

MI QUICK ASSESSMENT

Verbal-Linguistic

- I like to read.
- I like word games, puns, and rhymes.
- I enjoy communicating my ideas to others.
- I keep a journal of writing.
- I am accustomed to writing, speaking, and/or teaching on a regular basis.

Logical-Mathematical

- I've figured out how long it takes to get from home to work.
- I enjoy puzzles and solving problems.
- I can analyze numbers quickly.
- I use statistical data and/or higher math routinely.
- I am an accomplished logistician or mathematician.

Spatial

- I appreciate the visual world.
- I am interested in colors and patterns.
- I enjoy tinkering with things.
- I am good with directions.
- I am able to think in three dimensions.

Musical

- I like music.
- I like to tap out rhythms when I'm listening to music and/or singing in the shower.
- I love to go to concerts.
- I play an instrument and/or I am a vocalist.
- I am an accomplished musician and may like to compose.

Bodily-Kinesthetic

- It feels good to stretch.
- I enjoy taking long walks.
- I like to exercise moderately.
- I am an amateur in a particular sport or activity such as dancing, skating, running, martial arts, Tai Chi, yoga, or aerobics.
- I am accomplished in a specialized physical activity.

Interpersonal

- People are interesting.
- I am aware of others' feelings.
- I am interested in making new friends and I am comfortable around new people.
- People come to me for advice.
- I am seen as a leader by many and I am involved in teaching or managing people in my daily life.

Intrapersonal

- I can have fun alone.
- I am very interested in personal introspection.
- I am a "dabbler" in personal meditation and I sometimes like to spend time along thinking.
- I keep a journal that includes my inner thoughts.
- I am totally committed to a "life of the mind."