

5 ELEMENT TYPE

QUIZ

BEFORE YOUR PERIOD DO YOU FEEL?

- | | | | |
|----|-----------|----|---------|
| A. | IRRITABLE | D. | SADNESS |
| B. | BUSY MIND | E. | FEARFUL |
| C. | ANXIOUS | | |

BEFORE YOUR PERIOD DO YOU FEEL?

- | | | | |
|----|------------------|----|-------------------------------|
| A. | TENDER BREASTS | C. | RUN DOWN |
| B. | PALPITATIONS | D. | A SENSE OF TURNING
INWARDS |
| C. | LACK OF APPETITE | | |

DURING YOUR PERIOD DO YOU EXPERIENCE?

- | | | | |
|----|------------------|----|---------------------------|
| A. | DARK BLOOD | C. | VAGINAL DRYNESS |
| B. | BRIGHT RED BLOOD | D. | FEEL COLD IN YOUR
WOMB |
| C. | MUCOUS + BLOOD | | |

WHICH FLAVOUR DO YOU PREFER?

- | | | | |
|----|--------|----|---------|
| A. | SOUR | C. | PUNGENT |
| B. | BITTER | D. | SALTY |
| C. | SWEET | | |



5 ELEMENT PERSONALITY

QUIZ

ARE YOU A NATURAL CARE GIVER?

- A. STRONGLY DISAGREE
- B. AGREE
- C. STRONGLY AGREE
- D. NEUTRAL
- E. DISAGREE

YOUR BODY TYPE IS?

- A. TONED & MUSCULAR
- B. LEAN + LONG LIMBS
- C. SHORT, ROUND FACE
- C. LEAN & PROMINANT
- D. CURVY, FEMININE

WHICH IS THE MOST COMMON FOR YOU?

- A. INJURY
- B. FEVER
- C. DIGESTIVE WEAKNESS
- C. COMMON COLD
- D. HORMONE IMBALANCE

WHICH IS YOUR STRONGEST TRAIT?

- A. COURAGEOUS
- B. CHARASMATIC
- C. GROUNDED
- C. STRONG BOUNDARIES
- D. WILL POWER



5 ELEMENT PERSONALITY

QUIZ

WHICH BEST DESCRIBES YOU?

- | | | | |
|----|-------------|----|-----------|
| A. | ADVENTUROUS | D. | DETAILED |
| B. | LOVING | E. | VISIONARY |
| C. | HARMONIZED | | |

WHICH BEST DESCRIBES YOU?

- | | | | |
|----|-----------------|----|----------------|
| A. | CONTROLLING | C. | PERFECTIONIST |
| B. | BUSY MIND | D. | FEAR / PHOBIAS |
| C. | DISLIKES CHANGE | | |

WHICH IS THE MOST COMMON FOR YOU?

MOSTLY A'S = WOOD TYPE

YOU ARE COURAGEOUS, YOU LOVE TO EXPLORE & HAVE A STRONG CONSTITUTION OF HEALTH. YOU STRUGGLE TO DELEGATE OR LET GO OF CONTROL. WHEN YOU FEEL UNWELL IT IS OFTEN DUE TO INJURY, TENSION OR STRESS.

DRINKING LEMON WATER CAN HELP SUPPORT YOUR LIVER. TIME IN NATURE HELPS YOU FEEL RECONNECTED.



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MOSTLY B'S = FIRE TYPE

YOU ARE CREATIVE, LOVING & CHARISMATIC. YOU HAVE A BUSY MIND WHICH CAN IMPEDE YOUR SLEEP. WHEN YOU FEEL ILL IT IS OFTEN ACCOMPANIED BY A FEVER OR FEELING HOT.

YOU HAVE A GOOD SENSE OF HUMOUR & ARE NATURALLY EMPATHETIC & YOUR PHYSICAL HEALTH IS STRONGLY AFFECTED BY YOUR EMOTIONS. TEAS IN THE MINT FAMILY MAY BE A GOOD FIT FOR YOU.

MOSTLY C'S = EARTH TYPE

YOU ARE GROUNDED, LOVE LEARNING & LIKE ROUTINE & DISLIKE CHANGE. WHEN YOU FEEL UNWELL IT INVOLVES YOUR DIGESTIVE SYSTEM.

YOU NATURALLY MAKE FRIENDS & BRING PEOPLE TOGETHER. COOKING BRINGS YOU COMFORT & JOY.



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MOSTLY D'S = METAL TYPE

YOU ARE DETAILED, SELF-DISCIPLINED & APPRECIATE BOUNDARIES. YOU KNOW THAT YOU CAN SET TOO HIGH OF EXPECTATIONS FOR YOURSELF. WHEN YOU FEEL ILL IT OFTEN SHOWS UP IN YOUR LUNGS.

YOU FEEL COMFORTABLE WITH SMALLER GROUPS. SPENDING TIME ENJOYING 1:1 HOBBIES & ACTIVITIES BRINGS YOU PEACE & A SENSE OF ACCOMPLISHMENT.

MOSTLY E'S = WATER TYPE

YOU ARE IMAGINATIVE, VISIONARY & WISE. . WHEN YOU FEEL UNWELL IT AFFECTS YOUR COGNITION.

FEAR MAY HOLD YOU BACK FROM FOLLOWING YOUR DREAMER'S HEART. BOUNDARIES HELP YOU FOLLOW THROUGH. YOU NOTICE HORMONAL SHIFTS. YOU LOVE BATHS & BEING IN WATER.

