

Empowered To Thrive Program

CHAPTER 3 – MODULE 1

Your Natural Gifting

Intrapersonal Intelligence

		Yes	No
1.	I am very aware of all my emotions		
2.	I am easily able to express how I feel in detail		
3.	I can easily find different ways to express my emotions and thoughts		
4.	I can sit quietly on my own thinking and sorting things out in my own mind		
5.	I believe I am very well balanced		
6.	I can work independently		
7.	I am very organized		
8.	I am motivated to set goals for myself		
9.	I don't need people around me all the time		
10.	I prefer to be on my own to being in a group		
11.	I enjoy my own company		
12.	I am very curious about the deep issues of life and love to ponder their meaning and relevance		
13.	I love to philosophize		
14.	I am challenged by the purpose of life		
15.	It is very important for me to understand my inner experiences		
16.	Human rights issues are close to my heart		
17.	I am very affected by the plight of others		
18.	I am determined to make a difference in life		
19.	I have a desire to empower others		
20.	I am a very good listener		
21.	I only offer advice if asked		

22.	I find it very easy to consider a person's problem and to advise him or her		
23.	I never impose my ideas on others even though I always have an opinion		
24.	I have insight into issues and life in general		
25.	I love writing journal entries		
26.	I enjoy receiving feedback on my efforts		
27.	I prefer to work alone		
28.	I have often have opinions that set me apart from the crowd		
29.	I prefer self-directed learning as in distance learning		
30.	I consider myself to have good self-esteem		

Interpersonal Intelligence

		Yes	No
1.	I need people around me a lot		
2.	I form friendships easily		
3.	I have good friendships for many years		
4.	I recognize that there are different ways of communicating with others		
5.	I make use of these different ways of communicating		
6.	I find it easy to tune into the needs of others		
7.	I am able to perceive the thoughts and feelings of others		
8.	I find it easy to counsel and guide people		
9.	People tend to come to me for counsel and advice		
10.	I like to influence the opinions and/or actions of others		
11.	I enjoy participating in collaborative efforts		
12.	I am able to assume various roles in a group – from the follower to the leader		
13.	I prefer to lead rather than follow in a group		
14.	I am quick to understand the verbal and non-verbal communication of a group or of a person		
15.	I get on well with my parents, brothers and sisters		
16.	I communicate effectively both on a non-verbal and verbal level		
17.	I can easily adapt my behaviour and conversation to different groups and environments		
18.	I can easily adapt my explanation or communication or behavior based on the feedback of others		

19.	I am very good at mediating		
20.	I love mentoring people		
21.	I am good at organizing others into getting a group project done		
22.	I can easily work with people from diverse ages and backgrounds		
23.	I am good leader and visionary		
24.	I am good at managing people in terms of action planning and getting things done		
25.	I am good at arguing a point and can be convincing		
26.	I thrive on attention		
27.	I like to be needed		
28.	I am good at conflict management		
29.	I am a good “solution-finder”		
30.	I like to generate many perspectives on topics		

Linguistic Intelligence

		Yes	No
1.	I like using stories to explain something		
2.	I like debating in discussions		
3.	I enjoy writing poems, stories, legends and articles		
4.	I would like to write a play		
5.	I like telling stories		
6.	I like describing events in detail		
7.	I like giving presentations		
8.	I like leading discussions		
9.	I like writing/typing journal entries		
10.	I would love to create a talk show program for radio or TV		
11.	I enjoy writing newsletters		
12.	I love using, for example, concordances and thesauruses to expand my knowledge		
13.	I love inventing catchy slogans or sayings		
14.	I like or would enjoy conducting an interview		
15.	I use email and text messaging a lot		
16.	I enjoy or would enjoy writing a novel or long story		
17.	I always have something to say and enjoy talking		
18.	Books and reading materials are very important to me		

19.	I hear words in my head before I speak, read or write		
20.	I hear words in my head as I listen to someone or when I am watching TV		
21.	I would rather listen to the radio or a CD than watch TV		
22.	I enjoy word and information games like Scrabble and Trivial Pursuit		
23.	I enjoy entertaining myself and others with tongue twisters, puns and nonsense rhymes		
24.	I like to use complex vocabulary and long sentences		
25.	When driving or in a car I pay more attention to signs, billboards and anything written versus scenery		
26.	I prefer subjects like history, literature, integrated studies and languages to math, science and computer studies		
27.	In a conversation, I refer a lot to what I have read or heard		
28.	I spell well		
29.	I have good general knowledge		
30.	I ask a lot of questions		

Logical/Mathematical Intelligence

		Yes	No
1.	Mathematical formulas “talk” to me		
2.	I see meaning in numbers		
3.	I like designing and conducting experiments		
4.	I like creating strategy games like Survivor and treasure hunts		
5.	I like organizing my time		
6.	I like interpreting data		
7.	I like hypothesizing and asking “What if?”		
8.	I like categorizing facts and information		
9.	I like describing symmetry and balance		
10.	I can always see the pros and cons of a situation		
11.	I like planning		
12.	I like reasoning things out		
13.	I like playing with numbers and doing complex mathematical operations		
14.	I like using technology		
15.	I can easily compute numbers in my head		

16.	My favorite subjects are or were science, math and computer science		
17.	I enjoy logical games like chess and cards		
18.	I enjoy computer games		
19.	I enjoy brain teasers		
20.	I enjoy problem-solving		
21.	I enjoy “what if?” games		
22.	My mind searches for patterns and regularities and logical sequences		
23.	New developments in science, technology and nature interest me		
24.	I like rational explanations for everything		
25.	I often thin in abstract (wordless, imageless) concepts		
26.	I understand and need order		
27.	I am immediately aware of logical flaws in a person’s argument or conversation		
28.	I notice illogical sequences for example, in events or films		
29.	I like building puzzles		
30.	I love questioning and experiment		

Kinesthetic Intelligence

		Yes	No
1.	I need to explore a new environment through touch and movement		
2.	I like to touch or handle what I need to learn; I cannot just look at it		
3.	I consider myself to be well coordinated		
4.	I have a good sense of timing in life, for example, I am always on time and can manage my time		
5.	I have a good sense of timing when it comes to physical activities		
6.	I am good at arranging furniture in a room and placing decorative items on a table		
7.	I enjoy field trips like visiting a museum or the planetarium		
8.	I enjoy participating in plays		
9.	I enjoy physical strategy games like Catches, Stuck in the Mud and treasure hunts		
10.	I notice when people have not color coordinated their clothes, fabrics or styles correctly		
11.	I like symmetry in a room, for example, putting two identical potted plants on either side of a couch		

12.	I am aware of and concerned about my physical health so I exercise regularly and try to eat a healthy, balanced diet		
13.	I find it easy to participate in a group activity that involves a coordinated sequence of movements such as aerobics and dancing		
14.	I am good at activities involving dexterity with my hands, like sewing		
15.	I like doing things like pottery and woodcarving		
16.	I find it easy to create new forms in a sport, for example, a new type of dance or a new version of basketball		
17.	I have good ball skills and can therefore play soccer, baseball, football and tennis		
18.	I have excellent hand-eye coordination and therefore am good at tennis, softball, racquetball and basketball		
19.	I am a good cyclist		
20.	I love to run for exercise		
21.	I love to take part in marathons		
22.	I prefer individual to group sports		
23.	I love movement and sport, but I am not that proficient in any particular sport		
24.	I love swimming		
25.	I find it difficult to sit still for long periods of time, especially in a classroom environment		
26.	I often feel compelled to move about in order to help myself not lose concentration		
27.	I find that I need to move in some way – even if it is wiggling – when I am learning and building memory		
28.	I like making models of things with play dough or clay		
29.	I really enjoy watching sports – live and on TV- and recognize and appreciate the skill involved		
30.	I like using my hands and body movement when I am talking		

Musical Intelligence

		Yes	No
1.	I can easily read body language		
2.	I find it easy to pick up the nuances in someone's speech, for example, whether he or she is sarcastic, angry, irritated and worried		
3.	I find myself listening and responding to a variety of sounds including the human voice, environmental sounds, sounds in nature and music		

4.	I enjoy music and find myself needing music in the learning environment		
5.	I will often create my own rhythm if I can't hear music, especially when I am concentrating, for example, clicking my pen, tapping my foot or rocking in my chair rhythmically		
6.	I find myself responding to music by humming along		
7.	I find myself responding to music by moving in time to the music		
8.	I find music and singing make me feel various emotions		
9.	If I watch gymnastics or ballet or dancing or any sport, I can "hear" the music in the body movements		
10.	I recognize different types of musical styles and genres and cultural variations		
11.	I find the role music has played and continues to play in human life fascinating		
12.	I collect CDs and mp3s of different types of music		
13.	I have the ability to sing		
14.	I play one or more musical instruments		
15.	I am able and like to analyze and critique musical selections		
16.	I often am able to interpret what a composer is communicating through music		
17.	I remember the titles and the words of songs		
18.	I can hear a song once or twice and then sing most of it		
19.	I have a desire to create, or I have created a musical instrument		
20.	I like music		
21.	I would love to be (or I am already) a sound engineer, conductor or musician		
22.	I read music		
23.	I like musical games, for example, karaoke		
24.	I often tap or hum while working or when learning something new		
25.	I like whistling and often do		
26.	I often have intuitive hunches		
27.	I can easily "read between the lines"		
28.	I can "read" people easily		
29.	I am not easily misled		
30.	I am somewhat cynical		

Visual/Spatial Intelligence

		Yes	No
1.	I think in 3-D, for example, I can easily mentally move or manipulate objects in space to see how they will interact with other objects, such as gears turning parts of machinery		
2.	I like to produce and can easily understand graphic information, for example, using graphics or charts to explain concepts		
3.	I can easily navigate my way through space, for example, when I'm moving through apertures, moving a car through traffic, parking a car etc.		
4.	I can easily read a road map		
5.	I like building blocks, origami objects, Lego, models and bridges		
6.	I like building puzzles, especially big ones		
7.	I like creating photo collages and scrapbooking		
8.	I like creating PowerPoint presentations		
9.	I like taking photos or creating videos of special occasions		
10.	I like designing posters/murals/bulletin boards		
11.	I find myself visualizing (pictures and imaging) a lot especially when I am listening and trying to understand		
12.	I can easily remember large chunks of information (for short periods of time) just from reading		
13.	I like creating complex "architecture" type drawings		
14.	I would love to make (or love making) a film or an advertisement		
15.	I appreciate and notice variation in color, size and shape, for example, I notice the colors, furniture and interior design in rooms		
16.	I naturally color code, for example, Sunday is red, Monday is blue		
17.	I like board games like Monopoly and Trivial Pursuit		
18.	I like and am fairly good at producing various art forms such as illustrations, drawings, sketches, paintings and sculpture		
19.	I like using technology, such as computers		
20.	I like to do presentations and lectures or teach using computers, data projectors and overhead projectors		
21.	I like writing on a board or flipchart when I am explaining something, lecturing or teaching		
22.	I see clear visual images of what I am thinking or hearing when I close my eyes		
23.	I have vivid dreams		

24.	I can easily find my way around and only need to go to a place once and will easily find my way back again		
25.	I like drawing and doodling especially when on the phone or when listening to a lecture where I have to concentrate		
26.	I prefer not to look at a lecturer or teacher's face when I am trying to concentrate as this distracts me		
27.	I find it easier to learn when I can see and observe		
28.	I often use visual images as an aid to recall detailed information		
29.	I can easily fold a piece of paper into a complex shape and visualize its new form		
30.	I find it easy to see things – both concrete and linguistic-in different ways of from new perspectives, for example, detecting one form hidden in another or seeing the “other angle” of a problem		

gift profile test adapted from Dr. Caroline Leaf's The Gift in You