

Five Elements Quiz						
No.	Question	Air (Growth)	Fire (Joy)	Earth (Nurture)	Space (Order)	Water (Depth)
1	Which sense do you rely on most while making decisions?	Planning instinct	Heartfelt emotion	Gut feeling	Logical observation	Intuitive knowing
2	What triggers your strongest memories?	Sounds / Shouting	Laughs / Warmth	Food / Family	Scents / Grief	Silence / Depth
3	Which emotion hits you first in tough situations?	Frustration / Anger	Excitement / Joy	Worry / Sympathy	Sadness / Grief	Fear / Awe
4	What kind of overload affects you the most?	Pressure / Stress	Noise / Chaos	Overeating / Overcaring	Over-control / Criticism	Isolation / Fear
5	What instantly soothes you?	Movement / Wind	Warmth / Laughter	Familiar food / Touch	Clean air / Structure	Stillness / Water
6	What experience do you value the most?	Progress / Growth	Passion / Drama	Harmony / Belonging	Purity / Clarity	Mystery / Solitude
7	What kind of environment feels energizing to you?	Trees / Vision boards	Fireplaces / Red lights	Kitchen / Garden	White walls / Order	Cave / Dark water
8	When do you feel most alive?	Challenge / Adventure	Love / Connection	Caring / Stability	Structure / Refinement	Depth / Reflection
9	What's the first thing you notice in a space?	Energy / Movement	Vibe / Heat	Clutter / Warmth	Air / Cleanliness	Mood / Quiet
10	What's your guilty pleasure?	Exploration / Expansion	Social fun / Play	Comfort food / Ritual	Neatness / Clean space	Immersion / Baths
11	How do you usually act?	Assertive / Driven	Spontaneous / Charismatic	Supportive / Nurturing	Controlled / Methodical	Withdrawn / Fluid
12	What makes you feel powerful?	Strategic planning	Expressive presence	Loyalty & Service	Precision & Rules	Silence & Depth
13	How do you respond under stress?	Anger / Push through	Panic / Dramatic burst	Worry / Self-sacrifice	Judging / Shutting down	Withdrawal / Freeze

14	What's your natural talent?	Leadership / Vision	Entertainment / Inspiration	Teaching / Healing	Organizing / Managing	Counseling / Listening
15	How is your energy expressed?	Bold & fast	High & scattered	Soft & supportive	Clear & restrained	Deep & conserved
16	Which organ feels most 'you' when you're active?	Liver / Decision-making	Heart / Expression	Spleen / Digestion	Lungs / Boundaries	Kidney / Willpower
17	How are you when you're healthiest?	Motivated & Directed	Energetic & Joyful	Grounded & Content	Disciplined & Clear	Peaceful & Rested
18	What breaks down first when you're unwell?	Coordination / Anger	Sleep / Restlessness	Digestion / Worry	Breath / Sadness	Will / Fear
19	Which part of your body do you instinctively protect?	Ribs / Sides	Chest / Heart	Abdomen / Stomach	Skin / Lungs	Spine / Kidney area
20	What boosts your energy quickly?	Stretching / Herbs	Movement / Warmth	Nutrition / Rest	Breathing / Decluttering	Sleep / Stillness
21	Which identity suits you best?	Leader / Rebel	Star / Performer	Healer / Host	Judge / Thinker	Sage / Seeker
22	What's your biggest inner block?	Rage / Control issues	Scattered / Over-stimulated	Overgiving / Boundaries	Perfectionism / Guilt	Overwhelm / Fear
23	What helps you reset your energy?	Nature / Challenge	Music / Dance	Hugs / Food / Familiarity	Order / Structure	Isolation / Crying
24	What's your dominant inner quality?	Vision / Growth	Passion / Expression	Support / Empathy	Rules / Morality	Wisdom / Reflection
25	What does spirituality mean to you?	Purpose / Direction	Devotion / Compassion	Service / Balance	Purification / Clarity	