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# Reflective Living with Dr. Angela

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## **Intrapersonal Intelligence**

### Are you naturally reflective?

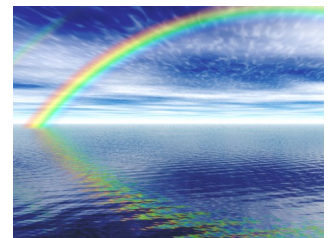
If so, you likely have intrapersonal intelligence  
and you are known to be "self smart".

You have the capacity to look within, to understand yourself, and to appreciate thoughts, feelings, fears and motivations of others. You have an effective working model for yourself and are able to use this model to regulate your life. Equally so, you are uniquely able to understand and diagnose internal concerns and issues of others.

Individuals with such a gift are typically faith leaders, counselors, psychologists, therapists, life coaches, social workers, and they are apt to advocate on behalf of others. To be sure, every society requires such intellectual gifts.

So, if you have introspective intelligence, make yourself available for others. Society needs you to listen, excavate, and even resuscitate their troubled souls.

This is Reflective Living with Dr. Angela at  
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