

Multiple Intelligences Test - based on Howard Gardner's MI Model

Score the statements: 1 = Mostly Disagree, 2 = Slightly Disagree, 3 = Slightly Agree, 4 = Mostly Agree

Alternatively for speed, and if easier for young people - tick the box if the statement is more true for you than not.

Adults over 16 complete all questions. Young people between 8-16 answer red questions only. This is page 1 of 4.

A short version featuring the young people's questions only is available free from the businessballs website.

Score or tick the statements in the white-out boxes only	Score							
I like to learn more about myself	☐	☐	☐	☐	☐	☐	☐	1
I can play a musical instrument	☐	☐	☐	☐	☐	☐	☐	2
I find it easiest to solve problems when I am doing something physical	☐	☐	☐	☐	☐	☐	☐	3
I often have a song or piece of music in my head	☐	☐	☐	☐	☐	☐	☐	4
I find budgeting and managing my money easy	☐	☐	☐	☐	☐	☐	☐	5
I find it easy to make up stories	☐	☐	☐	☐	☐	☐	☐	6
I have always been physically well co-ordinated	☐	☐	☐	☐	☐	☐	☐	7
When talking to someone, I tend to listen to the words they use not just what they mean	☐	☐	☐	☐	☐	☐	☐	8
I enjoy crosswords, word searches or other word puzzles	☐	☐	☐	☐	☐	☐	☐	9
I don't like ambiguity, I like things to be clear	☐	☐	☐	☐	☐	☐	☐	10
I enjoy logic puzzles such as 'sudoku'	☐	☐	☐	☐	☐	☐	☐	11
I like to meditate	☐	☐	☐	☐	☐	☐	☐	12
Music is very important to me	☐	☐	☐	☐	☐	☐	☐	13
I am a convincing liar (if I want to be)	☐	☐	☐	☐	☐	☐	☐	14

I play a sport or dance								15
I am very interested in psychometrics (personality testing) and IQ tests								16
People behaving irrationally annoy me								17
I find that the music that appeals to me is often based on how I feel emotionally								18
I am a very social person and like being with other people								19
I like to be systematic and thorough								20
I find graphs and charts easy to understand								21
I can throw things well - darts, skipping pebbles, frisbees, etc								22
I find it easy to remember quotes or phrases								23
I can always recognise places that I have been before, even when I was very young								24
I enjoy a wide variety of musical styles								25
When I am concentrating I tend to doodle								26
I could manipulate people if I choose to								27
I can predict my feelings and behaviours in certain situations fairly accurately								28
I find mental arithmetic easy								29
I can identify most sounds without seeing what causes them								30
At school one of my favourite subjects is / was English								31
I like to think through a problem carefully, considering all the consequences								32
I enjoy debates and discussions								33
I love adrenaline sports and scary rides								34
I enjoy individual sports best								35
I care about how those around me feel								36
My house is full of pictures and photographs								37
I enjoy and am good at making things - I'm good with my hands								38
I like having music on in the background								39
I find it easy to remember telephone numbers								40

I set myself goals and plans for the future								41
I am a very tactile person								42
I can tell easily whether someone likes me or dislikes me								43
I can easily imagine how an object would look from another perspective								44
I never use instructions for flat-pack furniture								45
I find it easy to talk to new people								46
To learn something new, I need to just get on and try it								47
I often see clear images when I close my eyes								48
I don't use my fingers when I count								49
I often talk to myself – out loud or in my head								50
At school I loved / love music lessons								51
When I am abroad, I find it easy to pick up the basics of another language								52
I find ball games easy and enjoyable								53
My favourite subject at school is / was maths								54
I always know how I am feeling								55
I am realistic about my strengths and weaknesses								56
I keep a diary								57
I am very aware of other people's body language								58
My favourite subject at school was / is art								59
I find pleasure in reading								60
I can read a map easily								61
It upsets me to see someone cry and not be able to help								62
I am good at solving disputes between others								63
I have always dreamed of being a musician or singer								64
I prefer team sports								65
Singing makes me feel happy								66

I never get lost when I am on my own in a new place								67
If I am learning how to do something, I like to see drawings and diagrams of how it works								68
I am happy spending time alone								69
My friends always come to me for emotional support and advice								70

Add the scores or ticks in each column and write the total for each column in the boxes on the right.
Your highest scores indicate your natural strengths and potential - your natural intelligences.
There are no right or wrong answers.
My strongest intelligences are (write them here):

Intelligence type	your totals						
Linguistic							
Logical-Mathematical							
Musical							
Bodily-Kinesthetic							
Spatial-Visual							
Interpersonal							
Intrapersonal							

You are **happiest** and **most successful** when you **learn, develop, and work** in ways that make **best use** of your **natural intelligences** (your strengths and style and brain-type).

This indicator can help you to focus on the sort of learning and work that will be most fulfilling and rewarding for you.