Here are some ideas to develop your intelligence Mathematical/ Join a choir Musical logical Do logic puzzles (there are lots of websites with great puzzles) Learn to play a musical instrument Learn to write computer code using a programming language Join a Samba band Play chess, draughts, Mah Jongh, Go, backgammon, bridge Start a collection of anything, Notice differences and similarities. Devise a way to classify them Draw route maps to familiar places from memory Naturalist Spatial Learn to identify trees, birds, mushrooms, Learn to notice things with greater acuity. Draw familiar breeds of dogs, types of cloud things from memory e.g. your watch, one side of a coin. Take an interest in gardening and plant care Play the classic computer game, Tetris Playword games like scrabble, Multiple Intelligences hangman, ghost, boggle and call my buff Dancing and Yoga Keep a journal and write about A craft e.g. woodwork, pottery anything and everything Verbal/linquistic Magic Tricks, unicycling or juggling Make up collaborative stories, taking turns, continuing the story Kinaesthetic/bodily Sign Language Learn to do something new Find a coach or take courses Read Leaders Autobiographies Engage in reflective practice Notice people who have good Learn how to meditate and practice daily interpersonal skills, watch them, ask Intrapersonal Interpersonal Find a good personal coach Develop self-awareness questions and listen Develop awareness

Figure 3.3 Developing your multiple intelligences