

The Five Rhythms Self-Inventory

Read and rate each of the following statements using a scale of 0-5 then tally your scores for each Element to find out how strong you are in each one.

1	2	3	4	5
----- Never True	----- Almost Never True	----- Sometimes	----- Almost Always True	----- Always True

WATER

_____ I'd prefer to stay at home with a good movie than go out and be sociable.

_____ I'm very curious.

_____ Fear is the emotion that disables me the most.

_____ Ideas, more than people, stir my soul.

_____ I'm fine with just a few good friends, I don't need a huge social life.

_____ I yearn for meaning to this experience on Earth.

_____ I'm very introspective and can pull deep into myself and cut off from the world.

_____ I go with the flow.

_____ I can get lost in the arts or creative process.

_____ Among friends I can be very playful.

_____ I tend to believe that the world is a dangerous place and one needs to be careful.

_____ It takes me a while to really trust someone.

_____ Score for **WATER**

WOOD

- _____ I am assertive and clear about where I stand.
- _____ I can marshal my intellect, and my vision can lead others.
- _____ I see goals, and I need to accomplish them.
- _____ I enjoy organizing and structuring my environment.
- _____ I get muscle tightness or tension.
- _____ I feel an undeniable need to stand up for people who are treated unfairly.
- _____ I have a reputation for being solid and dependable.
- _____ Anger and irritability are the emotions I'm most familiar with when I'm stressed.
- _____ I have a gift for seeing the big picture when others seem to be distracted by the details.
- _____ I am fiercely independent, and I will not be pushed around.
- _____ I am comfortable in my own skin, and I feel great connection to self.
- _____ I am very generous if the need is genuine.

_____ **Score for WOOD**

FIRE

- _____ I like people and want to be around them.
- _____ I am a passionate, spontaneous, optimistic, and energetic.
- _____ Loud music usually doesn't bother me; it just makes me want to move and dance.
- _____ I love safe, heart-felt contact with others.
- _____ Being onstage or in the limelight really energizes me.
- _____ I like living in this moment right now and I celebrate it.
- _____ When overly excited or flustered, I tend to get tongue-tied or mix up my words.

- _____ I tend to talk loudly and laugh loudly.
- _____ Feeling panic or anxiety is very familiar.
- _____ I avoid negativity and make light of difficult situations.
- _____ When I sit, it isn't for long. I like moving.
- _____ If my close relationships are not stable, I am not stable.

- _____ Score for **FIRE**

EARTH

- _____ I love spending time with my family and am the hub of family or social networks.
- _____ I truly want the very best for everyone and I will go out of my way to help them.
- _____ I find myself in the middle a lot.
- _____ I'm naturally compassionate and supportive.
- _____ Worry is the emotion that plagues me most when I'm stressed.
- _____ If someone has an endearing quality, I immediately want to be around them.
- _____ Everyone confides secrets and stories to me.
- _____ I don't like change.
- _____ I enjoy activities like cooking, gardening, homemaking, sewing, woodworking, and crafts.
- _____ I get really comfortable by kicking off my shoes and snuggling in.
- _____ I often find myself saying "I'm sorry" even if something isn't really my fault.
- _____ I often give money or personal belongings to help people out of difficult situations.

- _____ Score for **EARTH**

METAL

_____ I tend to be neat and orderly in my personal surroundings.

_____ I put virtue and principles before fun.

_____ I take pride in being efficient and methodical.

_____ Integrity and excellence are extremely important to me.

_____ I wait my turn, I take my time, and then I state my opinions precisely with little emotion.

_____ I am correct and fair.

_____ I hold myself back when it comes to expressing my feelings.

_____ I hunger for what seems to be an unattainable spiritual connection.

_____ I sometimes feel incapable of letting myself go.

_____ I often feel grief over life.

_____ I crave distance and solitude, yet I want meaningful relationships.

_____ I follow the rules and protocols and feel no reason to break them.

_____ Score for **METAL**

SCORES:

_____ **WATER**

_____ **WOOD**

_____ **FIRE**

_____ **EARTH**

_____ **METAL**