

Find Your Superpowers

Remember: People are usually a combination of several superpowers. Most people fall into multiple categories.

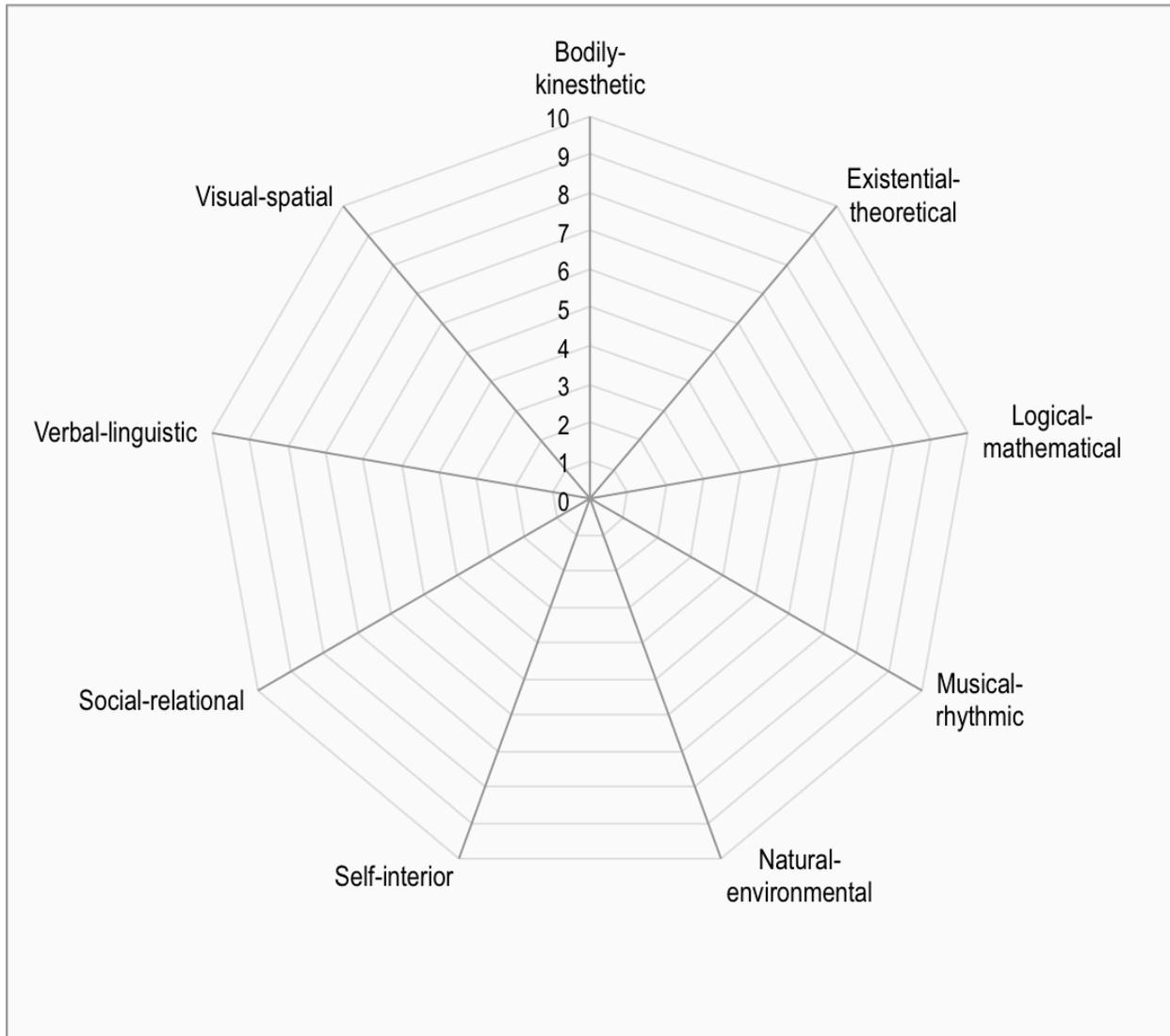
To learn best, you like to...	Your superpower type is...	Which means you kick ass at...
Move around and do stuff	Bodily-kinesthetic	Control and coordination of one's body; physical performance and movement; manipulating objects and working with one's hands.
Reflect on large questions or phenomena (e.g. "What is the meaning of life?")	Existential-theoretical	Considering deeper meanings; values and principles; one's purpose and place in the world.
Solve problems, judge and evaluate scenarios, use abstract reasoning, calculate	Logical-mathematical	Logic; abstraction; numbers and calculation; critical thinking and "objective" reasoning.
Listen or create sounds and rhythms (e.g. little memorization rhymes)	Musical-rhythmic	Awareness of rhythms, tones, music, and sounds (including language).
Interact with your environment	Natural-environmental	Awareness of one's relationship to one's surroundings, especially the natural world.
Reflect and self-question	Self-interior	Introspection and self-reflection; understanding one's own inner world.
Interact with others	Social-relational	Relationships, social interaction, understanding other people and interpreting their signals, moods, psychological states, and motivations.
Talk, write, and read	Verbal-linguistic	Written or spoken language; reading and writing; telling stories; discussing and debating.
See things or make visual materials (such as models or drawings)	Visual-spatial	Imagining and visualization, solving puzzles, seeing and manipulating things in three dimensions.

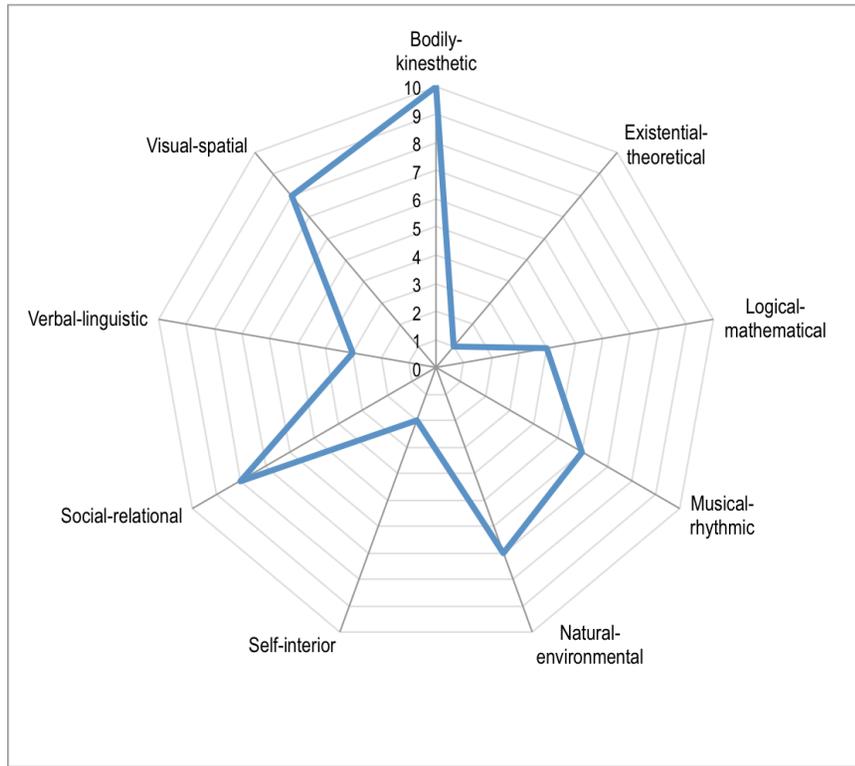
Your Superpower Score

On a scale of 1 (not at all like me) to 10 (totally me!), give yourself a score for each type of superpower.

Look at the shape that results, and compare it to others' to see how your unique superpower profile stacks up. (We've given you a couple of examples on the next page.)

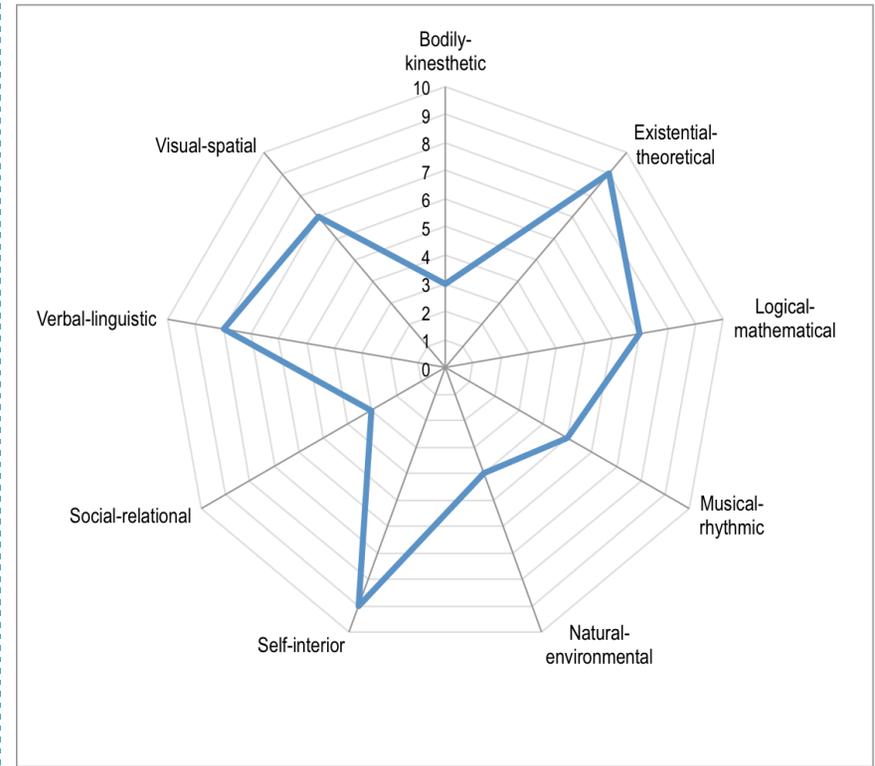
Are there superpowers you'd like to improve?





Here's an example of how a team-sports athlete such as a soccer player might look. They score higher on these superpowers:

- bodily-kinesthetic: they can move their bodies easily and well
- natural-environmental: they like being outside, on the playing field
- musical-rhythmic: they easily pick up nuances of sound and rhythm – they can “hear” when the ball is in the right place
- social-relational: they like being part of a group/team
- visual-spatial: they can easily track the ball and the team play down the field



Here's an example of how an academic or writer might look. They score higher on these superpowers:

- existential-theoretical: they like to consider the deeper questions
- logical-mathematical: they think analytically and systematically, and like to explore a subject thoroughly
- self-interior: they spend a lot of time reflecting on things and being aware of their “inner space”
- verbal-linguistic: they communicate well both in word and print