

“Am I Highly Intelligent?” Test

Answer the questions below to find out if you are highly intelligent. This test is intended for adults and is based on my understanding and experience of high intelligence. The test is not exhaustive, but it covers many aspects and characteristics that apply to highly intelligent individuals.

- 1. Do you experience emotions intensely, such as feeling heartache strongly or having strong emotional outbursts as a child?**
- 2. Did you feel different in school or when you were younger? Do you still feel different in workplace environments?**
- 3. Do you invest a lot in all the relationships that matter to you and always strive to contribute to the relationship (this could be any important relationship, such as a romantic relationship, friendship, or boss-employee relationship)?**
- 4. Are you actively interested in learning about different things on a daily basis?**
- 5. Do you often think about big-picture concepts, to the extent that you may end up with a completely different solution to a problem than others?**
- 6. Have others ever considered you foolish or stupid?**
- 7. Have you been in a situation where others don't understand what you're explaining to them?**
- 8. Do you see connections that others don't see?**
- 9. Are you extremely efficient in your work tasks? Do you get work done easily within deadlines, even if you procrastinate on tasks?**
- 10. Do you feel like you're too much, yet at the same time feel inadequate?**
- 11. Do you get frustrated when others don't grasp things as quickly as you do, even though you find the matter perfectly clear?**
- 12. Do you avoid drama because it's a waste of time?**

13. Do you encounter moments when you can't understand why someone acts illogically or why some things are done illogically, even though the rational way of doing things is clearly visible?

14. Do you find other people's humor a bit simplistic?

15. Do you have a rich imagination?

16. Do you have strong senses, perhaps even slightly disturbingly strong? Do you smell other people easily, or feel clothes on your body? Or are you bothered by visually unpleasant things?

17. Do you believe in and trust your intuition?

18. Are you so empathetic that you can almost sense what others are thinking and feeling?

19. Do global crises distress you greatly?

20. Are you interested in all kinds of things, as long as you can do them on your own terms?

21. Do you crave the freedom to do what you want with your life?

22. If you don't listen to yourself and do what feels right to you, do you become exhausted?

23. Have you been given a mental health diagnosis that you didn't feel was accurate?

24. Is decision-making challenging for you?

25. Do you doubt that you are highly intelligent?

26. Do you find the term "highly intelligent" too strong, and think it should be reserved only for truly highly intelligent people?

If you answered "yes" to at least 13 questions, you are likely highly intelligent. If you found yourself contemplating the answers and thinking, "well, it depends," you are likely highly intelligent.

Want to Unleash Your Full Potential?

If you said YES, apply to work with me on in a private 1:1 coaching program.

In the coaching I will guide you to understand your highly intelligent mind, help you to figure out how to take care of your mental wellness, and how to release cognitive capacity to be able to fully embrace your intelligence.

You'll learn all of this and more:

- What high intelligence is
- What high intelligence means for you personally
- How to take care of your mental well-being
- How to build a life that supports your emotional well-being
- How to identify beliefs that prevent you from living as your authentic self
- How to strengthen your intuition and creativity
- How to accept yourself as a highly intelligent individual who can genuinely be themselves

As a result of the coaching, you will be your own highly intelligent self, capable of anything.

With a dedication to my clients' success, **coaching spots are limited**. Secure your place in the coaching program now and embark on the journey of living as a truly highly intelligent individual.

[Secure your spot](#)



I'm so excited to work with you!

Over the last 15 years, my research has delved into the realms of emotions and cognitive functioning, with a special emphasis on nurturing the well-being of highly intelligent individuals.

I recognize the remarkable capabilities you possess, which is why I've designed this coaching program specifically with you in mind.

-Katarina Esko, MSc(Tech), MBA, CRMT, coach