

TCM 5 ELEMENTS QUIZ

UNDERSTANDING YOUR CONSTITUTION THROUGH THE 5 ELEMENTS CAN HELP TO DISCOVER THE PRACTICES THAT WILL CREATE BALANCE WITHIN YOUR UNIQUE MIND AND BODY.



AN EMOTION I OFTEN FEEL IS:

1. FEAR
2. FRUSTRATION
3. JOY
4. WORRY
5. DISAPPOINTMENT



I FIND I EXCEL WHEN:

1. I CAN EXPLORE MY OWN CREATIVITY
2. I HAVE CLEAR BOUNDARIES
3. I AM GIVING TO OTHERS
4. I BELIEVE IN MYSELF
5. I TRUST THOSE AROUND ME



I SEE MYSELF AS:

1. HOPEFUL & CALM
2. DEFENSIVE & IMPATIENCE
3. CLEAR ON MY PURPOSE
4. ANXIOUS
5. WORTHY OF LOVE



MY RHYTHM OF LIFE LOOKS LIKE:

1. SLOW & INTENTIONAL
2. FAST, LOOKING FOR PERFECTION
3. AVERAGE, I KNOW MY SELF-WORTH
4. CONSISTENT, I LIKE DEEP THINKING
5. SLOW, I SOMETIMES FEEL STUCK



I TAKE PRIDE IN:

1. TRUSTING MY INTUITION
2. MY OWN RESILIENCE
3. GIVING & RECEIVING LOVE
4. I AM FAIR & OPEN
5. I CAN LET IT GO & BE IN THE FLOW

SEE WHICH NUMBER (1-5) APPEARED MOST THROUGHOUT YOUR ANSWERS TO FIND YOUR DOMINANT ELEMENT:

1. WATER 2. WOOD 3. FIRE 4. EARTH 5. METAL



SELF-AWARENESS INCLUDES KNOWING ABOUT MY BODY, ENERGY, AND EMOTIONS. SEE THE ELEMENT ASSOCIATED MERIDIANS BY FOLLOWING OUR QR CODE.

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