

## The Five Elements Quiz

Rate each of the statements below on a scale of 0 to 5,  
where 0 is never true and 5 is always true.  
Then, tally your scores for each element.



	SCORE
I long for meaning and purpose for my experience on earth.	
I am cautious/skeptical of people and their secrets, and I do not want my secrets exposed.	
I am very introspective, I can pull deep into myself and can cut off from the world.	
Ideas, more than people, stir my soul.	
Fear is the emotion that disables me the most.	
I tend to believe that the world is a dangerous place and that one needs to be careful.	
It takes me a while to really trust a person.	



	SCORE
I am very assertive and clear about where I stand.	
I can marshal my intellect, and my vision can lead others.	
I am decisive and bold.	
I am fiercely independent and have no issue forging my own path.	
I enjoy organizing and structuring any situation.	
I tend to get muscle tightness or tension.	
When someone/something is being treated unfairly or unethically, I stand up for them.	



	SCORE
Feeling panic is very normal for me.	
I am spontaneous, optimistic, and energetic.	
I am a very passionate person with strong desires.	
I laugh and/or giggle a lot; I tend to be the life of the party.	
I often talk fast, get tongue-tied, or mix up my words.	
I love safe, heartfelt contact and connection with others.	
If my close relationships are not stable, I do not feel stable.	

# ENERGY MEDICINE YOGA™



	SCORE
I find myself in the middle a lot in my relationships.	
I am naturally compassionate and supportive of others.	
I love spending time with my family and am the center of my family or social networks.	
Everyone confides their secrets and stories to me.	
I would never humiliate anyone or intentionally make someone uncomfortable.	
Activities such as cooking, music making, gardening, homemaking, sewing, woodworking, and crafts are very important to me.	
Taking care of others is my priority. I have some problems in balancing the needs of others with my own.	



	SCORE
I tend to be neat and orderly and organized in my personal surroundings.	
I put virtue and principles before fun.	
I like tasks that are structured and require systematic, logical, and analytical problem solving.	
Integrity and "perfection" are extremely important to me.	
I yearn for what seems to be an unattainable spiritual connection.	
I take pride in being efficient and methodical.	
I appreciate it if I can do more and perform better than others, especially at work.	

SCORES



Water



Wood



Fire



Earth



Metal

To learn more about the Five Elements of Five Element Theory, refer to Lauren Walker's second book [The Energy Medicine Yoga Prescription](#).