

Worksheet – My unique profile of intelligence

This worksheet can help you to identify ways in which you are intelligent. The statements are not exhaustive. If you would like a more in-depth description of multiple intelligence, there is a lot of information on this topic online.

Read each statement carefully. Tick the box that best describes your response to the statement.

- 5 = strongly agree
- 4 = agree
- 3 = neither agree nor disagree
- 2 = disagree
- 1 = strongly disagree



Musical intelligence	1	2	3	4	5
I enjoy listening to music.					
I enjoy singing.					
I play a musical instrument.					
I make up my own songs.					
I have a good sense of rhythm, pitch and tempo.					
Total					



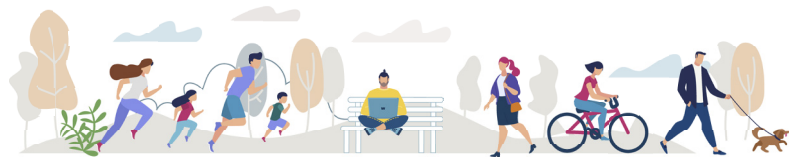
Visual/spatial intelligence	1	2	3	4	5
I enjoy drawing or painting.					
I enjoy reading maps.					
I can picture things accurately in my mind's eye.					
I have a good understanding of texture, form, colour and shading.					
I like making things in three dimensions (e.g. Lego, Minecraft)					
Total					



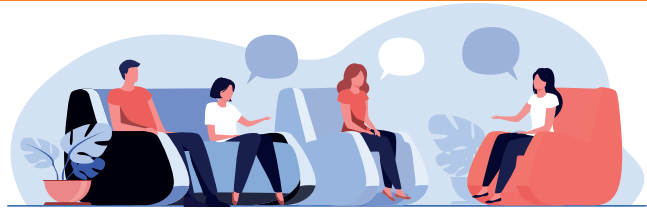
Linguistic intelligence	1	2	3	4	5
I enjoy reading.					
I enjoy writing essays and stories.					
I find it easy to learn languages.					
I keep a diary.					
I like learning and using new words.					
Total					



Logical/mathematical	1	2	3	4	5
I enjoy maths.					
I enjoy doing puzzles.					
I understand the world using logic and reason.					
I can understand complex and abstract ideas.					
I am good at recognising patterns and identifying relationships between different things.					
Total					



Bodily kinesthetic intelligence	1	2	3	4	5
I enjoy being physically active and fit.					
I enjoy learning new physical skills/techniques.					
I have good balance and hand-eye coordination.					
I play sports/dance every week.					
I can make things with my hands.					
Total					



Interpersonal intelligence	1	2	3	4	5
I enjoy being around other people.					
I get on well with all sorts of people.					
I find it easy to see other people's point of view.					
I can pick up cues that help me understand how other people feel.					
I know what to say/do to make other people feel better.					
Total					



Naturalistic intelligence	1	2	3	4	5
I enjoy taking care of and nurturing living things.					
I enjoy being in the natural world and I notice the changes in seasons.					
I can recognise and identify different species of plants and animals.					
I notice patterns in the natural environment.					
I am really bothered by pollution and think it is really important that we take care of our natural world.					
Total					

My top areas of intelligence are:
