

Ove 12.1% 13.6%	erview of <name>'s DMIT Report Multiple Intelligences</name>	Kinesthetical	
	Multiple Intelligences	Kinesthetical	
		Kinesthetical	
13.6%			11.8%
		Visual-Spatial	11.2%
14.1%		Interpersonal	12.0%
11.7%		Musical	13.5%
	Brain Dominance		
		Right Bra	ain
		49.69%	Ú)
Туре		Learning Styles	
		Auditory	39%
		Kinesthetic	34%
			Brain Dominance Right Brain Auditory







Summary of Your Personality

You place an emphasis on cooperating with others with in existing circumstances to carry out the task. You are motivated by cooperation, opportunities to help and sincere appreciation. You prioritize giving support, collaboration and maintaining stability. You may be limited by being indecisive, overly accommodating, and tendency to avoid changes. You may fear change, loss of stability and offending others. You give values to loyalty, helping others and security. You tend to be team oriented, flexible, easy going, good listener and gentle.



Strengths	
Team Oriented	
Kind Hearted	
Adaptable	
Gentle	
Good Listener	
Easy Going	

Challenges (Need to strength)
Lack of individualism
Easily affected by environment
Too wide ranging interests
Impulsive
Need role models
Possessive - Dependent

Goals	Personal accomplishments; Group acceptance; Power through formal roles and position of authority; Maintenance of status quo and controlled environment			
Need others Who	React quickly to unexpected changes; Become involved in more than one thing; Are self-promoting; Apply pressure on others; Work comfortably in an unpredictable environment; Help to prioritize work; Are flexible in work procedures			
What you naturally do well?	You are natural "people person" and enjoy helping other people succeed. You are good at building relationships and networking – the key to your success. You are happy to follow plans as part of team, but not necessarily on your own.			
Tips for Others	When communicating with them, be personal and amiable; express your interest in them and what you expect from them. Take time to provide clarification, be polite, and avoid being confrontational, overly aggressive or rude			
Classic Roles	Specialist, Achiever, Agent, Investigator			
Department	HR, Manufacturing, Planning, Marketing, R&D			





	Rela	ationship Compatibility - Yours with Others
Your Personality	Others Personality	Combined Result
		There are chances of conflict because both are of completely different and opposite behaviours. For example "Eagle" will like challenges but "Dove" does not like challenges. "Eagle" will be fast in his activity but "Dove" tends to be slow in his activity. "Eagle" would be goal oriented but "Dove" will be people oriented. To avoid conflict, one should adjust with the other type else both cannot expect a good relationship with each other.
		Both would be people oriented hence they will enjoy to work together. Both will share their ideas with one another hence there will not be any communication gap between them. Both tend to have effective relationships because both are of outgoing, but conflicts will occur when if there is any instability in "Peacock's" plan. "Dove" will give up things easily to "Peacock"
		Both will be highly sociable and hence they can get along well with each other. To avoid conflict, "Owl" can allow "Dove" while taking any decisions and "Dove" can accept any changes which are made by "Owl"
		You both would be highly people oriented. You two will get along well with each other. But you both tend to be very slow when at work. Both would like to do routine things. Both would like to communicate with each other because both are team players. Both would be easily influenced by environment









Design your Destiny No.16/29, Bharathy Illam, Sakthi Nagar, Agraharam Korattur, Chennai-600076, Near Domnic Fitness Centre Phone No: 9962363647 | designyourdestinyofficial@gmail.com Attributes based on Neuron Distribution of <NAME> **Picture Smart** 8.0% **People Smart** 11.0% **Emotion Smart** 11.0% **Word Smart** 11.7% 11.7% Self Smart 9.2% **Number Smart** 8.0% **Nature Smart** 9.2% **Space Smart** 9.8% **Fine Motors Smart** 10.4% **Gross Motors Smart**





	Psychological & Planning Capability	oreate. shape. Aohieve.	
	Doing Capability	Planning Capability	
	55.2%	44.8%	
	Object Driven Model	Concept Driven Model	
	Highly Determined	Highly Imaginative	
	High level planning & Constructive ability	High Managerial and organizational skills	
Characteristics	Risk taker, Goal oriented, Bold & Confident	Highly logical, analytical and cautious	
	Let's try it it out and see how it works	Let's think it through first	
	They tend to ask "Why"	They tend to ask "How"	
	Help them set goals and objectives	Help them in how to do or learn something	
Remedies	Give reasons as to why they must do and learn something	Record thoughts to paper and logically decide what to do	
	They learn most effectively when they are actively discussing problem solving and finding things to do with new information	They will learn best when they allocate time for thinking about and digesting new information	

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Acquiring Style of <NAME>

- > Independent, Goal Oriented
- Target Centric, Self-Starter
- Stubborn, Confident, Inflexible
- Bold, Determined, Aggressive,
- In-charge, rigid, Self-centric, Bossy

Self-Cognitive

Reflective

- > Highly Flexible, Unlimited Potential
- > Conservative, May be talkative
- > People Oriented, Friendly
- Defensive, Limited Risk Taker
- Lack of time management and discipline
- Need a support and guide to perform best





- Imitation Learner, High Learning Ability
- > Stretchable, Flexible,
- People Oriented, Need Motivation & Encouragement
- Cooperative, May be lack of confidence
- > Calm, Relationship Oriented
- > Patient, Supportive, & Emotional

Affective

Reverse Thinker

- Creative, Thinking out of the box
- Doing something new and different
- Standing away from the crowd
- Dislike traditional style of working
- Discoverer, Rule Breaker, Dislike following world
- Milestone Setter, Scientific thinking,
- Divergent Mind, Impatient, Curious



Design your Destiny No.16/29, Bharathy Illam, Sakthi Nagar, Agraharam Korattur, Chennai-600076, Near Domnic Fitness Centre Phone No: 9962363647 | designyourdestinyofficial@gmail.com Learning Styles of <NAME> Visual 27% Learner Auditory 39% Learner Kinesthetic 34% Learner

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Guidelines for Visual Learner

Visual Learners uses strong visual associations. You often use lists to organize your life and your thoughts. When spelling, you recognize words by how they look. You remember faces but forget names. You learn best by associating pictures with the words or concepts being used. You benefit when visual are used as a part of lecture (whiteboard, transparencies, power-point, films, videos, maps, charts, posters, graphs etc.



Demonstrations by the professors are helpful, as are textbooks with pictures and diagrams. You often have a well-developed imagination and are easily distracted by movement or action in classroom. However, noise will probably not distract you. You may not prefer to learn in study groups. Rather when studying, you tend to like to work alone in quiet room.

Study Tips

Use brightly colored folders for catogerising papers or eye-catching notebooks for organizing assignments

- > Take notes; make list; copy everything on the board
- > Use higlighter pens to "Color code" information
- Should make flash cards or use computer to organize material that needs to be memorized into tables, charts or spreadsheets with graphics
- As much as possible, translate words and ideas into outlines, symbols, pictures and diagrams or summarize the information into key phases or sequences. Replace words with symbols or initials.
- Highlight key words or pictures on the note cards; then put the information in prominent places to review
- Read over your notes repeatedly until you "see" the notes on the page
- Reduce auditory "Clutter"

Exam & Learning Tips

Practice turning your visuals back into words or write out sample exam answers, redraw your notes or study pages from memory; draw things; use diagrams; place them in highly visible places for easy reviewing

Best Test Type

Diagramming, Reading Maps, essay (if you have studied using an outline), showing a process note

Worst Test Type

Oral test, listen, and respond test etc.



Guidelines for Auditory Learner

Learn by listening to verbal instructions; remember by forming the sounds of words. You find it easy to remember names but forget faces. You often do well working out solutions or problems by taking them out. In most circumstances you need to hear yourself say it in order to effectively commit to memory. You may find yourself reading aloud instead of reading silently, talking to yourself or repeating instructions to make sure you understand them.



Ask questions to the professors in order to gain understanding. Ask follow up questions, if necessary. The discussion cements the information for you. You are distracted by noise and often need to work where it is relatively quiet. However, you benefit from listening to lectures, dialogues and plays; using audio recording and videos etc. participating in group discussions

Study Tips

Attend classes, discussions and tutorials. You notes may be poor because you prefer to listen. Expand them by talking with others and collecting notes from the textbook. Consider finding a "note-taking-study-partner" in each class who will be your back up for filling in things you missed in class. Put facts or dates into a song, a rap or a rhythm to aid memorization. Record class lectures

Make your own audio recordings by reading your notes and textbook information onto a recorder. Review these records in your car or on a headset, whenever you can, to be ready for a test. Use recorded books whenever possible. When studying by yourself, read textbooks and notes out loud. Repeat facts with your eyes closed. Join a study group or study with a partner to review information, notes, texts etc.

Exam & Learning Tips

Imagine talking with examiner, listen to your voices and write down the answers; spend time in quiet places recalling the ideas; listen to audio CD's while exercising; speak your answers aloud inside your head

Best Test Type

Writing responses to lectures & oral exams

Worst Test Type

Reading passages and writing answer in a timed test.

Guidelines for Kinesthetic Learner

Learn by becoming physically involved and actually doing something with what's being learned. "Hands-on" activity is needed to grasp the learning. "Being on the move" helps your memory to work.

In the classroom, you benefit from physical activity, in class demonstrations, "hands-on" student learning experiences and professors who give real-life examples. Using large diagrams, floor/wall puzzles and large maps on the wall or floor are helpful. Charades, acting, interviewing, pantomiming, skits and role playing enhance learning. Laboratories, field trips, trial-error assignments and fieldwork done outside the classroom promote more interest

Study Tips

Sit near front of the room and take notes throughout the class period to help you stay focused. Later on, straighten out incomplete sentences and spelling errors in your notes. The idea is to get down keywords and draw conclusions. Talk about your notes with another kinesthetic person. You will remember the "real" things that happened. Put plenty of examples in your summaries. Study in 20 minute time intervals, with 5-10 minute breaks.

Use case studies and applications to help with understanding principles and abstract concepts. Pictures and photographs help to illustrate ideas also. Put your homework on a clipboard and do it "on the run". Or put test material on flashcards made out of index cards and review the class material while walking the stairs in the dorm/pacing in your own room. Use memory games. Associate some sort of bodily movement with what needs to remembered. To learn a sequence of events, processes or procedures, make 3"x5" flashcards for each part. Arrange the cards on a table top in the correct order until it becomes automatic. Or assign sequenced information to individual steps as you walk up and down stairs. Test prep may include: writing practice answers/paragraphs, charades, acting, pantomiming or skits. Role-play the exam situation in your own room.

Exam & Learning Tips

When reviewing new information, copy key points onto a chalkboard or other large writing surface, use the computer to organize the info into graphs, tables, spreadsheets etc. practice writing answers to old exam papers, record your own CD and use them for review

Best Test Type

Short definitions, fill-ins, multiple choices

Worst Test Type

Long test and essays







Theory of Multiple Intelligences (M.I.)

Dr. Howard Gardner, a renowned Scientist, Psychologist & Educationist is the Hobbs Professor of Cognition and Education at the Harvard Graduate School of Education & Senior Director of Harvard Project Zero. Among numerous honors, Gardner received a MacArthur Prize Fellowship in 1981. He has received honorary degrees from twenty-two colleges and universities.



In 2005 he was selected by Foreign Policy and Prospect magazines as one of 100 most influential public intellectuals in the world. The author of over twenty books translated into twenty-seven languages & several hundred articles. Gardner is best known in educational circles for his **"Theory of Multiple Intelligences"** proposed in 1983, which has been widely accepted by science all over the world. And today there are many schools across the world, which are running on the education pattern of "Theory of Multiple Intelligence". He has also written extensively on Creativity, Leadership & Professional Ethics. His latest book Five Minds for the Future was published in April 2007. **Here are the details of 8 multiple intelligences proposed by him**



Design your Destiny No.16/29, Bharathy Illam, Sakthi Nagar, Agraharam Korattur, Chennai-600076, Near Domnic Fitness Centre Phone No: 9962363647 | designyourdestinyofficial@gmail.com Multiple Intelligences (M.I.) Distribution of <NAME>



Interpretation of Multiple Intelligence Table

- The highest bars shows the most dominant areas of intelligence
- The longest 4 bars are considered dominant areas of intelligence
- The intelligences which have similar strengths, are considered to be equal potential
- The intelligences below the mid-point of the most dominating intelligences are the areas of the intelligences that need most of the improvement



14.1%



This intelligence has to do with introspective and self-reflective capacities. Those who are strongest in this intelligence are typically introverts and prefer to work alone. They are usually highly self aware and capable of understanding their own emotions, goals and motivations. They often have an affinity for thought based pursuits such as philosophy. They learn best when allowed to concentrate on the subject themselves. There is often a high level of perfectionism associated with this intelligence

Possible Career Interest: Psychologists, Pastor, Professor, Novelist, Therapist, Counselor, Entrepreneur

Note: The Intrapersonal Intelligence is less liable to define or suggest a certain career than any of the other intelligence since the ability of self-awareness, self discipline and self improvement is applicable to any other careers as well

- Has the ability to do self-reflection, takes the initiative to ponder on life's major questions and problems •
- Understands oneself, has strong self-awareness, particular about the important values in life that one • believes in
- Able to self-regulate and plan one's life effectively .
- Understand one's own strengths and weaknesses
- Prefers to be alone than to be in a group
- Strong will-power, has individualistic character •
- Has high self-esteem ٠
- Able to learn and get inspired from experiences of success & failure

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Ways to Strengthen your Intrapersonal Intelligence:

- 1. Learn to meditate or just set aside quiet time alone to think
- 2. Study philosophy, especially different schools of thought from different culture
- 3. Find a counselor or therapist to explore yourself
- 4. Create your own personal rituals that makes you feel good about yourself
- 5. Read self-help books and listen to tapes
- 6. Develop a hobby that sets you apart from the crowd
- 7. Make a personal development plan
- 8. Keep a daily journal for recording your thoughts, dreams, goals, feelings & emotions
- 9. Do something to spoil yourself once a day
- 10. Study biographies of great individuals
- 11. Teach yourself something new such as skill, language or body of knowledge in an area of interest to you
- 12. Venture into starting your business
- 13. Take a battery of tests designed to assess your special strengths and weaknesses in a broad range of areas
- 14. Keep some "ME" time and indulge in doing an activity of your choice
- 15. Keep a mirror handy to look into when you are in different moods or states of mind
- 16. Take 10 min every evening to mentally review your thoughts and feelings you had during the day
- 17. Spend some time with people who have a strong and healthy sense of oneself



Interpersonal Intelligence

12.0%



This intelligence has to do with the interaction with others. People in this category are usually extroverts and are characterized by their sensitivity to other's moods, feelings, temperaments and motivations and their ability to co-operate in order to work as a part of a group. They communicate effectively and empathize easily with others and may be either leaders or followers, they typically learn best by working with others and often they enjoy discussions and debate

Possible Career Interest: Educator, Coach, Mentor, Principal, Manager, Nurse, Social Workers, Politician, Counselor, PR Executive, HR Professionals, Sales People, Event Organizer, Customer Service Manager

- Able to understand other's intentions and motives
- Good at telling other people emotions and thoughts simply from observing their facial expressions and physical movements (Body language)
- Has the ability to work with others, likes to solve problems through teamwork.
- Able to listen well to others and put oneself in the other person's shoes to care the other person
- Natural leader, good social skills, has good relationship with others
- Like team activities, does not like individual activities or being alone.
- When faced with problems, tends to turn to others for help instead of solving it on one's own
- Feels comfortable in crowd

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Ways to Strengthen your Interpersonal Intelligence:

- 1. Get organized! Use time management system to make sure you keep in touch regularly with your friends
- 2. Join a volunteer or service group oriented
- 3. Store names of contacts in an organized manner e.g. rolodex
- 4. Spend 15 min every day practicing active listening with your spouse or close friend
- 5. Participate in workshops/seminars of interpersonal and communication skills
- 6. Have a regular family meeting at home
- 7. Collaborate with one or more persons on project of mutual interest (e.g. gardening)
- 8. Learn the art of proper social behavior by reading a book on etiquette and discussing the material the material with an individual which you consider socially adept
- 9. Strike up conversations with people in public areas (Bookstores, supermarket, etc.)
- 10. Start regular correspondences with a network of individuals around the country of world
- 11. Attend family, school or work related re-unions
- 12. Spend 15 min every day for a week or two observing how people interact in public place (Street corner, train station, department store etc.)
- Meditate on your connection to those around you, starting with your immediate family and friends.
 Extending this to your community and country and eventually encompassing the entire planet
- 14. Study the life of well known socially competent individuals (e.g. philanthropists, counselor, social workers) through biographies, films and learn to follow their example



Logical/Mathematical Intelligence

12.1%



This has to do with logical, abstract, inductive and deductive reasoning and numbers. While it is often assumed that those with this intelligence naturally excel in mathematic. Computer programming and other logical or numerical activities, a more accurate definition places emphasis less on traditional, mathematical ability and more reasoning capabilities, abstract pattern recognition, scientific thinking and investigation and the ability to perform complex calculations.

Possible Career Interest: Scientist, Mathematician, Tax officer, Accountant, Statistician, Scientist, Judge, Actuary, Software Engineer, Engineer, Doctor, Economist

- Has a good concept of cause and effect about things
- Likes to find logical sequence, form and discipline in things
- Likes to play strategy games
- Likes to use mathematical and reasoning abilities
- Likes to quantify and manage information that has been collected or tends to express through numbers
- Able to remember what one has learnt through effective comprehension. analysis and summary.
- Likes mathematics, science, and computer courses more than language and history courses/programs

Design your Destiny No.16/29, Bharathy Illam, Sakthi Nagar, Agraharam Korattur, Chennai-600076, Near Domnic Fitness Centre Phone No: 9962363647 | designyourdestinyofficial@gmail.com Elements of Logical Intelligence 12.1% Numeral Skills

Ways to Strengthen your Logical/Mathematical Intelligence:

- 1. Play logical/mathematical games
- 2. Buy a science kit and carry out some of the experiments described in it.
- 3. Work on logic puzzles and brain teasers

Problem Solving & Abstract Thinking

- 4. Learn Basic Computer programming
- 5. Take course in basic maths or science at evening class for e.g. Abacus
- 6. Avoid using calculator and practice calculating mentally
- 7. Visit a science museum
- 8. Form a discussion group or study circle to discuss recent scientific discoveries and their implications in everyday life
- 9. Help your kids with math/science homework
- 10. Purchase a telescope and microscope and discover a myriad of new world
- 11. Identify scientific principles operating around your home and neighborhood
- 12. Confront, rather than avoid, mathematical problems you encounter in everyday life
- 13. Subscribe science news publications
- 14. Teach math or science to someone less knowledgeable
- 15. Use blocks, beads or other concrete material in learning new math concepts



Verbal/Linguistics Intelligence

13.6%



This has to do with words spoken or written. People with verbal-linguistic intelligence display a facility with words and languages. They are typically good at reading, writing, telling stories and memorizing words and dates. They tend to learn best by reading, taking notes, and listening to lectures via discussions and debates. They are also frequently skilled at explaining, teaching and oration or persuasive speaking. Those with verbal linguistic intelligence learn foreign languages very easily as they have high verbal memory and recall and on ability to understand and manipulate syntax structure.

Possible Career Interest: Writers, Lawyers, Journalists, Speakers, Trainers, Copy-writers, Teachers, Poets, Editors, Linguistics, Translators, PR Consultant, Media Consultants, TV & Radio Presenters, Voice - over Artists, Novelist

- Sensitive to words.
- Good in listening, speaking, reading and writing
- Likes to use language to think, express and communicate
- Likes to read and write. Regards books as very important
- Good at remembering people names, places, dates and trivial matters

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Ways to Strengthen your Linguistic Intelligence:

- 1. Play word games
- 2. Attend a workshop on writing through a local college
- 3. Record yourself speaking and listen to the playback
- 4. Visit the library and bookshops regularly
- 5. Join a speaker's club
- 6. Subscribe to a high quality newspaper
- 7. Read a new book once a week and develop your personal library
- 8. Prepare an informal 10 min talk for a business or community event
- 9. Learn to use a word processor
- 10. Make up your own riddles, puns and jokes
- 11. Keep a diary or write 250 words a day about anything on your mind
- 12. Pay attention to the different verbal styles (Dialects, intonations, vocabularies etc.) of the various people you meet.
- 13. Have a regular story telling time with family or friends
- 14. Attend a speed reading seminar
- 15. Teach an illiterate person to read
- 16. Use one new word in your conversations every day

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Visual-Spatial Intelligence

11.2%



This intelligence has to do with vision and spatial judgment. People with strong visual-spatial intelligence are typically very good at visualizing and mentally manipulating objects. They have a strong visual memory and are often artistically inclined. Those with strong spatial intelligence also generally have a good sense of direction and may also have very good hand-eye coordination, although this is normally seen as characteristics of the Bodily-Kinesthetic Intelligence

Possible Career Interest: Tour guide, Interior Designer Urban Planning, Pilot, Captain, Architect, Photographer, Painter, Animator, Homepage Designer, Cartoonist, Illustrator

- Good in drawing up plans, re-arranging objects, change of space, finding the right space and direction amidst a confusing space. For e.g. finding the way out at cross road junctions
- Able to feel visual space accurately. Has a good grasp of directions, often able to find the way (roads) in foreign/strange places
- Likes artistic activities, has more imagination
- Likes to look at art and paintings, origami, building blocks, puzzles, maze games
- When reading, absorbs more information from pictures than from words. Reading maps and diagrams are easier than reading words
- Likes to watch movies, slides, 3D animation
- Able to handle accurately and clearly when expressing visual space
- Understands interior design technical drawings

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Ways to Strengthen your Visual-Spatial Intelligence:

- 1. Play Pictionary, three dimensional tic-tac-toe or other visual thinking games
- 2. Work on jigsaw puzzles, Rubik's cube, maze or other visual puzzles
- 3. Purchase a graphics software and create designs, drawings and images on the computer
- 4. Learn photography.
- 5. Use a camcorder and create video presentations.
- 6. Watch films and TV shows with attention to the use of light, camera movement. color and other cinematic elements
- 7. Redecorate the interior of your house and landscape the exterior
- 8. Create a picture library of favorite images from magazines and newspapers
- 9. Study Geometry
- 10. Take a class in Drawing, Sculpting, Photography, and Painting
- 11. Learn an ideographically based language such as chinese
- 12. Make 3 D models of ideas you have for inventions or other projects
- 13. Learn how to use and interpret flowcharts, decision trees, diagrams and other form of visual representation
- 14. Purchase a visual dictionary and study how common machines and objects work
- 15. Explore the space around your house by putting a blindfold and letting a friend guide you
- 16. Visit a Mechanical Engg, Architect, or Designer to see how they uses their spatial ability
- 17. Spend time engaging in art activities
- 18. Study maps of your town & state and floor plans of your house
- 19. Incorporate drawings, photos and diagrams into letters projects, and presentations



Bodily-Kinesthetic Intelligence

11.8%



This intelligence has to do with movement and doing. In this category, people are generally adept at physical activities such as sports or dance and often prefer activities which utilize movements. They may enjoy acting or performing, and in general they are good at building and making things. They often learn best by physically doing something rather than reading or hearing about it. Those with strong bodily-kinesthetic intelligence possess high muscle memory i.e. they remember things through their body rather than through their words (verbal memory) or images (visual memory). It requires the skill and dexterity for fine motor movements such as those required for dancing, athletics, surgery, craft making etc.

Possible Career Interest: Actors, marital arts, Performer, Yoga Instructor, Dancer, Athlete, Sculptor, Nursing Staff, Chefs, Chiropractor, Mechanic/Technician, Demonstrators, Drivers, Sports-People, Soldiers, Fire-Fighters, Performance Artists, Ergonomists, Osteopaths, Crafts-people, Acupuncturists, Adventurers

- Good at using hands, feet movements and body language to express own thoughts and feelings
- Likes running, jumping, going up and down, climbing and other physical activities
- Good ideas and inspirations often pop up when walking, running or doing some physical activities.
- Good at imitating other people's behaviors and the way they talk
- Gets impatient and start wiggling or tapping/knocking on things if one stays or sits for a long time at one place
- Accustomed to do hands on work to learn new things instead of just seeing or listening
- Has good motor co-ordination and able to manipulate and control the body well
- Fond of physical contact

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Ways to Strengthen your Bodily-Kinesthetic Intelligence:

- 1. Join a sports team (baseball, basketball etc. or other group support)
- 2. Take a lesson in a solo sport such as swimming, golf, tennis or gymnastics
- 3. Lean a martial art like judo or karate
- 4. Exercise regularly and keep track of the ideas that occur to you during exercise session
- 5. Learn a craft such as wood-working, weaving, carving etc.
- 6. Take a class in working with clay or stone
- 7. Learn yoga or another system of physical relaxation and awareness
- 8. Play video games that require use of quick reflexes
- 9. Take formal lessons in dance or spend some time engaged in free-form creative movements on your own
- 10. Take up hands on hobby around like gardening, cooking or model building
- 11. Learn sign language or Braille
- 12. Put on blindfold and have a friend lead you around to explore the environment with your hands
- 13. Learn typing or playing a musical instrument
- 14. Assemble a collection of objects having different texture (E.g. Sandpaper, Silk, Stones etc.)
- 15. Walk the curbs of sidewalks or balance beams to improve your sense of balance
- 16. Set up weight training or aerobics program for yourself under the supervision of a doctor or health club
- 17. Engage in sensory awareness activities that puts you in touch with physical sensations and perceptions



Musical Intelligence

13.5%



This intelligence has to do with rhythmic, music and hearing. Those who have high level of musical rythmic intelligence display a greater sensitivity to sounds, rhythm, tones and music. They normally have good pitch and may even have absolute pitch and are able to sing, play musical instruments and compose music. Since there is strong aural component to teach intelligence, those who are strongest in it may learn best via lecture. In addition, they will often use songs or rhythms to learn and memorize information and may work best with music playing

Possible Career Interest: Symphony Orchestra Conductor, Musicians, Singers, Composers, DJ's, Music Planners, Environment and Musical Instrument Dealer, HI-FI Dealer

- Sensitive to pitch, tone and rhythm
- Remembers the melody of songs and likes all kinds of musical instruments
- Likes to listen to music and possesses a good sense of rhythm
- Usually caps to the beat of music sub-consciously
- Has the ability to appreciate creations, especially music creations
- Good at identifying a variety of music styles and types
- Able to accurately sing out the whole song after listening to the song just once or twice
- Likes to listen to music or hum a song while working or studying

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Ways to Strengthen your Musical Intelligence:

- 1. Sing in the shower, whilst driving your car etc. anywhere you feel comfortable to
- 2. Play "Name the tune" or other musical games with the friends
- 3. Develop a collection of favorite musical recordings and listen to them regularly
- 4. Join a musical group
- 5. Take formal music lessons in a specific instrument
- 6. Spend 1 hr /week listening to an unfamiliar style of music (e.g. Jazz, Classical, Folk etc.)
- 7. Buy a electronic keyboard and learn simple melodies and chords
- 8. Take a course in music criticism in newspapers and magazines
- 9. Put on background music while studying, working or eating or at some other time during the day that is normally quiet
- 10. Read about the lives of famous composers and performers
- 11. Rediscover the music you loved as child and try making up your own tunes
- 12. Create your musical autobiography by collecting recordings that were popular at different stages of your life
- 13. Purchase a high tech equipment (MIDI interface, computer software) that will allow you to teach yourself music theory or to play a musical instrument on the computer
- 14. Learn about specific musical training programs



Naturalist/Observation Intelligence

11.7%



This intelligence involves understanding the natural world of plants and animals, noticing their characteristics and categorizing them. It generally involves a keen observation of environment and the surrounding and the ability to classify over things as well. It may be exercised by exploring nature, making collections of objects, studying them, and grouping them, sensory skill-sound, smell, taste and touch, makes keen observations about natural changes, interconnections and patterns

Possible Career Interest: Veterinary, Animal Scholar, Archaeologist, Plants Scholar. Chef, Courtyard Designer, Weather Researcher, Documentary Producer, Environment Researcher, Animal Protection Activist

- Likes zoos, aquariums, farms, forests and other natural places
- Often notices the differences in the surrounding
- Good at distinguishing different things
- Likes to explore knowledge about Astronomy, the universe and Biology
- Has a keen and sharp observation of natural phenomena and scenes
- Can easily identify and classify animals and plants
- Can easily observe and detect changes in weather
- Likes to read books about animals and plants





Ways to Strengthen your Naturalistic Intelligence:

- 1. Observe natural things in your own surroundings parks, gardens (insects, plants etc.)
- 2. Investigate internet site that have to do with nature (use search engine and select search words such as ecology, nature, botany, birds etc.)
- 3. Go through the TV (National Geographic/Animal Planet/Discovery) listings for the week and record shows having to do with an aspect of nature that you would like to learn more about
- 4. Choose specific type of plant or animal of your choice and learn as much as you can
- 5. Take up gardening/landscaping as a hobby.
- 6. Subscribe a magazine related to nature
- 7. Go on camping or backpacking trip and devote some time every day to observe nature
- 8. Make list of all animals (including birds) that live in your area
- 9. Keep a "Naturalist Journal" that includes observations you make, questions you have about how different aspects of nature work and resources you discover
- 10. Use all senses while studying
- 11. Create minds maps to explore, categorize and develop your thinking about problems and issues
- 12. Draw or photograph natural objects

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Abitility to reason and think Predictor of academic performance Ability to apply logic, language & grammar High IQ doesn't mean more

intelligence and vice versa



Ability to understand and manage self's and oher emotions Connect with people and self

Emotions management and leadership skills Directly proportional to your managerial skills



Ability to handle tough situations Pain taking capacity Tough mind set Never give up attitude Situatiion fighter High enery level



Ability to understand music and art Predictor of your creativity Painting and Dance Abilities Out of the box thinking Doing something different (better and new)















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Professional Career Preference for <NAME>

Category	Feasibility	Relevant In	telligence	Occupation
Music ****	Musical	****	Music Teacher, Musician	
	* * * *	Bodily	***	Sound Engineer Music Composer/ Director
		Visual	*	Voice Recognizer Singer
al, ishery	Naturalistic	**	Agricultural Engineer Agronomy Researcher	
Agricultural, Forestry & Fishery	* *	Bodily	***	Forest Officer, Zoo Operator Gardner, Nursery Owner Wild Life Researcher
<i>F</i> Fore		Logical	* * * *	Vatenary, Food Analyst
& nent	Spatial	*	Architect, Product Designer	
Design & Development	* * *	Logical	****	Fashion Designer, Interior Designer Civil Engineer, Contractor,
Dev	Musical	****	Surveyor, Property Planner/Developer	
ii.	Spatial	*	Aviation Engineer, Electrical Engineer Electronics Engineer	
Engineering	*	Logical	****	Mechanical Engineer
Eu	ű.	Naturalistic	**	Computer Engineer Chemical Engineer
Earth & Environmental *	Naturalistic	**	Geologist, Archaeologist Environmental Researcher	
	Spatial	*	Soil Researcher, Weather Researcher Rain Harvester, Wild Life Expert City Planner, Area Planner	
	Logical	****	Cartographer, Geology Professor	
e S		Naturalistic	**	Biotechnology, Pathology Researcher Medical Technology Development
Life Sciences	**	Bodily	***	Botanist, Animal & Plant Researcher
Life		Logical	****	 Zoologist, Genetic Engineering Developmen Agriculture Research, Medical Lab Technicia

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Professional Career Preference for <NAME>

Category	Feasibility	Relevant Ir	telligence	Occupation
Wedical **	Naturalistic	**	Doctor, Pharmacist	
	**	Bodily	* * *	- Nutritionist Drug Officer
		Logical	****	Medical Officer Surgeon
uo		Linguistic	* * * * *	Professor, Trainer, Principal Career Counselor, Study Counselor
Education	* * * * *	Inter	***	Academic Consultant, School Owner School Administrator
E		Musical	****	Life Coach, School Teacher
<u> </u>	Naturalistic	**	Chartered Accountant Finance Officer	
Financial	**	Logical	***	Certified Financial Officer Tax Consultant, Equity Researcher
L.		Bodily	* * *	Investment Banker Business Analyst
Mass and Media Communication	Aedia ation	Linguistic	****	Reporter, Speaker Advertising Designer
and I munio	* * *	Bodily	***	Media Communication Jobs Public Relations officer
Mass Comi	Comr	Visual	*	Editor, Script Writer Cultural Related Jobs, Artists
tion logy	ion ogy	Spatial	*	Computer Engineer, Software Engineer Network Engineer
Information Technology **	**	Logical	***	- Software Developer/Engineer Multimedia Specialist
		Kinesthetical	* * *	Visual Graphics Engineer Web Developer
S		Linguistic	****	Business, MBA, Director, CEO
Business *	* * * * *	Intra	****	Sales and Business Consultant Own Firm & freelancing
		Logical	***	Online Business, Digital Marketing Social Media & Blog writer
sy & ogy		Logical	* * * *	Psychologist, Psychiatrist
Sociology & Psychology	* * * *	Intra	****	Counselor, Psychotherapist, MSW Life Coach, Education Trainer
Ps		Inter	***	Anthropology Researcher, Hospitality

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Professional Career Preference for <NAME>

Category	Feasibility	Relevant li	ntelligence	Occupation
Mathematics & Analyst		Naturalistic	**	Mathematician, Statistician
	**	Kinesthetical	* * *	Physicist, Chemist Business Analyst
		Logical	****	Accountant Finance Officer, Actuary
nent	Intra	****	Project Manager, Human Resources (HR) Team Leader, CEO, Business Executive	
Management	* * * * *	Inter	***	Customer Service Executive, Sales Executive
Β		Bodily	***	Logistics, Production, Tourism, Treasurer
ffairs	Inter	***	Lawyer, Judge, Government Officer/Job	
Political Affairs	* * * * *	Logical	****	IAS/KAS/IPS, Class One officer Secretary, Public Relations Officer
Poli		Linguistic	****	Media Reporter, Politician, MLA
on	Linguistic	****	News Reader/ Reporter Social Media & Blog writer	
Languages Profession	* * * * *	Inter	***	Writer/Author,Translator, Poet TV Anchor/Radio Jockey,
ਕ ਨ 	Musical	* * * *	Foreign Language Professor	
Sports ****	Bodily	***	Athletics, Outdoor/Indoor Sports	
	* * * *	Musical	****	Cricketer, Footballer, Swimmer Tennis, Basketball, Carom / Snooker
		Naturalistic	**	Yoga Teacher, Gym Owner, Sports Coach
Artistry ***		Bodily	***	Actor & Dancer, Movie Director
	* * *	Visual	*	Choreographer, Set Director, Painter Art Teacher, Makeup & Beauty Artist
		Musical	****	