

5 ARCHETYPES SELF-ASSESSMENT PROFILE

Name _____ Date _____

Directions: Place a check mark next to each statement you feel you strongly relate to. Add up the check marks in each section and total them. The element with the highest score is likely your primary element.

WOOD ARCHETYPE:



- ___ I feel confident acting assertively
- ___ I enjoy the pressure of competition
- ___ I take pride in being first, best, & fastest
- ___ I can be impatient if others hold me back
- ___ I openly discuss my achievements
- ___ I am comfortable with conflict
- ___ I can become angry quickly when stressed
- ___ I enjoy taking risks
- ___ I prefer to lead rather than follow others
- ___ I learn by doing
- ___ I act decisively regardless of what others say
- ___ I like to question authority

Total Wood _____

FIRE ARCHETYPE:



- ___ I get excited easily
- ___ I complain I can't do it when I get stressed
- ___ I laugh easily
- ___ I don't like feeling sad
- ___ It's easy for me to share my deepest desires
- ___ I tend to feel emotions intensely
- ___ I tend to avoid activities that aren't fun
- ___ When I'm upset, people say I'm dramatic
- ___ I like being stimulated, not bored
- ___ I enjoy sharing intimate details of my life
- ___ I can use my charm to get what I want
- ___ I enjoy being irresistible to others

Total Fire _____

EARTH ARCHETYPE:



- ___ I will put others' needs before mine
- ___ I can become worried people won't need me
- ___ I can imagine what others need
- ___ I like to make people feel welcome
- ___ I like my house to be a hub of activity for all
- ___ I like getting involved in other people's lives
- ___ I am regarded as a team player
- ___ I like to teach and learn through stories
- ___ I tend to be the peace maker
- ___ I tend to go along with what others say
- ___ I am a natural at fitting in
- ___ I can become indecisive when stressed

Total Earth _____

METAL ARCHETYPE:



- ___ I am committed to my moral standards
- ___ I tend to get stuck on details when I'm stressed
- ___ It's important my decisions are based on logic
- ___ I am meticulous
- ___ I can get fixated on being right
- ___ I love to design with details
- ___ I don't like to go to sleep with a messy house
- ___ I have a knack for recognizing good taste
- ___ I have high expectations
- ___ I have a specific way of doing things
- ___ I prefer when everyone plays by the same rules
- ___ I try to make things perfect

Total Metal _____

WATER ARCHETYPE:



- ___ I don't like to do things fast
- ___ I prefer being alone to socializing too much
- ___ Others consider me weird or eccentric
- ___ I don't like the spotlight
- ___ I seek knowledge and deep meaning
- ___ I'm suspicious of other people
- ___ I can get lost in my imagination
- ___ I take my time to react to situations
- ___ I can be stubborn and headstrong
- ___ I'm a dreamer
- ___ I lose track of time
- ___ I prefer to figure things out myself

Total Water _____