



Confidently You

5 Elements Quiz of Feng Shui

Check all of the following that apply. Pay special attention to your overall disposition, rather than your current mood. At the end of each group, total the checks and refer to the end of the quiz to discover which of the 5 elements you are biased towards.

Note: Confidently You does not own the rights to this quiz. All credit is given to Tisha Morris, Author of *Decorating with the Five Elements of Feng Shui* ©2015.

Group A:

___ I tend to figure problems out in my head rather than processing with others.

___ I consider myself to be candid and direct in my communications and have been known to hurt others' feelings as a result.

___ I don't toot my own horn and rarely talk about my accomplishments.

___ I can see the bigger picture in situations.

___ I don't need a lot of money to be happy.

___ I would rather stay at home with a good book than attend a large social event.

___ People don't really know me and I kind of like it that way.

___ I don't trust people easily, but I am loyal when I do.

___ I don't like having to rely on others and consider myself to be independent.

___ I can easily get lost in my own world.

Group A total: ___/10

Group B:

___ I love starting new projects and often have multiple projects going at the same time.

___ I can make decisions quickly and take action on them rather quickly.

___ People see me as a leader.

___ I am often on the cutting edge in my work and love learning new things.

___ I become frustrated when things don't happen fast enough.

___ I enjoy public recognition for my talents and accomplishments.

___ At times, I can be reactive or compulsive in taking action.

___ I do well under deadlines.

___ I like being the first to try something new.

___ If needed, I will take the lead in order to get things done.

Group B total: ___/10

Group C:

___ Communicating effectively is one of my strengths.

___ I am generally a happy-go-lucky person and enjoy life.

___ I read people well.

___ I easily take on other people's emotions.

___ I am prone to anxiety.

___ I enjoy giving and receiving affection.

___ I can easily become passionate about a project I believe in and can get other people enthused about it too.

___ At times, I can become exhausted to the point of crashing.

___ Friends and/or colleagues like my high energy and enthusiasm.

___ I am comfortable being emotional and even vulnerable at times.

Group C total: ___/10

Group D:

___ My friends often lean on me for advice and support.

___ I like things the way they are and generally resist change.

___ I am very supportive of other people's goals.

___ In social or family groups, I tend to be the glue that keeps everyone together and go out of my way to make interactions harmonious.

___ I tend to put the needs of others ahead of my own.

___ I tend to worry a lot.

___ I am generally agreeable and accommodating.

___ I generally prefer working in groups rather than on my own.

___ My perfect day would include being at home with my entire family and most likely I would be cooking for them.

___ I don't make a lot of changes, but when I do they are pretty major.

Group D total: ___/10

___ At times, I can become exhausted to the point of crashing.

___ Friends and/or colleagues like my high energy and enthusiasm.

___ I am comfortable being emotional and even vulnerable at times.

Group C total: ___/10

Group D:

___ My friends often lean on me for advice and support.

___ I like things the way they are and generally resist change.

___ I am very supportive of other people's goals.

___ In social or family groups, I tend to be the glue that keeps everyone together and go out of my way to make interactions harmonious.

___ I tend to put the needs of others ahead of my own.

___ I tend to worry a lot.

___ I am generally agreeable and accommodating.

___ I generally prefer working in groups rather than on my own.

___ My perfect day would include being at home with my entire family and most likely I would be cooking for them.

___ I don't make a lot of changes, but when I do they are pretty major.

Group D total: ___/10

Group E:

___ I am a good organizer.

___ I maintain a neat and orderly environment.

___ I prefer a systematic approach to problem solving rather than relying on emotions or intuition.

___ I remind people of rules and/or my work involves having people follow rules or procedures.

___ I prefer to stay out of people's lives.

___ I pride myself in being particular and discerning when making a purchase.

___ People see me as being a quiet person.

___ I am self-disciplined.

___ My principles are important to me and come before pleasure and fulfillment.

___ I thrive in a structured environment where support systems are in place.

Group E total: ___/10

Total your scores below to find which is your dominant element(s):

___ Group A (Water)

___ Group B (Wood)

___ Group C (Fire)

___ Group D (Earth)

___ Group E (Metal)