pastimes such as Monopoly or bridge over individual recreations such as video games and solitaire.				
I often like to spend my free time outdoors.				
My life would be poorer if there were no music in it.				
I have some important goals for my life that I think about on a regular basis.				
Other people sometimes have to stop and ask me to explain the meaning of the words I use in my writing and speaking.				
I'm interested in new developments in science.				
I can generally find my way around unfamiliar territory.				
Page 3 Totals				

I enjoy the challenge of teaching another person, or groups of people, what I know how to do.				
I frequently use hand gestures or other forms of body language when conversing with someone.				
I sometimes catch myself walking down the street with a television jingle or other tune running through my mind.				
I have a realistic view of my strengths and weaknesses (borne out by feedback from other sources).				
English, social studies, and history were easier for me in school than math and science.				
I believe that almost everything has a rational explanation.				
I like to draw or doodle.				
I consider myself a leader (or others have called me that).				
I need to touch things in order to learn more about them.				
I can easily keep time to a piece of music with a simple percussion instrument.				
I would prefer to spend time alone in a cabin in the woods rather than a fancy resort with many people around.				
When I drive down a freeway, I pay more attention to the words written on billboards than to the scenery.				
I sometimes think in clear, abstract, wordless, imageless concepts.				
Page 4 Totals				

Geometry was easier for me than algebra in school.				
I feel comfortable in the midst of a crowd.				
I enjoy daredevil amusement rides or similar thrilling physical experiences.				
I know the tunes to many different songs or musical pieces.				
I consider myself to be strong willed or independent minded.				
My conversation includes frequent references to things that I've read or heard.				
I like finding logical flaws in things that people say and do at home and work.				
I can comfortably imagine how something might appear if it were looked down upon from directly above in a bird's eye view.				
I like to get involved in social activities connected with my work, church, or community.				
I would describe myself as well coordinated.				
If I hear a musical selection once or twice, I am usually able to sing it back fairly accurately.				
I keep a personal diary or journal to record the events of my inner life.				
I've written something recently that I was particularly proud of or that earned me recognition from others.				
Page 5 Totals				

I feel more comfortable when something has been measured, categorized, analyzed, or quantified in some way.							
I prefer looking at reading material that is heavily illustrated.							
I would rather spend my evenings at a lively party than stay at home alone.							
I need to practice a new skill rather than simply reading about it or seeing a video that describes it.							
I often make tapping sounds or sing little melodies while working, studying, or learning something new.							
I am self-employed or have at least thought seriously about starting my own business.							
Page 5 Totals (this page)							
Page 1 Total							
Page 2 Total							
Page 3 Total							
Page 4 Total							
Grand Totals							
Categories  Secrinary Total the checks in each column on each nace. Decord in the gracified nace shows	L	Ma	S	Ie	K	Mu	Ia

Scoring: Total the checks in each column on each page. Record in the specified page above.

L Linguistic S Spatial Mu Musical Ia Intrapersonal Ma Mathematical K Kinesthetic Ie Interpersonal