



Which of the 5 Elements Are You?

Most people fit more into one element than other elements. Take this short quiz to find out what element fits you most. Make a check by each statement that you feel describes you most of the time then add up your score for each element.

METAL

- I like to know the schedule so I know what's happening each day
- My room and my desk at school are pretty organized and neat
- I try to do my work and tasks "just right"
- I mostly follow the rules, it's annoying when other people don't
- I'm particular about certain things, I have a certain way I like things to look, feel, taste, smell, etc.

SCORE _____

EARTH

- It's important to me that my family and friends are getting along, I'm uncomfortable when they don't
- I like helping others and making sure people I care about are OK
- I think a lot about "what ifs"
- It can be hard for me to make decisions, I'd rather let others decide
- I'm easy going, it's easy for me to adjust to change and go with the flow

SCORE _____

WATER

- I'm quieter than a lot of others in my class and family
- I like having a small group of really good friends (rather than a whole lot of OK friends)
- I enjoy spending quality time by myself
- I like to take my time on tasks, I'm not in a rush to finish first
- I love creative and mystical ideas

SCORE _____

FIRE

- I'm loud LOL, I have a lot of energy and like having fun
- I like to entertain my friends and family
- My mood can change pretty quickly
- I focus on enjoying myself right now, I don't worry too much about the future
- I like to show my affection to others with hugs and physical touch

SCORE _____

WOOD

- I have a lot of energy and love running around/being physical
- I like to follow my own rules, this gets me in trouble sometimes
- I'm curious about a lot of things and sometimes have trouble "looking with my eyes, not my hands"
- I'm very competitive, I like to be first and to win
- I get frustrated easily when things aren't going the way I want them to

SCORE _____

WHICH ELEMENT ARE YOU? _____