

Multiple Intelligences Inventory Checklist

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 color combinations and what colors 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 Intrapersonal 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 behavior.	
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. _____