

MI Inventory for Adults

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PART A: Check (✓) each statement that applies to you. Write the total checks for each section in the space provided.

Verbal-Linguistic Intelligence

TOTAL: _____

- ___ Books are very important to me.
- ___ I can hear words in my head before I read, speak, or write them down.
- ___ I get more out of listening to the radio or a spoken-word cassette than I do from television or films.
- ___ I enjoy word games like Scrabble, Anagrams, or Password.
- ___ I enjoy entertaining myself or others with tongue twisters, nonsense rhymes, or puns.
- ___ Other people sometimes have to stop and ask me to explain the meaning of the words I use in my writing and speaking.
- ___ English, social studies, and history were easier for me in school than math and science.
- ___ When I drive down a freeway, I pay more attention to the words written on billboards than to the scenery.
- ___ My conversations includes frequent references to things that I've read or heard.
- ___ I've written something recently that I was particularly proud of or that earned me recognition from others.

Logical-Mathematical Intelligence

TOTAL: _____

- ___ I can easily compute numbers in my head.
- ___ Math and/or science were among my favorite subjects in school.
- ___ I enjoy playing games or solving brainteasers that require logical thinking.
- ___ I like to set up little "what if" experiments (for example, "What if I double the amount of water I give to my rosebush each week?")
- ___ My mind searches for patterns, regularities, or logical sequences in things.
- ___ I'm interested in new developments in science.
- ___ I believe that almost everything has a rational explanation.
- ___ I sometimes think in clear, abstract, wordless, imageless concepts.
- ___ I like finding logical flaws in things that people say and do at home and work.
- ___ I feel more comfortable when something has been measured, categorized, analyzed, or quantified in some way.

Visual-Spatial Intelligence

TOTAL: _____

- ___ I often see clear visual images when I close my eyes.
- ___ I'm sensitive to color.
- ___ I frequently use a camera or camcorder to record what I see around me.
- ___ I enjoy doing jigsaw puzzles, mazes, and other visual puzzles.
- ___ I have vivid dreams at night.
- ___ I can generally find my way around unfamiliar territory.
- ___ I like to draw or doodle.
- ___ Geometry was easier for me than algebra in school.
- ___ I can comfortably imagine how something might appear if it were looked down upon from directly above in a bird's-eye view.
- ___ I prefer looking at reading material that is heavily illustrated.

Bodily-Kinesthetic Intelligence**TOTAL:** _____

- ___ I engage in at least one sport or physical activity on a regular basis.
- ___ I find it difficult to sit still for long periods of time
- ___ I like working with my hands at concrete activities such as sewing, weaving,carving, carpentry, or model building.
- ___ My best ideas often come to me when I'm out for a long walk or jog, or when I'm engaging in some other kind of physical activity.
- ___ I often like to spend my free time outdoors.
- ___ I frequently use hand gestures or other forms of body language when conversing with someone.
- ___ I need to touch things in order to learn more about them.
- ___ I enjoy daredevil amusement rides or similar thrilling physical experiences.
- ___ I would describe myself as well coordinated.
- ___ I need to practice a new skill rather than simply reading about it or seeing a video that describes it.

Musical Intelligence**TOTAL:** _____

- ___ 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**TOTAL:** _____

- ___ 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

TOTAL: _____

- ___ 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

TOTAL: _____

- ___ 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 others 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



PART B: Now create a bar graph by plotting your totals below:

10								
9								
8								
7								
6								
5								
4								
3								
2								
1								
Intelligence	Verbal Lin- guistic	Logical Math- matical	Visual Spatial	Kines- thetic	Musical	Inter- personal	Intra- personal	Naturalist

