

Types of Smart: Self-Assessment

Read each statement, then quickly tick **true** or **false**. Don't think too much about it – go with your first reaction.

Bodily-kinaesthetic Intelligence (Body Smart)	True	False
I use my hands a lot when talking	<input type="checkbox"/>	<input type="checkbox"/>
I regularly do at least one sport in my own free time	<input type="checkbox"/>	<input type="checkbox"/>
I find it difficult to sit still for long periods of time	<input type="checkbox"/>	<input type="checkbox"/>
I like working with my hands on concrete activities	<input type="checkbox"/>	<input type="checkbox"/>
My best ideas come when I'm out walking or active in some way	<input type="checkbox"/>	<input type="checkbox"/>
I like to spend my free time outdoors	<input type="checkbox"/>	<input type="checkbox"/>
I need to touch things in order to learn about them	<input type="checkbox"/>	<input type="checkbox"/>
I enjoy amusement rides or other thrilling physical experiences	<input type="checkbox"/>	<input type="checkbox"/>
I am pretty well co-ordinated, i.e. not clumsy or awkward in my movements	<input type="checkbox"/>	<input type="checkbox"/>
I prefer to learn a new skill by doing it, rather than reading how to do it	<input type="checkbox"/>	<input type="checkbox"/>

Total for which you ticked true = ____ / 10

Verbal-Linguistic Intelligence (Word Smart)	True	False
Books are very important to me	<input type="checkbox"/>	<input type="checkbox"/>
I can hear words in my head before I read or speak or write them down	<input type="checkbox"/>	<input type="checkbox"/>
I get more out of listening to podcasts or radio than I do out of movies/TV	<input type="checkbox"/>	<input type="checkbox"/>
I am good at word games like Scrabble or cross-words	<input type="checkbox"/>	<input type="checkbox"/>
I enjoy entertaining myself or others with tongue twisters or puns	<input type="checkbox"/>	<input type="checkbox"/>
Other people sometimes ask me to explain the words I use when writing and speaking	<input type="checkbox"/>	<input type="checkbox"/>
English and History are easier for me than Maths and Science	<input type="checkbox"/>	<input type="checkbox"/>
When outside I notice the words on ads on bus stops or buildings more than the scenery	<input type="checkbox"/>	<input type="checkbox"/>
I often talk about things I have read or heard	<input type="checkbox"/>	<input type="checkbox"/>
I've written something recently that I was proud of, or others praised me for	<input type="checkbox"/>	<input type="checkbox"/>

Total for which you ticked true = ____ / 10

Interpersonal Intelligence (People Smart)	True	False
People often come to me for advice	<input type="checkbox"/>	<input type="checkbox"/>
I prefer group sports (e.g. volley ball) to solo sports (e.g. swimming or jogging)	<input type="checkbox"/>	<input type="checkbox"/>
If I have a problem I'll ask for help, and not try to solve it by myself	<input type="checkbox"/>	<input type="checkbox"/>
I have at least three close friends	<input type="checkbox"/>	<input type="checkbox"/>
I like group games/activities rather than individual ones	<input type="checkbox"/>	<input type="checkbox"/>
I enjoy the challenge of teaching others what I know and how to do	<input type="checkbox"/>	<input type="checkbox"/>
I consider myself a leader, or others have called me that	<input type="checkbox"/>	<input type="checkbox"/>
I feel comfortable in the middle of a crowd	<input type="checkbox"/>	<input type="checkbox"/>
I like to get involved in social activities connected with my school, club or community	<input type="checkbox"/>	<input type="checkbox"/>
At night, I prefer to be with a group than being at home on my own	<input type="checkbox"/>	<input type="checkbox"/>

Total for which you ticked true = ____ / 10

Intrapersonal Intelligence (Self-Smart)	True	False
I like to spend time alone, thinking about me	<input type="checkbox"/>	<input type="checkbox"/>
I like classes that help me learn more about myself	<input type="checkbox"/>	<input type="checkbox"/>
I have opinions that set me apart from the crowd	<input type="checkbox"/>	<input type="checkbox"/>
I have a special hobby/interest that I keep to myself	<input type="checkbox"/>	<input type="checkbox"/>
I have important goals for my life that I think about often	<input type="checkbox"/>	<input type="checkbox"/>
I have a good idea of my strong points and my weak points	<input type="checkbox"/>	<input type="checkbox"/>
I'd prefer to spend a weekend alone, rather than with crowds of people	<input type="checkbox"/>	<input type="checkbox"/>
I consider myself strong willed and independent minded	<input type="checkbox"/>	<input type="checkbox"/>
I keep a diary or journal to record the events of my life	<input type="checkbox"/>	<input type="checkbox"/>
I would like to be self-employed	<input type="checkbox"/>	<input type="checkbox"/>

Total for which you ticked true = ____ / 10

Musical Intelligence (Sound Smart)	True	False
I have a good singing voice	<input type="checkbox"/>	<input type="checkbox"/>
I can tell when someone sings off key or out of tune	<input type="checkbox"/>	<input type="checkbox"/>
I spend a lot of time listening to music	<input type="checkbox"/>	<input type="checkbox"/>
I play a musical instrument	<input type="checkbox"/>	<input type="checkbox"/>
My life wouldn't be as good if there were no music in it	<input type="checkbox"/>	<input type="checkbox"/>
I often find a jingle or tune running through my mind as I walk or study	<input type="checkbox"/>	<input type="checkbox"/>
I can keep time to a piece of music with a drum or sticks	<input type="checkbox"/>	<input type="checkbox"/>
I know the tunes to many different songs or musical pieces	<input type="checkbox"/>	<input type="checkbox"/>
If I hear a piece of music once or twice I can sing it back	<input type="checkbox"/>	<input type="checkbox"/>
I often tap to a tune or sing a tune while studying or working	<input type="checkbox"/>	<input type="checkbox"/>

Total for which you ticked true = ____ / 10

Visual-Spatial Intelligence (Image Smart)	True	False
I often see clear pictures/images when I close my eyes	<input type="checkbox"/>	<input type="checkbox"/>
I'm sensitive to colour	<input type="checkbox"/>	<input type="checkbox"/>
I'd like using the camera on my phone to record what I see around me	<input type="checkbox"/>	<input type="checkbox"/>
I enjoy doing jigsaw puzzles, finding my way through mazes or visual puzzles	<input type="checkbox"/>	<input type="checkbox"/>
I have vivid dreams at night	<input type="checkbox"/>	<input type="checkbox"/>
I can usually find my way around places that I don't know well	<input type="checkbox"/>	<input type="checkbox"/>
I like to draw or doodle	<input type="checkbox"/>	<input type="checkbox"/>
Geometry is easier for me than algebra	<input type="checkbox"/>	<input type="checkbox"/>
I can imagine how something would look if I were right above it	<input type="checkbox"/>	<input type="checkbox"/>
I prefer graphic novels or comics to books with just text	<input type="checkbox"/>	<input type="checkbox"/>

Total for which you ticked true = ____ / 10

Logical-Mathematical Intelligence (Logic Smart)	True	False
I can easily add and subtract numbers in my head	<input type="checkbox"/>	<input type="checkbox"/>
Maths and Science are my favourite subjects	<input type="checkbox"/>	<input type="checkbox"/>
I enjoy playing games/solving puzzles that need logical thinking	<input type="checkbox"/>	<input type="checkbox"/>
I like to set up little 'what if' experiments (e.g. what if I double the amount of water I drink a day')	<input type="checkbox"/>	<input type="checkbox"/>
I'm always looking for patterns and logical sequences or order in things	<input type="checkbox"/>	<input type="checkbox"/>
I'm interested in all new developments in science	<input type="checkbox"/>	<input type="checkbox"/>
I believe almost everything has a scientific or logical explanation	<input type="checkbox"/>	<input type="checkbox"/>
I sometimes think in clear, wordless, pictureless thoughts	<input type="checkbox"/>	<input type="checkbox"/>
I always notice when people are not being logical in what they say	<input type="checkbox"/>	<input type="checkbox"/>
I like it when things are measured, analysed and put into categories	<input type="checkbox"/>	<input type="checkbox"/>

Total for which you ticked true = ____ / 10

Naturalist Intelligence (Nature Smart)	True	False
I like to take walks in the country	<input type="checkbox"/>	<input type="checkbox"/>
I enjoy gardening or the idea of growing plants/flowers	<input type="checkbox"/>	<input type="checkbox"/>
I like to get to know the names of plants and trees around me	<input type="checkbox"/>	<input type="checkbox"/>
I love the biology part of Science	<input type="checkbox"/>	<input type="checkbox"/>
I watch nature programmes when I get the chance	<input type="checkbox"/>	<input type="checkbox"/>
I am conscious of environmental issues like climate change or biodiversity loss	<input type="checkbox"/>	<input type="checkbox"/>
When walking I stop to look at rocks, trees, wild flowers	<input type="checkbox"/>	<input type="checkbox"/>
I recognise and can differentiate between types of cars	<input type="checkbox"/>	<input type="checkbox"/>
When cooking I try to use fresh, natural ingredients	<input type="checkbox"/>	<input type="checkbox"/>
I think all gardeners should keep a compost heap	<input type="checkbox"/>	<input type="checkbox"/>

Total for which you ticked true = ____ / 10

Check your highest scores to discover which kind of smart(s) you are!