

Element Questionnaire

Name: _____

Date: _____
 mmm-d, yyyy

Welcome to the Element Questionnaire. It is based on the ancient Five Element Cycle used in Traditional Chinese Medicine and philosophy.

Our personal Elements are dynamic and will change as we grow and change.

These elements --- water, wood, fire, earth and metal --- comprise everything in this philosophy. Elements are expressed in our moods, our energy levels, our personal boundaries, creativity and manifesting and more.

Elements are also, of course, expressed in your home as colors, materials, shapes, textures, patterns, sounds and scents.

This Questionnaire has no right or wrong answer. None of us are “perfect” with 100% balanced elements nor should we be.

That said, at times in life we can all lean heavily into a few elements or feel a lack of others. By looking at this snapshot of the elements, we can take a deeper and even more intentional look at home and lifestyle shifts that can help you to have more flow and balance in ways that light up your life.

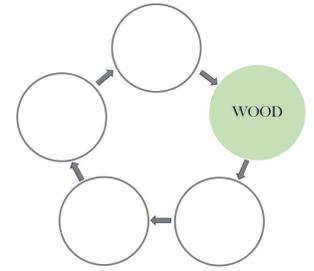
You can answer each of the statements below as you feel it describes you and your life:

- “3” (three) “YES, most definitely.”
- “1” (one) “It describes me a lot of the time, but not always”
- “0” (zero) I have no answer.
- “- 2” (minus 2) “NO, this is not me at all.”

*Form-filling tip : Press the **Tab key** to move from one form field to the next one. To move backwards use **Shift+Tab**. To **split** the view into two panes, choose **Window > Split**, or drag the gray box above the vertical scroll bar.*

We will review all of this, along with all the recommendations that this questionnaire can illuminate, during our Consultation.

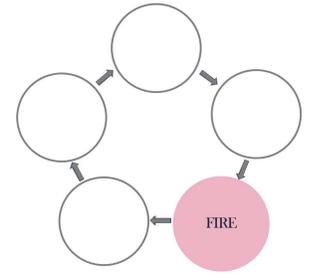
WOOD:



- _____ full of vitality and more comfortable when in action
- _____ always ready for brainstorming and trying out new ideas
- _____ goal-oriented and committed to raising the bar in life
- _____ I'm excited to dive into every day
- _____ love personal growth and pursue paths to keep growing
- _____ up for an adventure, especially when it is something new to do
- _____ physically flexible and/or love stretching (or yoga, ballet, etc)
- _____ ready for a deadline or a game to play
- _____ I work a lot and feel fulfilled by a job well done
- _____ I know what I want and I don't mind if other people don't agree
- _____ I feel connected to plants and trees and keep them close
- _____ thrive on connection, socializing, conversations
- _____ I am inspired and very creative
- _____ confident and resourceful in the face of challenges
- _____ self-expressed and hold conviction in my opinions
- _____ I have a strong vision of what I want, and work toward it daily
- _____ willing to be flexible in my approach in order to achieve goals
- _____ naturally good at leading a team or coordinating a group

- _____ **TOTAL WOOD**

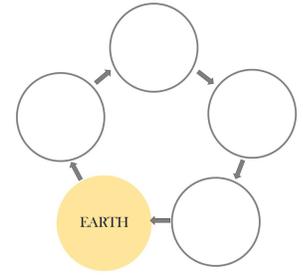
FIRE:



- _____ I am very enthusiastic
- _____ high empathy, highly sensitive
- _____ I love to be where the action is happening
- _____ I feel incredibly present and magnetic
- _____ eternal optimist, full of positive energy
- _____ I like to have music/ podcasts/ TV always on
- _____ it is fun to be seen, to dress up, to pose for photos
- _____ I love wearing bright colors and living with bright colors
- _____ I know how powerful I am and I use that power to improve life
- _____ emotionally expressive
- _____ the life of the party
- _____ I often feel joy
- _____ my life can become dramatic and hectic
- _____ need lots to do that I love to keep me engaged and fulfilled
- _____ all of my senses are sharp and I experience life richly
- _____ if I love an idea or a project I can work on it endlessly
- _____ open-hearted, full of love and readily share it.
- _____ love to act as an alchemist making brilliant things happen regardless of the circumstances

_____ **TOTAL FIRE**

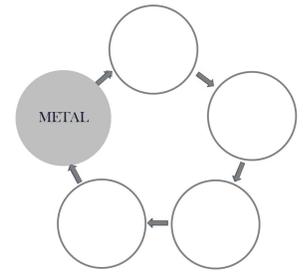
EARTH:



- _____ always there to cheer on anyone who needs my support
- _____ love to nest and stay at home frequently
- _____ enjoy frequent socializing with family and friends
- _____ a consistent source of support for loved ones
- _____ a creature of habit: same restaurants, coffee shops, routines
- _____ very grounded and stable
- _____ I love my things and I love to live with my favorite objects
- _____ I revel in memories, photo albums, sentimental objects
- _____ collecting things is comforting
- _____ I love cozy everything
- _____ I'm the glue for my family and friends, planning celebrations
- _____ I make everyone around me comfortable
- _____ everyone can count on me and I'll put them first if they need me
- _____ I'm a peacemaker
- _____ my hobbies and interests include gardening, green living and/or camping/time in nature
- _____ I love pottery, tile and natural materials
- _____ spend lots of time and feel fulfilled by caring for people, pets, plants
- _____ it is easy for me to complete projects

_____ **TOTAL EARTH**

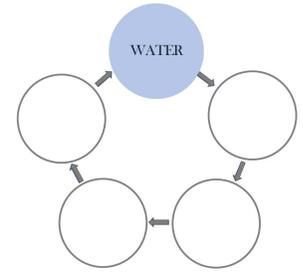
METAL:



- _____ I am very tidy
- _____ my approach to life is analytical and precise
- _____ super-organized: everything stays in its place in my home
- _____ productivity tools are used precisely: calendars, lists, apps, etc.
- _____ I have very healthy boundaries with everyone in my life
- _____ simplicity and efficiency are a big part of my life approach
- _____ I have methods to accomplish things that I follow methodically
- _____ my taste in aesthetics, my eye for art of all kinds, is impeccable
- _____ love to edit things and analyze data to make improvements
- _____ I don't talk a lot about how I feel; I process my feelings privately
- _____ I am very intellectual and academic.
- _____ I love clearing clutter, helping friends to organize
- _____ it's fun to figure things out
- _____ house cleaning is something I excel at; I need a spotless home
- _____ I follow the rules and have very high integrity standards
- _____ "spacious" and "minimalist" describes my décor preferences
- _____ prefer sobriety and a sense of clear-minded control in life
- _____ perfection is something I strive for

_____ **TOTAL METAL**

WATER:



- _____ alone-time to self-reflect is a big priority
- _____ I'm always coming up with great ideas, projects or inventions
- _____ my circle of trusted confidants is intentionally small and cherished
- _____ non-conformist. I march to the beat of my own drummer.
- _____ prefer my own company and /or small gatherings /// not crowds
- _____ rarely do I ask for advice; I like to create from my intuition.
- _____ no one knows what I am working on until it's done/manifested
- _____ I am a very private person and I'm careful about what I share.
- _____ emotional: I can be very dreamy and I feel emotions deeply.
- _____ partnerships in work are not for me - I do best on my own.
- _____ meditation is an important daily practice for me
- _____ I'm connected to my inner guidance and it's my compass
- _____ seek out creative activities and endeavors
- _____ "going with the flow" is my approach to life.
- _____ prefer dim lighting and very soft upholstery
- _____ spiritual pursuits and practices are vital/ a big part of my day
- _____ superficiality bothers me. I seek bigger answers, more substance and depth.
- _____ I keep to myself and don't share many secrets.

_____ **TOTAL WATER**

