**Values and The Five Elements**

Select the answer which best describes your truest self:

1. You are

 a. Motivated and persistent

 b. Assertive yet flexible

 c. At ease in social situations and able to discriminate which ones are good for you

 d. Physically, emotionally, mentally and spiritually nourished

 e. Clear, cool and sharp quality controller

2) You are

 a. Reflective

 b. Decisive

 c. Compassionate

 d. Stable & Supportive

 e. Worthy

3) You

 a. Have a sense of your own power and the ability to replenish yourself

 b. See the big picture & possibilities for the future

 c. Have the ability to maintain and negotiate relationships

 d. Neither give too much nor deprive yourself.

 e. Are concerned that your position, relationships and daily tasks have meaning and value.

4) Your

 a. Bones and teeth are strong

 b. Vision is clear

 c. Cardiovascular system is strong

 d. Muscles are strong/weak and resilient, digestion clear

 e. Lungs are strong, bowels clear

5) The emotion which activates you is

 a. Fear

 b. Anger

 c. Joy

 d. Empathy

 e. Grief

6) Spiritually you have

 a. Faith

 b. Hope

 c. Humility

 d. Mercy

 e. Righteousness

7) You

 a. Go with the flow

 b. Remain focused

 c. Enjoy variety of life

 d. Provide

 e. Are Precise/Desire quality

8) Your

 a. Capacity to access your own power is influential

 b. Able to lead those who support your vision of the future

 c. Vitality animates others

 d. Balanced approach in care of yourself and others

 e. Ethical behavior inspires others

9) You have a

 a. Appropriate courage and caution

 b. Great plan

 c. Great sense of humor

 d. Great memory

 e. Razor sharp perception

10) You

 a. Roll with the punches

 b. Resolve conflict

 c. Communicate beautifully

 d. Are comfortable in your environment

 e. Have worthwhile work

11) Choose the row that most reflects your values

 a. Intuitive, Leisurely, Mystical, Peaceful, Original

 b. Motivated, Organized, Purpose, Responsible, Altruistic

 c. Intimate, Laughter, Play, Spontaneity, Trust

 d. Kindness, Learning, Song, Nature, Nutrition

 e. Inspiration, Mastery, Meticulous, Morality, Order

12) Choose the row that most reflects your values

 a. Ambition, Courage, Empowerment, Vitality, Uniqueness

 b. Hope, Flexibility, Exercise, Excitement, Discovery

 c. Generosity, Freedom, Expansion, Drama,

 d. Gratitude, Health, Feeling, Contribution, Family

 e. Honor, Grace, Excellence, Education, Discipline

13) Choose the row that most reflects your values

 a. I have the ability to trust and wait for the right moment.

 b. I reach for the future with progressive movement.

 c. I have the impulse to reach out and connect with others spontaneously.

 d. I can sustain myself and others, reaping the harvest of my life.

 e. Inspiration gives me the capacity to crystalize structure and maintain

 quality and integrity.

14) You like to

 a. Moan

 b. Shout

 c. Laugh

 d. Sing

 e. Whisper

15) The season you love is

 a. Winter

 b. Spring

 c. Summer

 d. Late Summer

 e. Autumn

16) You have a special affinity for

 a. Water

 b. Trees & Plants

 c. Fire

 d. Earth

 e. Metal/Crystals

17) Your favorite color is

 a. Blue/black

 b. Green

 c. Red

 d. Orange/Yellow

 e. White

18) Your favorite taste is

 a. Salty

 b. Sour

 c. Bitter

 d. Sweet

 e. Pungent/Spicy

19) When you are at your best you evoke

 a. Wisdom

 b. Benevolence & Justice

 c. Compassion & Love

 d. Devotion

 e. Appreciation of Preciousness

20) My favorite time of day is

 a. Night

 b. Morning

 c. Noon

 d. Afternoon

 e. Evening

 

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| Answer Sheet |
| Question # | Answer a | Answer b | Answer c | Answer d | Answer e |
| **1** |  |  |  |  |  |
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| **19** |  |  |  |  |  |
| **20** |  |  |  |  |  |
| TOTAL |  |  |  |  |  |
|  | WATER | WOOD | FIRE | EARTH | METAL |