

Elemental Check-In

Rate each paragraph on a scale of 0%, 25%, 50%, 75%, 100% depending on how you are feeling it this week.

1 I am confident in myself and say no when needed. I prioritize me-time in interests, physical movement, fun and learning. I recognize I am worthy and willingly to receive love and compliments from myself and others. I share my honest wisdom and joy for life when people ask for it.



2 I feel as if I'm constantly affected by emotions, my own or the collective. Drugs, alcohol and sex have been found to have great success in numbing pain. I am stuck in the story of my childhood trauma, tears are uncontrollable or nonexistent. I hate to feel vulnerable and will manipulate in order to not be the only one who feels exposed.



3 I can be indecisive and/or cold feeling like an outsider. I live in my head, often forgetting where I put things or starting something and not finishing it. I have a hard time listening and often interrupt to speed things up. Relationships consume me and I often find myself trying to fix others to avoid conflict.



4 I am grounded, stable, and reliable. I pride myself on my work and successes, while still taking time to enjoy the small wins. I value my health and take care of myself before being of service to others. I work to live, not live to work.



5 I live for communication, knowledge and new ideas. My mind never stops moving, thinking or analyzing, but I don't let it take over. I listen as much as I talk so my relationships go beyond surface level. I often detach and go to the future in order to problem solve and keep my individuality.



6 I can be hot headed or mean, making my actions explosive and unpredictable. I find myself creatively blocked, often feeling like the victim and wondering "why me?" I can be blunt, sarcastic and my words often get me into trouble. I can get physically stagnant, over-indulgent and dramatic.



Elemental Check-In

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I honor my emotions, make decisions and set boundaries based on my physical body's reaction. I have sympathy, compassion and love for all living things. I nurture myself and others equally. I cry easily, grow through pain and recognize my vulnerability as my power and not my weakness.

8

I slow down to the point of getting lazy and stuck. I have a difficult relationship with money, slipping into the workaholic with little to show for my success. I can be a perfectionist and lose myself in service to others. I complain, have unattainable expectations and worry to the point of scarcity.

Score



Legend

- 0% = non existent
- 25% = lacking
- 50% = neutral
- 75% = strong
- 100% = dominant

RESULTS

Record % in corresponding bubbles

1.Fire High Road



6. Fire LR



4. Earth HR



8. Earth LR



5. Air HR



3. Air LR



7. Water HR



2. Water LR

