

Musical Intelligence

- _____ I have a pleasant singing voice.
- _____ I can tell when a musical note is off-key.
- _____ I frequently listen to music on radio, records, cassettes, or compact discs.
- _____ I play a musical instrument.
- _____ My life would be poorer if there were no music in it.
- _____ I sometimes catch myself walking down the street with a television jingle or other tune running through my mind.
- _____ I can easily keep time to a piece of music with a simple percussion instrument.
- _____ I know the tunes to many different songs or musical pieces.
- _____ If I hear a musical selection once or twice, I am usually able to sing it back fairly accurately.
- _____ I often make tapping sounds or sing little melodies while working, studying, or learning something new.

Interpersonal Intelligence

- _____ I'm the sort of person that people come to for advice and counsel at work or in my neighborhood.
- _____ I prefer group sports like badminton, volleyball, or softball to solo sports such as swimming and jogging.
- _____ 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 have at least three close friends.
- _____ I favor social pastimes such as Monopoly or bridge over individual recreations such as video games and solitaire.
- _____ I enjoy the challenge of teaching another person, or groups of people, what I know how to do.
- _____ I consider myself a leader (or others have called me that).
- _____ I feel comfortable in the midst of a crowd.
- _____ I like to get involved in social activities connected with my work, church, or community.
- _____ I would rather spend my evenings at a lively party than stay at home alone.

Intrapersonal Intelligence

- _____ I regularly spend time alone meditating, reflecting, or thinking about important life questions.
- _____ I have attended counseling sessions or personal growth seminars to learn more about myself.
- _____ I am able to respond to setbacks with resilience.
- _____ I have a special hobby or interest that I keep pretty much to myself.
- _____ I have some important goals for my life that I think about on a regular basis.
- _____ I have a realistic view of my strengths and weaknesses (borne out by feedback from other sources).
- _____ I would prefer to spend a weekend alone in a cabin in the woods rather than at a fancy resort with lots of people around.
- _____ I consider myself to be strong willed or independent minded.
- _____ I keep a personal diary or journal to record the events of my inner life.
- _____ I am self-employed or have at least thought seriously about starting my own business.

Naturalist Intelligence

- _____ I like to spend time backpacking, hiking, or just walking in nature.
- _____ I belong to some kind of volunteer organization related to nature (e.g., Sierra Club), and I'm concerned about helping to save nature from further destruction.
- _____ I thrive on having animals around the house.
- _____ I'm involved in a hobby that involves nature in some way (e.g., bird watching).
- _____ I've enrolled in courses relating to nature at community centers or colleges (e.g., botany, zoology).
- _____ I'm quite good at telling the difference between different kinds of trees, dogs, birds, or other types of flora or fauna.
- _____ I like to read books and magazines, or watch television shows or movies that feature nature in some way.
- _____ When on vacation, I prefer to go off to a natural setting (park, campground, hiking trail) rather than to a hotel/resort or city/cultural location.
- _____ I love to visit zoos, aquariums, or other places where the natural world is studied.
- _____ I have a garden and enjoy working regularly in it.