

PSYCHOMETRIC TEST REPORT

PLAN YOUR CAREER THE RIGHT WAY



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Multiple Intelligence Theory

There are **eight** vital kinds of Intelligences by which one person differs from another. Though we have eight intelligences but each one is developed in a particular way that makes us unique and different from each other. Multiple intelligence theory asserts that individuals with a high level of aptitude in a particular type of intelligence do not necessarily have a similar aptitude in any other type of intelligence. In 1983, Harvard University (USA) professor Howard Gardner started writing his book Frames of Mind: the Theory of Multiple Intelligences with some simple but very powerful questions, viz., Are talented chess players, violinists, and athletes 'intelligent' in their respective disciplines? Why these and other abilities are not accounted for on traditional IQ tests? Why is the term intelligence limited to such a narrow range of human endeavors of Mathematical, Logical & Linguistic talents? So, According to this theory human intelligences can be broadly divided into eight (8) categories.

Intelligence type	Scores	Percent	Rank
Logical-Mathematical	28	12.79	4
Musical	30	13.70	2
Naturalist	21	9.59	8
Verbal Linguistic	29	13.24	3
Interpersonal	27	12.33	5
Bodily-Kinesthetic	33	15.07	1
Spatial-Visual	26	11.87	6
Intrapersonal	25	11.42	7
219			

High Dominant	Dominant	Less Dominant	Need Attention
> 13%	9 - 12.99	7 - 8.99	< 7



Gardner's Multiple Intelligences

Descriptions, Preferences, Personal potential, Related tasks and tests

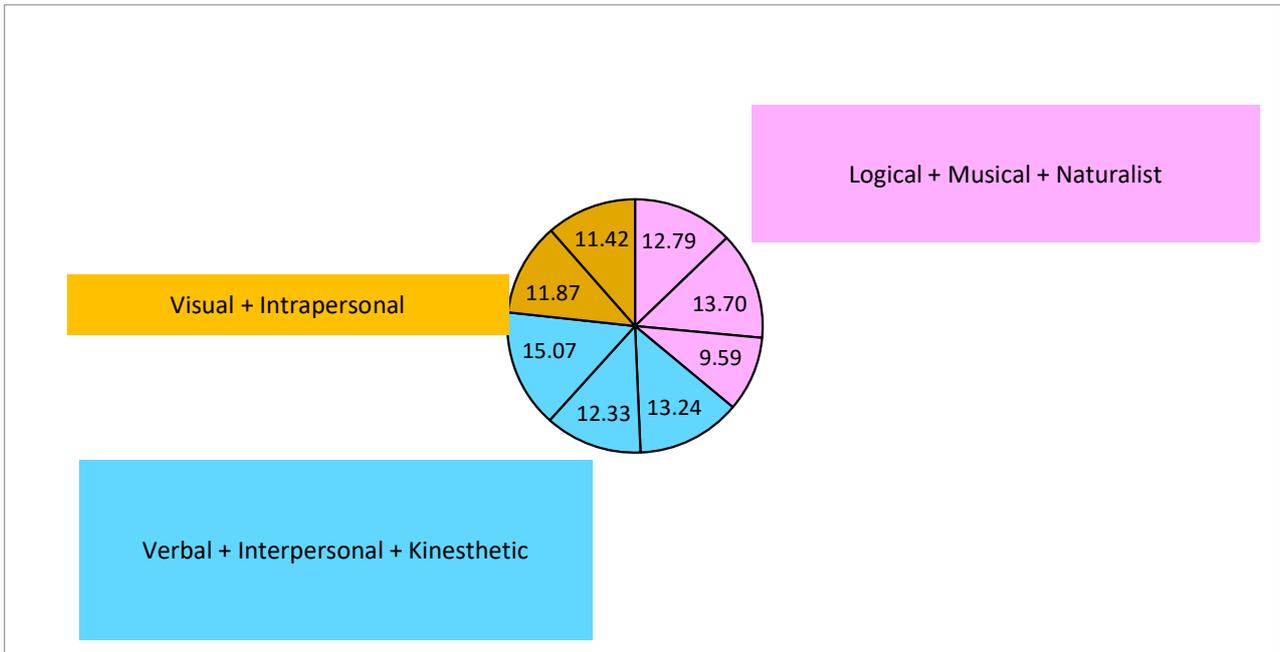
Intelligence type	Intelligence description	Preferred learning style	Typical roles, preferences, potential	Related tasks, activities or tests
Linguistic	Words and language , written and spoken; retention, interpretation and explanation of ideas and information via language, understands relationship between communication and meaning	Words and Language	Writers, Lawyers, Journalists, Speakers, Trainers, Copy-writers, English teachers, Poets, Editors, Linguists, Translators, PR Consultants, Media Consultants, TV and Radio Presenters, Voice-over Artistes	Write a set of instructions; Speak on a subject; Edit a written piece or work; Write a speech; Commentate on an event; Apply positive or negative 'spin' to a story
Logical - Mathematical	Logical thinking , detecting patterns, scientific reasoning and deduction; analyse problems, perform mathematical calculations, understands relationship between cause and effect towards a tangible outcome or result	Numbers and Logic	Scientists, Engineers, Computer Experts, Accountants, Statisticians, Researchers, Analysts, Traders, Bankers Bookmakers, Insurance Brokers, Negotiators, Deal-makers, Trouble-shooters, Directors	Perform a mental arithmetic calculation; Create a process to measure something difficult; Analyse how a machine works; Create a process; Devise a strategy to achieve an aim; Assess the value of a business or a proposition
	Musical ability , awareness, appreciation and use of sound; recognition of tonal and rhythmic patterns, understands relationship between sound and feeling	Music, Sounds, Rhythm	Musicians, Singers, Composers, DJ's, Music Producers, Piano Tuners, Acoustic Engineers, Entertainers, Party-Planners, Environment and noise advisors, Voice coaches	Perform a musical piece; Sing a song; Review a musical work; Coach someone to play a musical instrument; Specify mood music for telephone systems and receptions
Bodily - Kinesthetic	Body movement control , manual dexterity, physical agility and balance; eye and body coordination	Physical experience and movement, touch and feel	Dancers, Demonstrators, Actors, Athletes, Divers, Sports-People, Soldiers, Fire-Fighters, PTI's, Performance Artistes; Ergonomists, Osteopaths, Fishermen, Drivers, Crafts-People; Gardeners, Chefs, Acupuncturists, Healers, Adventurers	Juggle; Demonstrate a sports Technique; Flip a Beer-Mat; Create a mime to explain something; Toss a pancake; Fly a kite; Coach workplace posture, Assess work-station ergonomics

Gardner's Multiple Intelligences

Spatial - Visual	<p>Visual and spatial perception; interpretation and creation of visual images; pictorial imagination and expression; understands relationship between images and meanings, and between space and effect</p>	Pictures, Shapes, Images, 3D Space	Artists, Designers, Cartoonists, Story-Boarders, Architects, Photographers, Sculptors, Town-Planners, Visionaries, Inventors, Engineers, Cosmetics and Beauty Consultants	Design a costume; Interpret a painting; Create a room layout; Create a corporate logo; Design a building; Pack a suitcase or the boot of a car
Interpersonal	<p>Perception of other people's feelings; ability to relate to others; interpretation of behaviour and communications; understands the relationships between people and their situations, including other people</p>	human contact, communications, cooperation, teamwork	therapists, HR professionals, mediators, leaders, counsellors, politicians, educators, sales-people, clergy, psychologists, teachers, doctors, healers, organisers, carers, advertising professionals, coaches and mentors; (there is clear association between this type of intelligence and what is now termed 'Emotional Intelligence' or EQ)	interpret moods from facial expressions; demonstrate feelings through body language; affect the feelings of others in a planned way; coach or counsel another person
Intrapersonal	<p>Self-awareness, personal cognisance, personal objectivity, the capability to understand oneself, one's relationship to others and the world, and one's own need for, and reaction to change</p>	Self-Reflection, Self-Discovery	Arguably anyone who is Self-aware and involved in the process of changing Personal thoughts, Beliefs and behaviour in relation to their situation, other people, their purpose and aims - in this respect there is a similarity to Maslow's Self-Actualisation level, and again there is clear association between this type of intelligence and what is now termed 'Emotional Intelligence' or EQ	Consider and decide one's own aims and personal changes required to achieve them (not necessarily reveal this to others); Consider one's own 'Johari Window', and decide options for development; Consider and decide one's own position in relation to the Emotional Intelligence model
Naturalistic	<p>Exploring nature, making collections of objects, studying them, and grouping them. have been sensory skill-sight, sound, smell, taste and touch, makes keen observations about natural changes, interconnections and patterns.</p>	Smell, Taste, Gardening, Plantation, Observing closely natural changes, Animal behaviour	Veterinary Animal Scholar, Archaeologist, Plants Scholar, Chef, Courtyard Designer, Weather Researcher, Documentary Producer, Environment Researcher, Animals Protection Activist, Forest Rangers, Nature Guides, Landscape Designers, Animal Trainers, Zoo Keepers, Horticulturists, Botanists, Florists, Scientists Investigating the Biological and Physical worlds, Bird Researchers, Veterinarians, Farmers, Outdoor Activities Instructor Planner, Meteorologists and Conservationists.	Creating observation notebooks Describe changes in the local or global environment that affect you Become involved in the care for pets, wildlife, gardens, or parks Use binoculars, telescopes, microscopes, or magnifiers to see things differently Draw or photograph natural objects What's the most enjoyable way for you to develop this kind of intelligence?

Mackenzie's Theory

Walter Mackenzie (Multiple Intelligence Survey: 1999 - 2013) breaks down the eight intelligences suggested by Dr. Howard Gardner and categorises them into three domains that serve as an organiser for understanding the fluid relationship of the intelligences and how the intelligences work in combination with one another.





ANALYTICAL

36.07

The Analytical domain consists of the logical, musical and naturalist intelligence. These are the intelligences that promote the processes of analysing and incorporating data in accumulating knowledge.



INTERACTIVE

40.64

The interactive domain consists of the verbal, interpersonal and kinesthetic intelligence. These are the intelligences that learners typically employ to express themselves and explore their environment.



INTROSPECTIVE

23.29

The introspective domain consists of the intrapersonal and visual intelligences. These are the intelligences that promote learning through own experiences and beliefs.

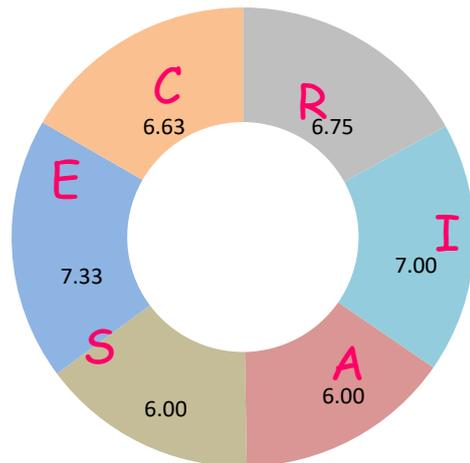
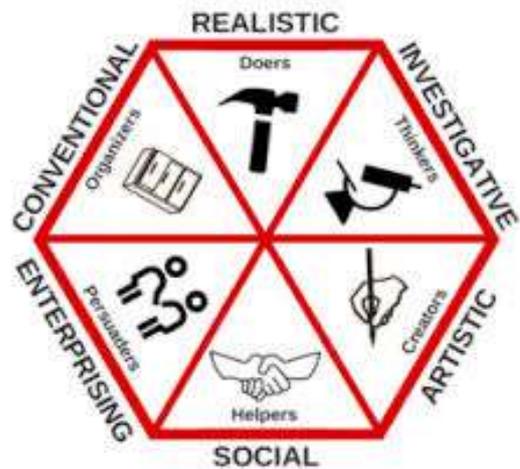
R.I.A.S.E.C Theory

Holland Codes represent a set of personality types described in a theory of careers and vocational choice formulated by psychologist John L. Holland. Holland's Theory argued that 'the choice of a vocation is an expression of personality' and that the six factor typology he articulated could be used to describe both persons and work environments. His typology provides an interpretative structure for a number of different vocational interest surveys, including the two measures he developed: The Vocational Preference Inventory and the Self Directed Search. His model has been adopted by the U.S. Department of Labor for categorizing jobs relative to interests.

The six personality and work environment types described by Holland are usually referred to by their first letters, taken together – RIASEC: Realistic, Investigative, Artistic, Social, Enterprising and Conventional. Recognising your main interests should enable you to better understand your aspirations and professional potential.

Score/ 10

REALISTIC: R Physical and outdoor activities Hands-on, Tool oriented knowledge	6.75
INVESTIGATIVE: I Reasearch, Intellectual curiosity & Learning Science and Technology	7.00
ARTISTIC: A Aesthetic sense & expression, Feeling, Passion Creativity & Design	6.00
SOCIAL: S Conveying, Understanding others Personal relationships	6.00
ENTERPRISING: E Taking action, Undertaking projects Leading, Managing	7.33
CONVENTIONAL: C Planning, Structuring Processing data & figures	6.63



R.I.A.S.E.C Theory

Recognizing your main interests should enable you to better understand your aspirations and professional potential.

However, it is possible that your current job does not give you the opportunity to take full advantage of these potentialities. Therefore, you should not hesitate to use this analysis to help you target activities (of leisure or other social activities) that will allow you to develop your full potential!

REALISTIC: Hands-on knowledge, Building, Physical activity, Outdoors

6.75

DOMINANT

Personality: "Realistic" types tend to be tough, genuine, natural and practical. They love action.

Values: Common sense, pragmatism and effort.

Potential Aptitudes: Dexterity, comfortable with technical tasks, mechanical intelligence and physical stamina.

Learning Style: Learn through a concrete and practical approach by applying examples.

Environment: Realistic types are most comfortable in environments which allow them to obtain concrete results, to use technical equipment or to work onsite. They tend to dislike being confined to an office.

INVESTIGATIVE: Research, Learning, Science, Technology

7.00

DOMINANT

Personality: "Investigative" types tend to be curious about everything: they are constantly seeking to learn about and understand their environment. They are precise, intellectual and have a scientific mindset.

Values: Intellectual curiosity, critical thinking and logic.

Potential Aptitudes: Research, logical reasoning, learning and analytical capabilities.

Learning Style: Learn by theory and systematic research.

Environment: Investigative types are most comfortable in changing and thought-orientated environments that favor expertise over productivity.

ARTISTIC: Feeling, Passion, Design, Creation

6.00

DOMINANT

Personality: "Artistic" types tend to be intuitive, creative, idealistic and independent. They are attuned to art and aesthetics.

Values: Beauty, originality, imagination and freedom.

Potential Aptitudes: Creativity, artistic expression and intuition.

Learning Style: Learn by intuition and experiment action.

Environment: Artistic types are comfortable in nonconformist environments that favor informal communication and require creativity and innovation.

R.I.A.S.E.C Theory

SOCIAL: Conveying, Understanding others, Communicating, Relationships

6.00

DOMINANT

Personality: "Social" types are generally patient, understanding and attentive to others. They also tend to be kind, warm and welcoming.

Values: Altruism, cooperation and generosity.

Potential aptitudes: Empathy, listening and communication.

Learning Style: Learn by sharing with others, by working as a team.

Environment: Social types are comfortable in social environments which encourage personal contact, collaboration and communication.

ENTERPRISING: Taking action, Undertaking projects, Leading, Managing

7.33

DOMINANT

Personality: "Enterprising" types tend to be open, dynamic, assertive and entrepreneurial.

Values: Risk taking, status and competition.

Potential Aptitudes: Initiative, ability to lead and motivate others.

Learning style: Learn by doing and by putting themselves in the action.

Environment: Enterprising types are comfortable in competitive environments where they can take risks and move up quickly.

CONVENTIONAL: Planning, Structuring, Processing data, figures

6.63

DOMINANT

Personality: "Conventional" types tend to be meticulous, perfectionist, conformist and rather introverted.

Values: Accuracy, stability and efficiency.

Potential Aptitudes: Data analysis, attention to detail and ability to work with numbers.

Learning Style: Learn by following the rules, instructions and established procedures.

Environment: Conventional types feel at home in structured and hierarchical environments where rules and procedures are clearly defined.

Career Suggestions Based on MI

MUSIC

Singing	73.67	Composing	73.60
Playing Instrument	66.56	Dancing	75.98

MEDICAL

General Physician	60.45	Surgeon	58.15
Veterinary Doctor	58.88	Nurse	64.73

ENGINEERING

IT	69.73	Non-IT	71.82
Architect	69.14		

DESIGNING

Graphics	66.10	Fashion Designer	60.91
Sculpture, Jewellery, Furniture, Shoe, etc.	59.20	Interior Decorator	64.20

MANAGEMENT

HR & Admin.	63.35	Operation	64.50
Finance	70.85	Marketing	64.90
Hotel Management	60.06		

ACCOUNTS

Accountant, Auditor etc.	69.70
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EDUCATION/ TEACHING/ TRAINING

Teacher/ Corporate Trainer/Lawyer	62.48	Counsellor	67.16
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SPORTS

Player - Individual game	71.03	Player - Team Game	70.47
Sports Management	67.85	Coach	67.48

MEDIA & MASS COMMUNICATION

Journalist	62.36	News Anchor/ Tv	
Radio Anouncer	68.97	Anchor	67.79

ACTING/ MODELING

Stage/ Film Actor	70.53
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Best three preferred careers are highlighted with colour code.



Multiple Intelligences Career Chart

VERBAL LINGUISTIC	LOGICAL MATHEMATICAL	VISUAL SPACIAL	BODILY KINESTETIC
attorney comedian communications specialist curator editor in publishing historian journalist lawyer librarian marketing consultant newscaster poet politician speech-pathologist talk-show host teacher language translator writer	accountant auditor computer analyst computer technician computer programmer database designer detective economist engineer lawyer mathematician network analyst physician physicist researcher scientist statistician bookkeeper	3D modeling & simulation architect artist computer programmer engineer film animator graphic artist interior decorator photographer mechanic navigator outdoor guide pilot sculptor strategic planner surveyor urban planner webmaster	actor athlete carpenter computer games designer craftsperson dancer doctor of sports firefighter forest ranger jeweler mechanic personal trainer Phys Ed teacher physical therapist recreation specialist surgeon yoga instructor

MUSICAL	NATURALIST	INTERPERSONAL	INTRAPERSONAL
audiologist choir director conductor disc jockey music camp counselor music comedy actor music critic sound editor music lawyer music librarian music publisher music retailer music teacher music therapist musician piano tuner recording engineer singer songwriter speech pathologist voice actor	air quality specialist animal health technician anthropologist astronomer botanist dog trainer environmental lawyer farmer forest ranger gardener geologist landscaper meteorologist nature photographer park naturalist veterinarian assistant water conservationist wetlands ecologist wilderness doctor wilderness guide wildlife illustrator	actor administrator communications manager conflict resolution specialist cruise director customer service rep dental hygienist group mediator human resources manager marketing specialist nurse PeaceCorps politician psychologist religious leader social director social worker teacher trainer facilitator travel counselor waiter/waitress	actor artist career counselor consultant criminologist energy healer futurist or trend predictor intelligence officer personal counselor philosopher program planner entrepreneur psychic psychologist researcher small business owner spiritual counselor theologian therapist writer



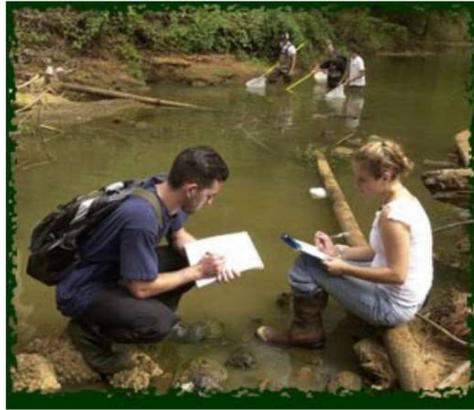
25 Ways to Enhance Your Logical/Mathematical Intelligence

- Play games such as: Go, Clue, Cards, Dominos with family and friends
- Learn to use an abacus
- Work on logic puzzles and brain teasers
- Carry a pocket calculator around with you to figure out math problems you are confronted with in daily life
- Learn a computer language such as BASIC, PASCAL, or LOGO
- Conduct science experiments in your backyard or home
- Take a course in a basic math or science subject at a local college or community center
- Practice calculating simple math problems in your head
- Read the business section of your daily newspaper and look up economic or financial concepts with which you are unfamiliar
- Go to the library and read books about famous math and/or science discoveries in history
- Work through a self-study guide in one or more of the basic sciences or math areas
- Visit a science museum, planetarium, aquarium, or other science center
- Learn to use logic in solving problems
- Meet with friends regularly to discuss recent scientific and/or medical discoveries and their implications in everyday life
- Watch The Discovery Channel on TV for documentaries that chronicle important science concepts
- Circle unfamiliar science or math words in your reading and find books that describe them or people who can explain them to you
- Wonder about natural phenomena and think about the processes that regulate them
- Subscribe to a science news publication such as Science, Omni, Popular Science
- Confront, rather than avoid, mathematical problems you encounter in everyday life such as figuring how much to tip in a restaurant, balancing your checkbook, determining loan rates, finding savings at grocery stores
- Teach a math or science concept to someone in your family or to a friend
- Visit a science lab or other place where math and/or science concepts are being used
- Attend a family math or science class in your community
- Use manipulative materials, e.g. beans, in learning new math concepts
- Rent a science fiction movie and discuss it with your family and friends
- Start up a business helping people to organize a garage or closet



25 Ways to Enhance Your Musical Intelligence

- Sing in the shower or while driving
- Play “Name That Tune” or other musical games at parties
- Go to concerts
- Create a collection of music cds and listen to them regularly
- Join a church or community choir
- Take formal music lessons on a specific instrument
- Work with a music therapist
- Listen to a variety of different music on the radio, including jazz, classical, country western, pop, and folk
- Create a regular time for your family to sing together
- Buy an electronic keyboard and learn simple tunes and chords
- Purchase percussion instruments, e.g. clavo, maracas, drum, and play them in rhythm to music you listen to
- Take a course in music appreciation or music theory at a local college
- Read musical critiques in newspapers or magazines
- Volunteer to sing or play a musical instrument at a retirement home, hospital, or day care center
- Set aside an hour per week to listen to your favorite music
- Have discussions with family and friends about music
- Read about the lives of famous composers and performers
- Listen for naturally occurring melodies and rhythms in such phenomena as footsteps, bird songs, and washing machine noise
- Make up your own tunes
- Create a musical autobiography by collecting recordings that were popular at different stages of your life
- Purchase high-tech equipment e.g. computer software that will allow you to teach yourself a musical instrument on the computer
- Make a list of all the music you hear in the course of a day at the supermarket, on the radio, in doctor’s offices, on TV, and elsewhere
- Sing all of your communications to your family or friends instead of talking to them
- Learn about specific musical training programs such as Suzuki, Kodaly, Orff-Schulwerk



25 Ways to Enhance Your Naturalistic Intelligence

- Plant a garden (vegetable or floral)
- Care for a pet
- Care for a plant
- Start a recycling plan
- Take a nature hike or walk
- Start up an aquarium
- Start up a terrarium
- Rent a nature video, e.g. The Blue Planet
- Visit the zoo
- Visit a large Aquarium
- Go whale watching
- Purchase nature tools (binoculars, telescope, microscope)
- Watch daily newspaper for articles on natural phenomena
- Read about naturalist inventions, e.g. cloning
- Write an essay on your opinion of the use of animals in Experiments to develop medicine
- Go hiking in the mountains
- Visit the desert
- Read animal stories e.g. Aesop's Fables
- Take a Biology, Botany, Zoology or Ecology class at a local college
- Compare development of plants, animals within the evolution of A species or the history of an ecosystem
- Examine how the geographical features of North and South Contributed to the South losing the Civil War
- Use animal analogies to explain dynamics of bonding, e.g. animals that Attract, symbiotic relationships in nature
- Read the biography of Rousseau, Darwin, Mendel, Kepler, Cousteau
- Listen to recordings of whale songs, bird songs and other nature sounds
- Go camping



25 Ways to Enhance Your Linguistic Intelligence

- Join a book club
- Play Scrabble
- Do crossword puzzles
- Do word search puzzles
- Subscribe to book of the month club
- Attend a writer's conference or take a class on writing
- Attend poetry readings, book signings and other literary events
- Record yourself speaking into a tape recorder and listen to the playback with a critical ear
- Regularly go to the library and/or bookstores to browse, borrow, or buy, watch for garage sales to buy used books
- Subscribe to a quality newspaper or magazines and read them
- Read a book a week
- Join a speaker's club
- Learn to use the computer
- Keep a journal or diary, write daily
- Make up your own jokes, riddles, or sayings
- Attend a speed-reading seminar
- Read something in an area that's totally new and unfamiliar to you
- Teach an illiterate person to read through a volunteer organization, e.g. local library
- Ask friends to define unfamiliar words they use in their conversation with you
- Memorize favorite poetry or prose passages
- Prepare a short talk for a business or community event
- Circle unfamiliar words you encounter during your reading and look them up in the dictionary
- Buy a dictionary, a thesaurus to help improve your writing
- Go to a storytellers festival, learn about the art of storytelling, and tell stories to your family and friends
- Go to a comedy club



25 Ways to Enhance Your Interpersonal Intelligence

- Buy a rolodex file, fill it with names of business contacts, friends, acquaintances, relatives and others, and stay in touch with them
- Try to meet one new person a week
- Join a volunteer or service-oriented group such as Rotary, Red Cross, etc.
- Spend ten minutes each day practicing “active listening” with your spouse or a close friend
- Have a party and invite at least two people you don’t know very well
- Attend a group psychotherapy or family therapy session on a regular basis
- Take a leadership role in a group you’re currently involved with at work or in your community
- Start your own support group
- Enroll in a college course on interpersonal communication skills
- Collaborate with one or more people on a project of mutual interest, e.g. quiltmaking, community garden, writing a magazine article
- Organize a group brainstorming session at work, at your church, temple
- Attend a couples retreat
- Have regular family meetings in your home
- Communicate with other people on a computer network, e.g. Facebook, email, chat room
- Learn the art of proper social behavior by reading a book on etiquette and discussing the material with an individual you consider socially adept
- Strike up conversations with people in public places, e.g. airline terminals
- Start regular correspondence with a network of individuals around the country or world
- Attend family, school, or work-related reunions
- Play non-competitive/cooperative outdoor games with family and friends
- Join a group whose purpose is to help you meet new people, e.g. online dating clubs, hiking clubs, study groups
- Offer to teach, tutor, or counsel other people through a volunteer organization or on an informal basis
- Offer to read to the elderly in nursing homes
- Spend 10 minutes a day for a week or two observing how people interact in a public place—on a street corner, at a train or bus depot, or in a department store
- Talk with the three most socially intelligent people you know about how they got that way
- Watch videos of highly interpersonally effective individuals interacting with others and practice what they do



25 Ways to Enhance Your Bodily/Kinesthetic Intelligence

- Join a work related or community sports team, e.g. softball, soccer, etc.
- Take lessons in a specific individual sport, e.g. golf, tennis, etc.
- Learn a martial art, e.g., judo, karate, or another self-defense method
- Exercise regularly, join a gym or fitness center
- Learn a craft such as woodworking, weaving, knitting, etc.
- Take a class at a community center or college in art, e.g. clay, sculpture in stone, etc.
- Learn yoga at the YMCA or yoga center
- Play video games that require using quick reflexes
- Take formal lessons in dance, e.g. modern, ballroom, ballet
- Take up a hands-on hobby, e.g. gardening, cooking, model-building
- Learn sign language or Braille
- Go on a blindfold walk with a friend or family member and explore the environment with your hands and other senses
- Put together a collection of objects having different textures, e.g. silk, smooth stones, sandpaper
- Walk on the ends of curbs, on balance beams at playgrounds to improve your sense of balance
- Set up an aerobics program or weight training program for yourself under the supervision of your doctor or a health club
- Coach a Little League team or a group of children in another competitive or individual sport
- Play Charades with your family and friends
- Engage in sensory-awareness activities that put you in touch with physical sensations and perceptions
- Learn how to give a massage to another person
- Develop your eye-hand coordination by bowling, throwing horse shoes
- Go to a furniture store and buy yourself the most comfortable chair you can find
- Plant a garden and then weed it and harvest it
- Set up an obstacle course and practice going through it
- Make yourself a great costume for Halloween or have a costume party
- Walk/Run in a marathon or an event to raise money for e.g. Cancer Research, Muscular Dystrophy, etc.



25 Ways to Enhance Your Spatial-Visual Intelligence

- Work on jigsaw puzzles, Rubik's cube, mazes, other visual puzzles
- Play Pictionary and other visual thinking games
- Get a graphics software program and create designs, drawings, and images on your computer
- Take a Photography class and use a camera to record your visual impressions
- Purchase a camcorder and create video presentations
- Watch TV and films with a critical eye
- Redecorate the interior of your home and/or landscape the exterior
- Create a picture library of favorite images
- Go for a hike and photograph outdoor scene
- Take a class in drawing, sculpting, painting, photography, video, graphic design or some other visual art at a local college or community center
- Learn a pictorial language, e.g. Chinese, Cambodian
- Make three dimensional models of ideas you have for inventions or other projects
- Learn how to use and interpret flow charts, diagrams and other forms of visual organizers
- Purchase a visual dictionary and study how common machines and other objects work
- Have a family member or friend blindfold you and help you walk around and explore the sense of space surrounding you
- Practice looking for images and pictures in clouds, cracks in the wall, stone formations, or other natural or man-made phenomena
- Create your own visual symbols for note-taking: use arrows, circles, stars, spirals, color-coding, pictures, and other visual symbols
- Visit an architect, artist, designer, or mechanical engineer to see how they use spatial abilities in their work
- Spend time engaged in art activities with family and friends
- Study maps of your town and state, floor plans of your home, and other visual representational systems
- Build structures with Legos, blocks, Erector set, and other three-dimensional building materials
- Collect optical illusions
- Use videos to gain information about any topic of interest



25 Ways to Enhance Your Intrapersonal Intelligence

- Do individual counseling or psychotherapy work
- Study Eastern philosophies to learn about “self”
- Learn to meditate
- Practice Yoga
- Listen to motivational audio and video tapes
- Write your autobiography
- Create your own personal ritual or rite of passage
- Record and work with message of your dreams on a regular basis
- Read self-help books
- Get a personal life coach
- Establish a quiet place in your home for introspection
- Teach yourself something new: a skill, language, individual sport, art form, start your own business
- Develop an interest or hobby that sets you apart from the crowd
- Enroll in a class on assertiveness training or one for developing self-confidence
- Take a battery of tests designed to assess your special strengths and weaknesses in a broad range of areas
- Set short and long-term goals for yourself and follow through on them
- Attend a seminar designed to teach you about yourself, e.g. psychodrama, gestalt work, psychosynthesis, etc.
- Keep a daily journal for recording your thoughts, feelings, goals, and memories
- Study the biographies and autobiographies of great individuals with powerful personalities
- Engage in daily self-esteem enhancing behaviors, e.g. use positive self-talk, affirming your successes
- Do something you enjoy at least once a day
- Set a challenge for yourself to overcome and then do it
- Take ten minutes every evening to mentally review the various thoughts and feelings you had during the day
- Spend quality time with people who have a strong and healthy sense of self

Wishing You The

