

Guna Quiz				
#	Question / Context	Sattav	Rajas	Tamas
1	How do you choose food?	Healthy, home-cooked, nourishes body & mind	Flavor, brand, social-media trend foods	Junk, instant, anything quick
2	First thing you do after waking up?	Meditation, reflection or light reading	Phone, emails, Instagram/news	Snooze repeatedly, go back to sleep
3	When choosing work/career?	Learning, purpose, societal benefit	Pay, prestige, power & show-off	Easy work, minimal effort
4	When feeling stressed/tired mentally?	Nature walk, music, mindfulness	Shopping, ordering food, binge shows	Lie down, binge, avoid everything
5	How you spend your weekend?	Time with family, self-growth, planning	Partying, outings, excitement	Oversleep, scroll, do nothing
6	In relationships, what's important?	Real conversation, trust & growth	Looks, social image, appearances	Casual flings, physical satisfaction only
7	Fitness attitude?	Regular exercise/yoga as lifestyle	Gym or diet for appearance	No routine, only if mood strikes
8	Your view on money?	For service, freedom, integrity	Status, luxury, power, social recognition	Avoid thinking about it, feel confused
9	If you make a mistake?	Admit, reflect & improve	Blame others, get defensive	Ignore or try to deny the mistake
10	Before sleeping, what do you do?	Daily reflection, reading or meditation	Scroll reels/videos until sleepy	Fall asleep randomly without planning
11	How do you see learning?	Want to learn new things daily	Learn only if it gives advantage	Find it boring, often avoid it
12	If someone criticizes you?	Listen and assess calmly	Ego hurt, ready to argue	Stay silent, cut off or block person
13	When someone moves ahead of you?	Feel inspired, focus on yourself	Feel competitive, want to surpass them	Feel jealousy or depressed
14	In traffic jams, how do you react?	Calmly listen music or audiobook	Honk, get irritated quickly	Curse, feel sluggish or overwhelmed
15	On a day off?	Work on pending tasks or self-improvement	Shopping, social plans, outings	Sleep late, do nothing
16	When someone gives advice, how do you respond?	Listen carefully, use what helps	Listen but do what you want	Ignore advice or feel insulted
17	Working in a team, how are you?	Cooperative and communicates positively	Try to stand out as the key person	Procrastinate or act irresponsibly
18	If you're caught making an error?	Accept and try to fix it	Become defensive	Deny or lie about it
19	If someone needs help, what do you do?	Offer help if appropriate	Check whether there's benefit for you	Avoid helping or ignore
20	While shopping online, how do you think?	Buy based on need & quality	Influenced by brand, offers, comparison	Buy impulsively or without need

21	Faced with a challenging task, what do you do?	Plan and act calmly	Rush so that you can impress	Avoid or give up saying "can't do it"
22	If you fall sick, what's your approach?	Rest and follow medical advice	Continue working to avoid judgment	Delay treatment or ignore till later
23	If someone else is praised, how do you feel?	Feel happy and genuinely appreciate	Try to prove you're better	Stay silent or feel jealousy
24	How do you reflect on your own mistakes?	Introspect and resolve to improve	Try to show it wasn't your fault	Don't think about it, scared to take blame
25	Feeling bored in life—what do you do?	Learn something new or introspect	Seek entertainment—movies, outings	Sleep, scroll social media, waste time

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