

# WELCOME TO THE 5 ELEMENTS PERSONAL ALCHEMY QUIZ

It's time to uncover your Personal Alchemy - the confirmation of who you are why you do, think, respond, and seek support in the ways that you do.

It's also an invitation, maybe even permission, to relax and allow ALL of the parts of you that want to be seen.

According to 2000 years of Chinese Medicine, all of nature is governed by Yin/Yang and this energy can be divided into five Elements (movements/processes/phases) - Earth, Metal, Water, Wood, and Fire.

We are a blend of all five elements and no two alchemy are alike. As we move through life, the elements' presence will wax and wane depending on where we are in our life (demographically, age, socially, relationships, and surroundings, life circumstances), and we will have one Element which is stronger than the others.

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1. A B C D E
2. A B C D E
3. A B C D E
4. A B C D E
5. A B C D E
6. A B C D E
7. A B C D E
8. A B C D E
9. A B C D E
10. A B C D E
11. A B C D E
12. A B C D E
13. A B C D E
14. A B C D E
15. A B C D E
16. A B C D E
17. A B C D E
18. A B C D E
19. A B C D E
20. A B C D E
21. A B C D E
22. A B C D E
23. A B C D E
24. A B C D E
25. A B C D E

CHOOSE THE ANSWER THAT IS THE MOST TRUE FOR YOU RIGHT NOW.

Add up the total number of a, b, c, d, & e's that you answered for each column, and then add them into the tally and the chart below.

A'S \_\_\_\_\_ /25 : WATER  
 B'S \_\_\_\_\_ /25 : WOOD  
 C'S \_\_\_\_\_ /25 : FIRE  
 D'S \_\_\_\_\_ /25 : EARTH  
 E'S \_\_\_\_\_ /25 : METAL



TOTAL \_\_\_\_\_