

# Expanding Your Intelligences

**FIGURE 2.2**

Intelligence	Strategies
<b>Verbal/Linguistic</b>	<ul style="list-style-type: none"> <li>• Join a book club or take a writing course.</li> <li>• Read anything and everything.</li> <li>• Use a new word in your conversation every day.</li> </ul>
<b>Logical/Mathematical</b>	<ul style="list-style-type: none"> <li>• Work on puzzles and brain teasers.</li> <li>• Visit a science center, planetarium, or aquarium.</li> <li>• Practice calculating problems in your head.</li> </ul>
<b>Visual/Spatial</b>	<ul style="list-style-type: none"> <li>• Work on jigsaw puzzles or visual puzzles.</li> <li>• Visit art museums and galleries.</li> <li>• Take a class in visual arts, such as photography.</li> </ul>
<b>Bodily/Kinesthetic</b>	<ul style="list-style-type: none"> <li>• Join a gym or a sports team.</li> <li>• Learn dance, yoga, t'ai chi, or martial arts.</li> <li>• Enroll in an aerobics or weight-training class.</li> </ul>
<b>Musical</b>	<ul style="list-style-type: none"> <li>• Attend concerts and musicals.</li> <li>• Take a class in music appreciation or performance.</li> <li>• Explore unfamiliar styles of music.</li> </ul>
<b>Interpersonal</b>	<ul style="list-style-type: none"> <li>• Join a volunteer or service group.</li> <li>• Learn about body language and communication.</li> <li>• Introduce yourself to new people often.</li> </ul>
<b>Intrapersonal</b>	<ul style="list-style-type: none"> <li>• Develop a meditative hobby, such as gardening.</li> <li>• Keep a journal of your thoughts and feelings.</li> <li>• Consult a counselor or therapist.</li> </ul>
<b>Naturalistic</b>	<ul style="list-style-type: none"> <li>• Explore the flora and fauna of your region.</li> <li>• Look for patterns in nature or architecture.</li> <li>• Start a collection of objects.</li> </ul>

**Learning + Practice = Progress** Exploring new activities and meeting new people help you build your intelligences and discover new interests. ***Select the intelligence you would most like to develop, and describe three specific actions you could take to do this.***