

## **Finding IT: Getting to the Heart of Multiple Intelligences**

The artist is not a different kind of person, but every person is a different kind of artist: the politician crafting a persuasive speech, the doctor who performing a miraculous surgery, and the musician composing a beautiful arrangement. These creative artists are using their personal power by tapping into what Howard Gardner introduced as multiple intelligences. Gardner explained that there are at least 7 intelligences worthy as important modes of thought that each person possesses: linguistic, logical/mathematical, musical, visual/spatial, kinesthetic, interpersonal and intrapersonal. Understanding which intelligences are more natural for you and which ones challenge you will help you explore creative potentials to enhance your personal power.

### **Linguistic Intelligence**

Do you have a good grasp of language-related skills, can spell easily and like to play a variety of word games? Then you more than likely have a high level of linguistic intelligence; the ability to write and speak clearly and confidently. Other skills related to this intelligence include debating, editing, writing and reporting. Ways to develop linguistic intelligence are to join a book club or attend book discussions, write creative stories or poems, and listen to audiocassette recordings of great literature or orators.

### **Logical/Mathematical Intelligence**

Any mathematician, engineer, accountant or computer analyst possesses a high level of logical/mathematical intelligence -- the ability to manipulate numbers and recognize abstract patterns. Even though 93% of adults lack a fundamental knowledge of scientific methodology, other common traits within this intelligence are reasoning, calculating, hypothesizing and analyzing. Working on brainteasers, watching TV documentaries on inventions and taking a basic math or science course are ways to enhance your logical/mathematical intelligence.

### **Musical Intelligence**

Those who encompass high musical intelligence are those with the ability to recognize and use tonal patterns and sounds. Musically inclined people are the ones who are sensitive to sounds, enjoy humming, and often play musical instruments. Those who are interested in improving their musical intelligence can listen to famous composers and performers, go to concerts or musicals, write lyrics to a song and play name that tune.

### **Visual/Spatial Intelligence**

Most of us correlate the names Picasso and Monet as famous artists. Other common visual/spatial artists are graphic artists, architects and interior decorators. Having the ability to perceive, visualize and accurately recreate one's visual experience defines visual/spatial intelligence. If you don't think in images, can't create mental pictures or doesn't have a good color sense, then you can do the following: take a drawing, painting or sculpting class; incorporate photos, colors, drawings in a scrapbook; or learn photography to capture visual impressions.

### **Kinesthetic Intelligence**

I bet you never thought playing charades as a kid would help you develop your kinesthetic intelligence. To be body smarts means to have the ability to sense and use one's body in a controlled manner. Typically, nonwestern cultures spend a great deal more time developing bodily/kinesthetic skills like poise, grace, flexibility and balance. Some things you can do are to become more kinesthetic are to learn how to meditate, take dance lessons or a martial arts sport, give massages, and try a craft like woodworking.

### **Interpersonal Intelligence**

A large part of Oprah Winfrey, the famous talk-show host, success has to do with her ability to connect with her social sense. Being people smart, or interpersonally intelligence, means the ability to communicate and comfortably relate to and interact with others. She and others with this intelligence have mastered verbal and nonverbal communication to motivate and lead others toward a common goal by creating and maintaining synergy. People with this intelligence tend to be managers, sales people, teachers, religious leaders and human resource professionals. Starting support groups, joining clubs or tutoring others are a few ways to develop interpersonally.

### **Intrapersonal Intelligence**

What do psychologists, philosophers, novelists and entrepreneurs have in common? Intrapersonal intelligence. People in these professions have the ability to know and be comfortable with oneself and are adept at self-reflection, concentration and reasoning skills. This intelligence requires deep innermost thinking, having a strong sense of self and being sensitive to one's purpose in life. Working alone, setting goals, initiating and looking inward is what occupies an intrapersonally intelligent person's time. If this is not natural for you, try writing your own autobiography, listening to motivational tapes, reading self-help books or just being silent with yourself.

### **Action Plan**

For the next seven weeks focus on developing one of the intelligences each week. As you explore and develop all the intelligences you will see your creativity expand and your personal power ignite!

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