

Discover Your Hidden Talents Questionnaire

Introduction

This questionnaire is designed to help you identify your strongest areas of intelligence, based on Howard Gardner's theory of Multiple Intelligences and more recent psychological research. Answer each question honestly. At the end, you'll tally your scores to discover your top 3 intelligences and see suggestions for careers, business ideas, and ways to explore them further.

Questionnaire

Rate each of the following statements from 1 (Not at all like me) to 5 (Very much like me).

Linguistic-Verbal Intelligence Example: I enjoy reading, writing, and playing with words.

Rate yourself: ____

Logical-Mathematical Intelligence Example: I like solving puzzles and figuring out how things work.

Rate yourself: ____

Visual-Spatial Intelligence Example: I think in images and enjoy art, design, or visual planning.

Rate yourself: ____

Musical Intelligence Example: I am sensitive to sounds, rhythms, and music.

Rate yourself: ____

Bodily-Kinesthetic Intelligence Example: I learn best through hands-on activities and physical movement.

Rate yourself: ____

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Interpersonal Intelligence Example: I understand others well and enjoy social interaction.

Rate yourself: ____

Intrapersonal Intelligence Example: I am self-aware and enjoy deep reflection.

Rate yourself: ____

Naturalistic Intelligence Example: I feel connected to nature and notice patterns in the environment.

Rate yourself: ____

Existential Intelligence Example: I ponder big questions about life, death, and human existence.

Rate yourself: ____

Digital/Technological Intelligence Example: I pick up new tech quickly and enjoy working with digital tools.

Rate yourself: ____

Scoring

Add up your scores for each intelligence. Your top 3 highest scores indicate your strongest areas.

These may point to talents you can further develop.

Career & Business Fits by Intelligence

Linguistic-Verbal Intelligence: Writer, editor, teacher, speaker, content creator.

Logical-Mathematical Intelligence: Engineer, analyst, coder, finance professional.

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Visual-Spatial Intelligence: Designer, architect, filmmaker, illustrator.

Musical Intelligence: Musician, composer, sound designer, music therapist.

Bodily-Kinesthetic Intelligence: Dancer, athlete, physiotherapist, artisan.

Interpersonal Intelligence: Coach, HR specialist, therapist, community leader.

Intrapersonal Intelligence: Writer, philosopher, solo entrepreneur, strategist.

Naturalistic Intelligence: Biologist, farmer, environmentalist, herbalist.

Existential Intelligence: Counselor, philosopher, spiritual guide, educator.

Digital/Technological Intelligence: App developer, IT specialist, digital marketer.

Quick Ways to Explore Your Top Talents

- Try a new hobby or course related to your top intelligences.
- Volunteer in a role that uses those skills.
- Start a blog, YouTube channel, or side hustle aligned with your strengths.
- Talk to people in careers that match your top intelligences.
- Reflect weekly on when you felt most energized or in flow.