25 Ways to Enhance Your Naturalistic Intelligence

- Plant a garden (vegetable or floral)
- Care for a pet
- Care for a plant
- Start a recycling plan
- Take a nature hike or walk
- Start up an aquarium
- Start up a terrarium
- Rent a nature video, e.g. The Blue Planet
- Visit the zoo
- Visit a large Aquarium
- Go whale watching
- Purchase nature tools (binoculars, telescope, microscope)
- Watch daily newspaper for articles on natural phenomena
- Read about naturalist inventions, e.g. cloning
- Write an essay on your opinion of the use of animals in Experiments to develop medicine
- Go hiking in the mountains
- Visit the desert
- Read animal stories e.g. Aesop’s Fables
- Take a Biology, Botany, Zoology or Ecology class at a local college
- Compare development of plants, animals within the evolution of A species or the history of an ecosystem
- Examine how the geographical features of North and South Contributed to the South losing the Civil War
- Use animal analogies to explain dynamics of bonding, e.g. animals that Attract, symbiotic relationships in nature
- Read the biography of Rousseau, Darwin, Mendel, Kepler, Cousteau
- Listen to recordings of whale songs, bird songs and other nature sounds
- Go camping
25 Ways to Enhance Your Linguistic Intelligence

- Join a book club
- Play Scrabble
- Do crossword puzzles
- Do word search puzzles
- Subscribe to book of the month club
- Attend a writer’s conference or take a class on writing
- Attend poetry readings, book signings and other literary events
- Record yourself speaking into a tape recorder and listen to the playback with a critical ear
- Regularly go to the library and/or bookstores to browse, borrow, or buy, watch for garage sales to buy used books
- Subscribe to a quality newspaper or magazines and read them
- Read a book a week
- Join a speaker’s club
- Learn to use the computer
- Keep a journal or diary, write daily
- Make up your own jokes, riddles, or sayings
- Attend a speed-reading seminar
- Read something in an area that’s totally new and unfamiliar to you
- Teach an illiterate person to read through a volunteer organization, e.g. local library
- Ask friends to define unfamiliar words they use in their conversation with you
- Memorize favorite poetry or prose passages
- Prepare a short talk for a business or community event
- Circle unfamiliar words you encounter during your reading and look them up in the dictionary
- Buy a dictionary, a thesaurus to help improve your writing
- Go to a storytellers festival, learn about the art of storytelling, and tell stories to your family and friends
- Go to a comedy club
25 Ways to Enhance Your Logical/Mathematical Intelligence

- Play games such as: Go, Clue, Cards, Dominos with family and friends
- Learn to use an abacus
- Work on logic puzzles and brain teasers
- Carry a pocket calculator around with you to figure out math problems you are confronted with in daily life
- Learn a computer language such as BASIC, PASCAL, or LOGO
- Conduct science experiments in your backyard or home
- Take a course in a basic math or science subject at a local college or community center
- Practice calculating simple math problems in your head
- Read the business section of your daily newspaper and look up economic or financial concepts with which you are unfamiliar
- Go to the library and read books about famous math and/or science discoveries in history
- Work through a self-study guide in one or more of the basic sciences or math areas
- Visit a science museum, planetarium, aquarium, or other science center
- Learn to use logic in solving problems
- Meet with friends regularly to discuss recent scientific and/or medical discoveries and their implications in everyday life
- Watch The Discovery Channel on TV for documentaries that chronicle important science concepts
- Circle unfamiliar science or math words in your reading and find books that describe them or people who can explain them to you
- Wonder about natural phenomena and think about the processes that regulate them
- Subscribe to a science news publication such as Science, Omni, Popular Science
- Confront, rather than avoid, mathematical problems you encounter in everyday life such as figuring how much to tip in a restaurant, balancing your checkbook, determining loan rates, finding savings at grocery stores
- Teach a math or science concept to someone in your family or to a friend
- Visit a science lab or other place where math and/or science concepts are being used
- Attend a family math or science class in your community
- Use manipulative materials, e.g. beans, in learning new math concepts
- Rent a science fiction movie and discuss it with your family and friends
- Start up a business helping people to organize a garage or closet
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25 Ways to Enhance Your Musical Intelligence

- Sing in the shower or while driving
- Play “Name That Tune” or other musical games at parties
- Go to concerts
- Create a collection of music CDs and listen to them regularly
- Join a church or community choir
- Take formal music lessons on a specific instrument
- Work with a music therapist
- Listen to a variety of different music on the radio, including jazz, classical, country western, pop, and folk
- Create a regular time for your family to sing together
- Buy an electronic keyboard and learn simple tunes and chords
- Purchase percussion instruments, e.g. clavo, maracas, drum, and play them in rhythm to music you listen to
- Take a course in music appreciation or music theory at a local college
- Read musical critiques in newspapers or magazines
- Volunteer to sing or play a musical instrument at a retirement home, hospital, or day care center
- Set aside an hour per week to listen to your favorite music
- Have discussions with family and friends about music
- Read about the lives of famous composers and performers
- Listen for naturally occurring melodies and rhythms in such phenomena as footsteps, bird songs, and washing machine noise
- Make up your own tunes
- Create a musical autobiography by collecting recordings that were popular at different stages of your life
- Purchase high-tech equipment e.g. computer software that will allow you to teach yourself a musical instrument on the computer
- Make a list of all the music you hear in the course of a day at the supermarket, on the radio, in doctor’s offices, on TV, and elsewhere
- Sing all of your communications to your family or friends instead of talking to them
- Learn about specific musical training programs such as Suzuki, Kodaly, Orff-Schulwerk
25 Ways to Enhance Your Bodily/Kinesthetic Intelligence

- Join a work related or community sports team, e.g. softball, soccer, etc.
- Take lessons in a specific individual sport, e.g. golf, tennis, etc.
- Learn a martial art, e.g., judo, karate, or another self-defense method
- Exercise regularly, join a gym or fitness center
- Learn a craft such as woodworking, weaving, knitting, etc.
- Take a class at a community center or college in art, e.g. clay, sculpture in stone, etc.
- Learn yoga at the YMCA or yoga center
- Play video games that require using quick reflexes
- Take formal lessons in dance, e.g. modern, ballroom, ballet
- Take up a hands-on hobby, e.g. gardening, cooking, model-building
- Learn sign language or Braille
- Go on a blindfold walk with a friend or family member and explore the environment with your hands and other senses
- Put together a collection of objects having different textures, e.g. silk, smooth stones, sandpaper
- Walk on the ends of curbs, on balance beams at playgrounds to improve your sense of balance
- Set up an aerobics program or weight training program for yourself under the supervision of your doctor or a health club
- Coach a Little League team or a group of children in another competitive or individual sport
- Play Charades with your family and friends
- Engage in sensory-awareness activities that put you in touch with physical sensations and perceptions
- Learn how to give a massage to another person
- Develop your eye-hand coordination by bowling, throwing horse shoes
- Go to a furniture store and buy yourself the most comfortable chair you can find
- Plant a garden and then weed it and harvest it
- Set up an obstacle course and practice going through it
- Make yourself a great costume for Halloween or have a costume party
- Walk/Run in a marathon or an event to raise money for e.g. Cancer Research, Muscular Dystrophy, etc.
25 Ways to Enhance Your Spatial-Visual Intelligence

- Work on jigsaw puzzles, Rubik’s cube, mazes, other visual puzzles
- Play Pictionary and other visual thinking games
- Get a graphics software program and create designs, drawings, and images on your computer
- Take a Photography class and use a camera to record your visual impressions
- Purchase a camcorder and create video presentations
- Watch TV and films with a critical eye
- Redecorate the interior of your home and/or landscape the exterior
- Create a picture library of favorite images
- Go for a hike and photograph outdoor scene
- Take a class in drawing, sculpting, painting, photography, video, graphic design or some other visual art at a local college or community center
- Learn a pictorial language, e.g. Chinese, Cambodian
- Make three dimensional models of ideas you have for inventions or other projects
- Learn how to use and interpret flow charts, diagrams and other forms of visual organizers
- Purchase a visual dictionary and study how common machines and other objects work
- Have a family member or friend blindfold you and help you walk around and explore the sense of space surrounding you
- Practice looking for images and pictures in clouds, cracks in the wall, stone formations, or other natural or man-made phenomena
- Create your own visual symbols for note-taking: use arrows, circles, stars, spirals, color-coding, pictures, and other visual symbols
- Visit an architect, artist, designer, or mechanical engineer to see how they use spatial abilities in their work
- Spend time engaged in art activities with family and friends
- Study maps of your town and state, floor plans of your home, and other visual representational systems
- Build structures with Legos, blocks, Erector set, and other three-dimensional building materials
- Collect optical illusions
- Use videos to gain information about any topic of interest
25 Ways to Enhance Your Intrapersonal Intelligence

- Do individual counseling or psychotherapy work
- Study Eastern philosophies to learn about “self”
- Learn to meditate
- Practice Yoga
- Listen to motivational audio and video tapes
- Write your autobiography
- Create your own personal ritual or rite of passage
- Record and work with message of your dreams on a regular basis
- Read self-help books
- Get a personal life coach
- Establish a quiet place in your home for introspection
- Teach yourself something new: a skill, language, individual sport, art form, start your own business
- Develop an interest or hobby that sets you apart from the crowd
- Enroll in a class on assertiveness training or one for developing self-confidence
- Take a battery of tests designed to assess your special strengths and weaknesses in a broad range of areas
- Set short and long-term goals for yourself and follow through on them
- Attend a seminar designed to teach you about yourself, e.g. psychodrama, gestalt work, psychosynthesis, etc.
- Keep a daily journal for recording your thoughts, feelings, goals, and memories
- Study the biographies and autobiographies of great individuals with powerful personalities
- Engage in daily self-esteem enhancing behaviors, e.g. use positive self-talk, affirming your successes
- Do something you enjoy at least once a day
- Set a challenge for yourself to overcome and then do it
- Take ten minutes every evening to mentally review the various thoughts and feelings you had during the day
- Spend quality time with people who have a strong and healthy sense of self
25 Ways to Enhance Your Interpersonal Intelligence

- Buy a rolodex file, fill it with names of business contacts, friends, acquaintances, relatives and others, and stay in touch with them
- Try to meet one new person a week
- Join a volunteer or service-oriented group such as Rotary, Red Cross, etc.
- Spend ten minutes each day practicing “active listening” with your spouse or a close friend
- Have a party and invite at least two people you don’t know very well
- Attend a group psychotherapy or family therapy session on a regular basis
- Take a leadership role in a group you’re currently involved with at work or in your community
- Start your own support group
- Enroll in a college course on interpersonal communication skills
- Collaborate with one or more people on a project of mutual interest, e.g. quiltmaking, community garden, writing a magazine article
- Organize a group brainstorming session at work, at your church, temple
- Attend a couples retreat
- Have regular family meetings in your home
- Communicate with other people on a computer network, e.g. Facebook, email, chat room
- Learn the art of proper social behavior by reading a book on etiquette and discussing the material with an individual you consider socially adept
- Strike up conversations with people in public places, e.g. airline terminals
- Start regular correspondence with a network of individuals around the country or world
- Attend family, school, or work-related reunions
- Play non-competitive/cooperative outdoor games with family and friends
- Join a group whose purpose is to help you meet new people, e.g. online dating clubs, hiking clubs, study groups
- Offer to teach, tutor, or counsel other people through a volunteer organization or on an informal basis
- Offer to read to the elderly in nursing homes
- Spend 10 minutes a day for a week or two observing how people interact in a public place—on a street corner, at a train or bus depot, or in a department store
- Talk with the three most socially intelligent people you know about how they got that way
- Watch videos of highly interpersonally effective individuals interacting with others and practice what they do