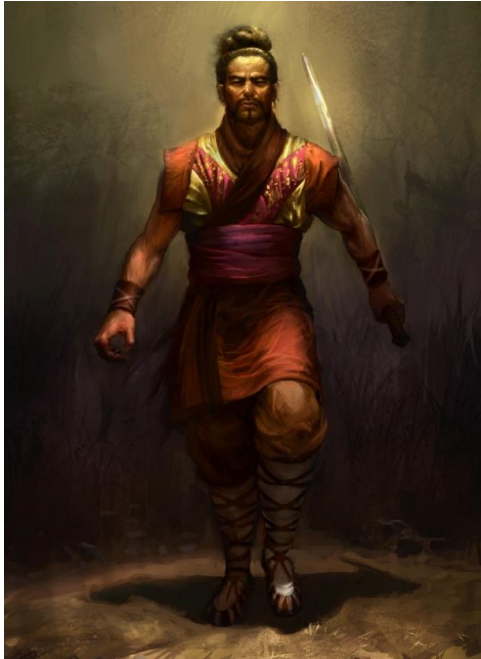


Bodily-Kinesthetic Intelligence

Body smart: see the body skillfully, manipulate things well with hands, and use tools skillfully, use what might be termed muscle memory - they remember things through their body such as verbal memory or images.



Possible opportunities

Dancer, athletes, watchmakers, musicians, actors, surgeons, doctors, builders, police officers, and soldiers

You Are a Bodily-Kinesthetic Learner

Your mantra: Movement is *fun*-damental.

Bodily-kinesthetic intelligence means you think in movements. The fundamental ability to use movements for either self-expression or precision to achieve a goal is crucial for surgeons, athletes, mimes, choreographers, and directors.

The best way for you to retain information is to associate it with an activity. Dance, acting, and sports are easy for you to master. Relate what you are trying to learn to one of these activities, and you will retain information and gain understanding.

Tips for the way you learn:

- Perform a skit to show the action of the idea you are trying to learn.
- Make a game out of the materials.
- Apply what you are learning to hands-on models or in-practice examples.
- Stay active when you are in a situation in which you need to concentrate. You can squeeze a stress ball when talking with someone or walk around while reading a book.



"There is no instance of a nation benefitting from prolonged warfare." Sun Tzu

