

# Intrapersonal Intelligence

This intelligence has to do with knowing one's inner thoughts and feelings. This person has introspective, self-reflective and self-awareness capacities. Those with strong intrapersonal intelligence are often [introverts](#) in the Myers-Briggs system. However, some [extraverts](#) in the Myers-Briggs system can be strong in intrapersonal intelligence too (e.g., [ENFP Type #4s](#), [ENTP Type #5s](#), extraverted [Violets](#) and [Indigos](#), and others). They are usually able to understand their own emotions and motivations and can be quite goal-oriented. They often have an affinity for subjects that help them understand themselves and life more deeply such as philosophy, psychology and/or spirituality (depending on their types in other systems, of course. [True Blues](#) and [Deep Greens](#) are most likely to be attracted to these subjects). They learn best when allowed to concentrate on a subject by themselves. There is often a high level of perfectionism associated with the intrapersonal intelligence.

## You probably have a gift for Intrapersonal Intelligence if you:

- Know and accept how you feel
- Listen to yourself
- Understand the nature of your emotions
- Plan your life direction
- Motivate yourself
- Are philosophical
- Are introspective
- Are self-aware
- Can work well alone
- Can be perfectionistic with self
- Are, or would like to be, self-employed
- Are spiritual (or at least open to inspiration)
- Are imaginative
- Are intuitive
- Are insightful
- Are independent-minded and strong-willed
- See yourself as unconventional

## Sample Intrapersonal Leisure Activities

- Taking personal growth seminars
- Reading self-help books/books on psychology
- Meditating/praying
- Journaling
- Studying scriptures and philosophy
- Reading wisdom literature
- Being involved with a spiritual teaching
- Listening to motivational tapes/CDs
- Learning astrology or another metaphysical system (certain types!)
- Reading biographies of spiritual leaders
- Participating in self-esteem workshops
- Participating in life purpose workshops
- Participating in emotional healing workshops
- Planning and organizing a project
- Participating in counseling
- Reading books about world leaders
- Daydreaming
- Cooking/eating foods that nourish the soul
- Spending time alone
- Going to a fortune teller or psychic
- Doing dream interpretation
- Reflecting on the congruence of actions with personal values (or lack of)

## People who are famous for their Intrapersonal Intelligence

- Abraham Maslow
- Adyashanti
- Aristotle
- Benedict Spinoza
- Bertrand Russell
- Billy Graham
- Buddha
- Byron Katie
- Carl Jung
- Confucius
- Eckhart Tolle
- Friedrich Wilhelm Nietzsche
- Gangaji
- George Santayana
- Hafiz
- Henry David Thoreau
- Immanuel Kant
- Jean Jacques Rousseau
- Jean-Paul Sartre
- Jesus
- Jiddu Krishnamurti
- Johann Wolfgang von Goethe
- Joseph Campbell
- Kahlil Gibran
- Karen Horney
- Lao Tzu
- Mahatma Gandhi
- Mohammad
- Mother Teresa
- Neale Donald Walsch
- Nelson Mandela
- Paramahansa Yogananda
- Patanjali
- Plato
- Pythagoras
- Ralph Waldo Emerson
- Ram Dass
- Ramana Maharshi
- Rumi
- Sigmund Freud
- Sir Thomas More
- Socrates
- Søren Kierkegaard
- Sri Chinmoy
- Sri Nisargadatta Maharaj
- The Dalai Lama
- Thich Nhat Hanh
- Thomas Merton
- Viktor Frankl
- Voltaire
- Walt Whitman
- William James

There are numerous applications of the multiple intelligences system. The most popular application of multiple intelligences is in education, to nurture all the different kinds of intelligence in children. There are many wonderful books written about teaching and learning through the multiple intelligences so if that is an interest of yours I will refer you to my [Multiple Intelligences References](#) section for that information. My interest lies in using multiple intelligences for vocational guidance and relationship compatibility so that is what I will focus on here in this description.

People are naturally drawn to careers that make use of their giftedness. It is obvious that people like to do what they enjoy and are good at. What follows are some careers that make use of the Intrapersonal intelligence as well as Intrapersonal intelligence combined with other intelligences.

## Careers that Especially Utilize Intrapersonal Intelligence

- Any occupation that requires awareness of one's inner thoughts, desires and feelings
- Astrologer
- Biographer
- Business owner
- Clergy
- Community activities director
- Counselor/therapist
- Entrepreneur
- High level executive
- Holistic health practitioner
- Inspirational speaker
- Inventor
- Leadership trainer
- Marriage and family therapist
- Meditation teacher
- Minister
- Missionary
- Nutritionist
- Peace Corp volunteer
- Philosopher
- Philosophy teacher
- Program planner
- Psychiatrist
- Psychologist
- Psychotherapist
- Rehabilitation counselor
- Religious leader/worker
- Religious studies teacher
- Researcher
- Spiritual teacher/leader
- Theologian
- Vocational counselor
- Writer

### Sample Job Skills

- Analyzing
- Appraising
- Attaining objectives
- Being aware of inner states
- Carrying out decisions
- Diagnosing (source of problems)
- Discerning opportunities
- Evaluating
- Healing
- Initiating
- Introspecting
- Looking inward
- Meditating
- Organizing
- Planning
- Promoting self-awareness
- Reasoning with themselves
- Reflecting
- Reprogramming childhood conditioning
- Self-promoting
- Setting goals
- Unblocking limiting beliefs
- Understanding self
- Working alone

## Sample Careers that Utilize Intrapersonal Intelligence with Other Intelligences

### Intrapersonal and Verbal-Linguistic

- Minister
- Novelist
- Playwright
- Poet
- Psychology teacher
- Religious educator
- Screenwriter
- Sign language interpreter/specialist
- Speech-language pathologist

- Spiritual teacher
- Vocational education teacher

### **Intrapersonal and Logical-Mathematical**

- Philosopher
- Psychiatrist

### **Intrapersonal and Visual-Spatial**

- Artist
- Sculptor
- Painter

### **Intrapersonal and Bodily-Kinesthetic**

- Acupuncturist
- Chiropractor
- Holistic health practitioner
- Martial arts instructor
- Massage therapist
- Physical therapist
- Pilates instructor
- Tai Chi instructor
- Yoga instructor

### **Intrapersonal and Musical-Rhythmic**

- Composer/songwriter
- Music therapist
- Musician

### **Intrapersonal and Interpersonal**

- Career counselor
- Child welfare counselor
- Clergy
- Clinical psychologist
- Counseling psychologist
- Director of religious education
- Early childhood development specialist
- Educational counselor
- Marriage and family therapist
- Minister/rabbi/priest/imam
- Occupational therapist
- Peace Corp volunteer
- Psychotherapist
- Religious leader
- School guidance counselor
- Social worker
- Sociologist
- Substance abuse and behavioral disorder counselor

### **Intrapersonal and Naturalist**

- Animal therapist

### **Sample Intrapersonal Majors in School**

- |                            |               |              |
|----------------------------|---------------|--------------|
| • Aviation                 | • Leadership  | • Psychology |
| • Creative writing         | • Metaphysics | • Religion   |
| • Entrepreneurial business | • Ministry    | • Teaching   |
|                            | • Philosophy  | • Theology   |