

5-ELEMENT QUESTIONNAIRE



Get Organized Today!

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Please circle / mark the score for item below with either (+3, +1, -3, -1) as it relates to the area you would like help organizing.

+3 = this characteristic is VERY much like me

+1 = this characteristic is somewhat like me

- 3 = this characteristic is not at ALL like me

- 1 = this characteristic is not much like me

+3	+1	-3	-1	Be cautious and sensible
+3	+1	-3	-1	Enjoy frequent periods of solitude and introspection
+3	+1	-3	-1	Be content being anonymous or on the periphery of social events
+3	+1	-3	-1	Take a long time making decisions
+3	+1	-3	-1	Be involved in intellectual pursuits
+3	+1	-3	-1	Be content figuring things out for myself
+3	+1	-3	-1	Be careful what I reveal to other people
+3	+1	-3	-1	Be a stubborn defender of the truth as I see it
+3	+1	-3	-1	Be patient and persevering, trust the flow of life
+3	+1	-3	-1	Be objective and dispassionate
+3	+1	-3	-1	Feel self-sufficient in or out of relationship
+3	+1	-3	-1	Choose privacy over intimacy, solitude over socializing
+3	+1	-3	-1	Lose track of time or don't feel the need to track time
+3	+1	-3	-1	Tune out my external surroundings
+3	+1	-3	-1	Feel confident taking action
+3	+1	-3	-1	Feel comfortable taking the lead on projects
+3	+1	-3	-1	Start new projects before I finish the previous one
+3	+1	-3	-1	Be comfortable with deadlines
+3	+1	-3	-1	Enjoy doing things that have never been done before
+3	+1	-3	-1	Act with confidence and assurance regardless of what others may think or feel
+3	+1	-3	-1	Make quick decisions and change my mind often
+3	+1	-3	-1	Be comfortable with tasks that demand "thinking on my feet"
+3	+1	-3	-1	Be direct or provocative even if it causes discomfort to others
+3	+1	-3	-1	Desire to be regarded as accomplished and independent
+3	+1	-3	-1	Be comfortable leading or directing others
+3	+1	-3	-1	Take action and get things done quickly and effectively
+3	+1	-3	-1	Follow my intuition rather than relying on external facts or opinions
+3	+1	-3	-1	Often feel impatient with others
+3	+1	-3	-1	Feel irritable (or angry) often
+3	+1	-3	-1	Be animated and enthusiastic
+3	+1	-3	-1	Enjoy the pleasures of my senses

5-ELEMENT QUESTIONNAIRE (cont.)

+3	+1	-3	-1	Sense strongly what others think and feel
+3	+1	-3	-1	Enjoy a lot of activity and stimulation
+3	+1	-3	-1	Openly share my inner most feelings and desires
+3	+1	-3	-1	Gesture frequently when speaking
+3	+1	-3	-1	See the humorous side of life
+3	+1	-3	-1	Reveal myself quickly in an intimate vulnerable way to another person
+3	+1	-3	-1	Receive and show affection and pleasure with ease
+3	+1	-3	-1	Enjoy being moved emotionally
+3	+1	-3	-1	Interpret life's experiences through my emotional response to events
+3	+1	-3	-1	Become easily involved in the events going on around me
+3	+1	-3	-1	Have difficulty imposing boundaries or limitations on myself or others
+3	+1	-3	-1	Tend to bounce from one thing to another quickly
+3	+1	-3	-1	Be nurturing and supportive
+3	+1	-3	-1	Put the needs of others before my own
+3	+1	-3	-1	Take pains to preserve long term relationships
+3	+1	-3	-1	Enjoy being relied upon for reassurance and help
+3	+1	-3	-1	Enjoy being the hub of my social and family network
+3	+1	-3	-1	Be agreeable and accommodating
+3	+1	-3	-1	Help people work together in a harmonious manner
+3	+1	-3	-1	Tend to worry about things beyond my control
+3	+1	-3	-1	Enjoy myself when everyone gets along with each other
+3	+1	-3	-1	Be diplomatic and tactful
+3	+1	-3	-1	Rely on the skill and intelligence of others
+3	+1	-3	-1	Accept other people's characterizations of who I am
+3	+1	-3	-1	Sympathize with the circumstances of other people
+3	+1	-3	-1	Resist change in most forms
+3	+1	-3	-1	Maintain a neat and orderly personal lifestyle
+3	+1	-3	-1	Be in control of my environment and the way I do things
+3	+1	-3	-1	Eliminate unnecessary items or objects
+3	+1	-3	-1	Feel secure when I know that everyone is following proper procedures
+3	+1	-3	-1	Enjoy tasks that require systematic approaches to problem solving
+3	+1	-3	-1	Appreciate being thought of as meticulous and discriminating
+3	+1	-3	-1	Focus more on how something is done than what's being done
+3	+1	-3	-1	Like results that are repeatable and verifiable
+3	+1	-3	-1	Accept the authority of those with more competence
+3	+1	-3	-1	Be systematic and methodical in my work
+3	+1	-3	-1	Be content with few close attachments or demanding relationships
+3	+1	-3	-1	Put virtue and principles above pleasure and fulfillment
+3	+1	-3	-1	Restrain myself in expressing my feelings or opinions
+3	+1	-3	-1	Be tasteful and discriminating