

What are YOUR superpowers?

SUPERPOWER CATEGORY	ABILITIES INVOLVED	TO LEARN BEST, YOU NEED TO...
Bodily-kinesthetic	Controlling and coordinating your body Physical performance and movement Manipulating objects; working with your hands	Move around and do stuff.
Existential-theoretical	Considering “big picture” stuff like: <ul style="list-style-type: none"> • Deeper meanings • Values and principles • One’s purpose and place in the world 	Reflect on The Big Questions or phenomena (e.g. “What is the bigger purpose here?”)
Logical-mathematical	Logic; abstraction Numbers and calculation Critical thinking and “objective” reasoning	Solve problems. Judge and evaluate scenarios. Use abstract reasoning. Calculate.
Musical-rhythmic	Awareness of rhythms, tones, music, and sounds (including language).	Listen to instruction; create sounds and rhythms (e.g. little memorization rhymes).
Natural-environmental	Awareness of one’s relationship to one’s surroundings, especially the natural world	Interact with your environment. Get outside.
Self-interior	Introspection and self-reflection; understanding one’s own inner world	Reflect and self-question.

Social-relational	Relationships, social interaction Understanding other people and interpreting their signals, moods, psychological states, and motivations	Interact with others.
Verbal-linguistic	Reading and writing Speaking, telling stories; discussing and debating	Read and write. Talk.
Visual-spatial	Imagining and visualizing Solving puzzles with objects or images Seeing and manipulating things in three dimensions	Look at things. Create images or other visual materials (e.g. maps, flowcharts)