

# Reflective Living with Dr. Angela

## Bodily-Kinesthetic Intelligences

Are you able to use your body to solve problems  
and to provide uplifting entertainment?

If so, you have bodily-kinesthetic intelligence or you are "body smart". If this is the case, you have a keen ability to use your mental abilities to coordinate bodily movements.

In essence, your mind-body connection expresses muscular strength and motility. You actually have the ability to train your body to perform upon command.

Individuals with this intelligence are known for their athletic prowess as well as their bodily precision, speed, timing, extent of movement, and strength. This gift is also seen in surgeons, artisans and musicians. You minister to others as your fine and gross motor skills are displayed under grace.

So, if you have bodily intelligence, don't hold back.  
The world is waiting to be dazzled by your moves.

This is Reflective Living with Dr. Angela at  
[reflectiveliving@yahoo.com](mailto:reflectiveliving@yahoo.com).



Similar topics are available electronically:

- Musical Intelligence
- Emotional Intelligence
- Linguistic Intelligence
- Logical-Mathematical Intelligence
- Intrapersonal Intelligence
- Practical Intelligence
- Intrapersonal Intelligence
- Naturalist Intelligence
- Spatial Intelligence
- Successful Intelligence