

The HEART'S DESIRE Project

Turn down the fear!
Turn up the Love!
Follow your Heart's Desire & see your dreams come true!



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Survey of Personality Elements

Please check the answer or answers that describe you best in each column.

Add up the sub-totals and grand totals for each column.

	<i>Air:</i>	<i>Fire:</i>	<i>Earth:</i>
Activity	<input type="checkbox"/> Highly active	<input type="checkbox"/> Moderately active	<input type="checkbox"/> Less Active
Endurance	<input type="checkbox"/> Low endurance, more of a sprinter	<input type="checkbox"/> Moderate, explosive	<input type="checkbox"/> Strong, slow and steady
Sleep	<input type="checkbox"/> Interrupted, insufficient, irregular	<input type="checkbox"/> Moderate but usually sound	<input type="checkbox"/> Heavy, deep, prolonged,
Temperature	<input type="checkbox"/> Mostly cold, need to wear layers	<input type="checkbox"/> Easily overheats	<input type="checkbox"/> Slow to warm, but stays warm
Hair	<input type="checkbox"/> Dry, thin & brittle	<input type="checkbox"/> Oily & straight	<input type="checkbox"/> Oily, thick & curly
Skin	<input type="checkbox"/> Dry, thin, cold	<input type="checkbox"/> Oily, smooth, warm, rosy	<input type="checkbox"/> Oily, thick, cool, pale
Sub-Total =	<input type="text"/> PHYSICAL	<input type="text"/> PHYSICAL	<input type="text"/> PHYSICAL
to Relax	<input type="checkbox"/> Keep myself busy, socialize	<input type="checkbox"/> Cool off, swim, shower	<input type="checkbox"/> Walk, listen to music
Mind	<input type="checkbox"/> Restless, active	<input type="checkbox"/> Aggressive, intelligent	<input type="checkbox"/> Calm, slow
Mind chatter	<input type="checkbox"/> Often random	<input type="checkbox"/> Easily gets stuck on thoughts	<input type="checkbox"/> Minimal chatter, less when in nature
Speech	<input type="checkbox"/> Interrupted, fast	<input type="checkbox"/> Sharp, clear	<input type="checkbox"/> Slow, thoughtful
Memory	<input type="checkbox"/> Good short-term memory, poor long-term retention, forgetful	<input type="checkbox"/> Sharp, good short- and long-term memory	<input type="checkbox"/> Slow to learn and retain, once it's learned then it stays
Concentration	<input type="checkbox"/> Difficult to stay focused	<input type="checkbox"/> Sharp, focused	<input type="checkbox"/> Slow but eventual
I learn best by	<input type="checkbox"/> Seeing	<input type="checkbox"/> Listening	<input type="checkbox"/> Doing
Meditation	<input type="checkbox"/> Difficult to calm the mind	<input type="checkbox"/> Prone to over-fixation	<input type="checkbox"/> Easy to meditate for long periods
Interests	<input type="checkbox"/> Fiction, fantasy, sci-fi, fairy tales	<input type="checkbox"/> Analytical, reports, essays, news	<input type="checkbox"/> Fiction, romance, nature, history,
Sub-Total =	<input type="text"/> MENTAL	<input type="text"/> MENTAL	<input type="text"/> MENTAL
Personality	<input type="checkbox"/> Creative, sensitive, playful	<input type="checkbox"/> Sharp, witty, competitive	<input type="checkbox"/> Calm, patient, kind, honest, gentle
Profile	<input type="checkbox"/> Enthusiastic, inspired, genuine	<input type="checkbox"/> Courageous, optimistic	<input type="checkbox"/> Jolly, compassionate, generous
Feels best when	<input type="checkbox"/> Interested and engaged	<input type="checkbox"/> Responsible or in competition	<input type="checkbox"/> At home, with loved ones, caring
Dreams	<input type="checkbox"/> Fearful, flying, running, jumps	<input type="checkbox"/> Fiery, fierce, angry, fights	<input type="checkbox"/> Watery, swimming, romantic
Faith	<input type="checkbox"/> Open minded	<input type="checkbox"/> Fixed beliefs, devout	<input type="checkbox"/> Steady, certain
Aversions	<input type="checkbox"/> Manual labor, long walks	<input type="checkbox"/> Solitude, feeling lethargic	<input type="checkbox"/> Big crowds, office work, cardio
Attractions	<input type="checkbox"/> Writing, acting, music, art	<input type="checkbox"/> Leadership, projects, parties	<input type="checkbox"/> Gardening, hiking, building, loving
Stress Response	<input type="checkbox"/> Worry	<input type="checkbox"/> Anger	<input type="checkbox"/> Sadness
Sub-Total =	<input type="text"/> EMOTION	<input type="text"/> EMOTION	<input type="text"/> EMOTION
Resolutions?	<input type="checkbox"/> I enjoy making and keeping them	<input type="checkbox"/> Only if I feel like it	<input type="checkbox"/> I can't keep them, so I avoid them
Expectations	<input type="checkbox"/> I meet all expectations, my own and the those of others	<input type="checkbox"/> I have trouble meeting all expectations, even my own	<input type="checkbox"/> I easily meet your expectations but have trouble meeting my own
Work Habits	<input type="checkbox"/> Use to do lists often	<input type="checkbox"/> Efficient when motivated	<input type="checkbox"/> Need outside accountability
Work Pressured	<input type="checkbox"/> I doubt myself and others	<input type="checkbox"/> I seek to control	<input type="checkbox"/> I seek greater attachment
Money	<input type="checkbox"/> Impulsive spender	<input type="checkbox"/> Spends money on luxuries	<input type="checkbox"/> Saves money unless buying food
Work Style	<input type="checkbox"/> Distracted	<input type="checkbox"/> Compulsive	<input type="checkbox"/> Uninspired
Work Tendency	<input type="checkbox"/> I spread myself too thin	<input type="checkbox"/> Driven to overwork	<input type="checkbox"/> Avoid confrontations
Eating Style	<input type="checkbox"/> Eats on the run, rushes, snacks	<input type="checkbox"/> Eats stressed, pressured	<input type="checkbox"/> Emotional eating, heavy foods
Sub-Total =	<input type="text"/> LIFESTYLE	<input type="text"/> LIFESTYLE	<input type="text"/> LIFESTYLE
Grand Totals	<i>Air:</i> <input type="text"/>	<i>Fire:</i> <input type="text"/>	<i>Earth:</i> <input type="text"/>

THANKS!!