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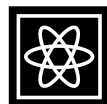
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What Is the Intrapersonal Intelligence?



All of the intelligences are valuable and of equal importance. Except that the personal intelligences are more important and except that the Intrapersonal intelligence is the most important!

Confused? Don't be. The seeming contradiction among these statements reflects the differences between a theory which correctly presents many different, equally valid intelligences and a school philosophy that recognizes the existence of multiple intelligences but places a premium on two of them.

Intrapersonal Intelligence

Gardner defines Intrapersonal intelligence as “access to one’s emotional life as a means to understand oneself and others,” a sensitivity to self. In *Creating Minds*, he identifies therapists and social workers as individuals who need strong Intrapersonal intelligence, citing Sigmund Freud as an example. Accepting but greatly expanding the list of which kinds of professions and roles benefit from strong Intrapersonal intelligence, we believe that success in virtually any field requires a strong sense of who you are, what you do well and what you don't do well. That is why we consider the Intrapersonal intelligence to be the most important intelligence.

If you have strong INTRA, you know what you don't do well. As a result, you can spend more time on whatever it is that you don't do well, or delegate it to someone else or get help doing it. Bad spellers, for example, know that they need to hit Control, F2 or do a spell check before printing the paper, or that they'd better have someone who is a good speller check their work. Their INTRA allows them to compensate for their shortcoming. But if you spell poorly and don't know it, then you have a problem.

Likewise, if you have strong INTRA you know what you do well, the areas in which you are strong, and you find opportunities to use your strengths. All of us know people, personally and professionally, who continue to meet with frustration and failure. These people never seem to be able to get ahead; they keep bumping into the same difficulties time after time. These are people who lack a strong sense of INTRA. If they were strong in this intelligence they would know how they should change their behavior and/or would put themselves in different kinds of situations. People who continue to find success, on the other hand, do so in large part because of their INTRA. They know their strengths and they find opportunities to use them.

We believe that success in virtually any field requires strong sense of who you are, what you do well.

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