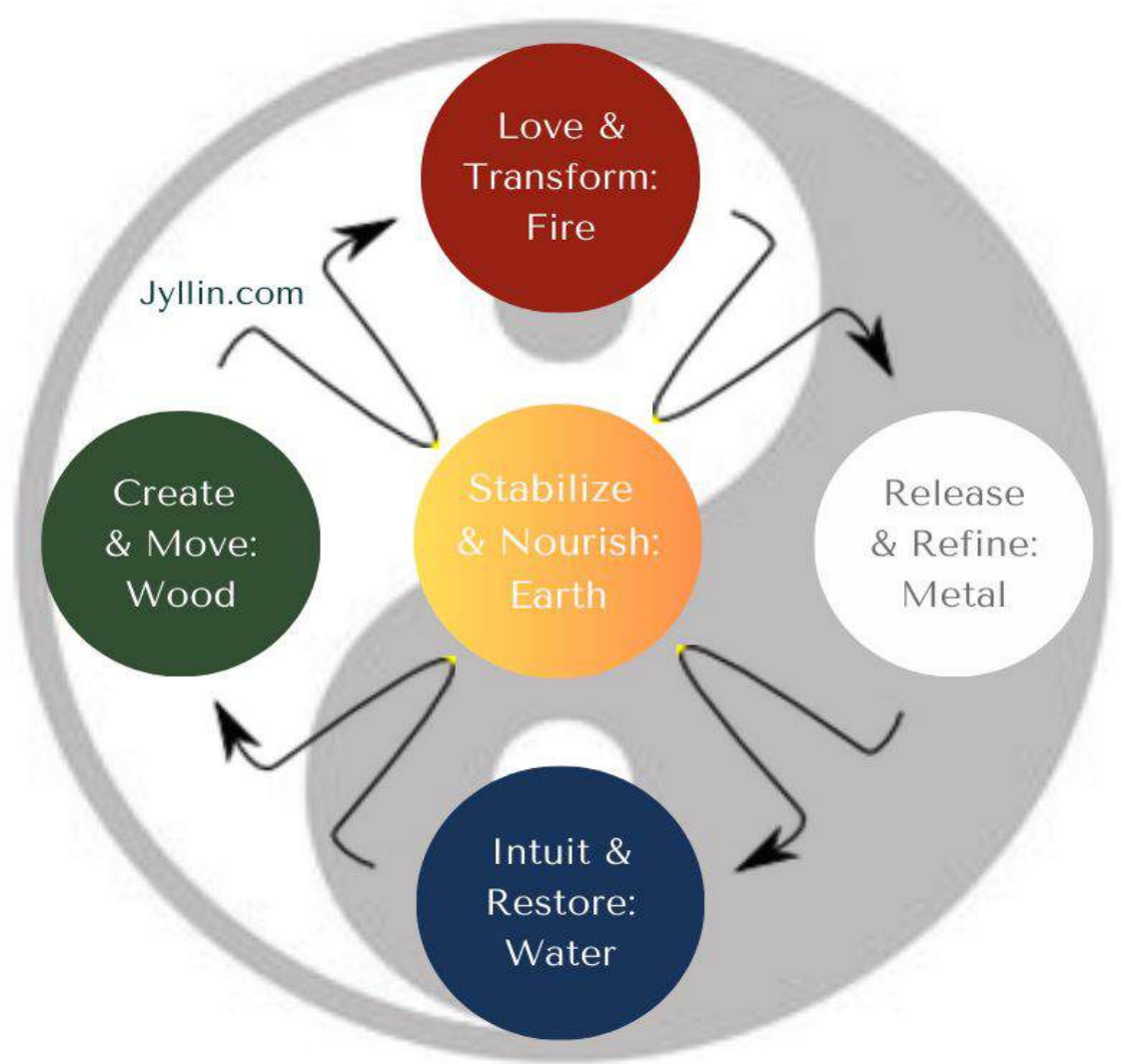


# Which Elements Source Your Lifestyle Medicine Most?

Take this quiz to save  
time and energy with  
holistic healthcare that's  
designed specifically for  
YOU.



# Instructions

Check all the boxes that apply to you and your life now.  
Tally your count for each element.

Connect the dots between your body, mind and emotions —  
so you can utilize holistic healthcare made specifically for  
YOU.

Based on 3000-year-old Chinese Medicine.

# Water

- Tend to feel fearful, anxious, nervous, wired and tired, or agitated
- Feel restricted in expressing truth—unconfident, timid, shy, fawning
- Avoid challenges in fear of 'failure' or imperfection
- Feel defeated or stuck by remaining in all-too familiar patterns
- Always thinking, doing, pushing, rushing, or neglecting rest
- Workaholic, overly ambitious, achievement focused, or perfectionist
- Prone to burnout, fatigue, or exhaustion
- Self-medicate with stimulants like caffeine or depressants like alcohol

Water Total:



# Wood

- Prone to impatience, intolerance, frustration, anger, or irritation
- Struggle speaking up that stagnates as resentment or bitterness
- Judgmental or rigid mind and beliefs of life, self, and others
- Inflexible with plans or struggle to create or adhere to plans
- Lack purpose, making decisions, taking action and/or workaholic
- Patterns of arrogance, comparison, competition, or jealousy
- Prone to outbursts, shouting, hostility, or violence
- Tense muscles and tendons, headaches, PMS/menstrual cramps

Wood Total:

# Fire

- Prone to melancholy, despondency, depression, or deep sadness
- Lacking love, joy, fun, humor, or enthusiasm
- Difficulty connecting or communicating socially or intimately
- Loss of self or lack of boundaries in relationships
- Manic or hysterical mood swings or behavior
- Excessively **talkative**, oversharing, loud, or inappropriate laughter
- Hyperactive sexual desire/activity or lack sexual expression
- Heart health issues, neck/shoulder/diaphragm pain or stiffness

Fire Total:

# Earth

- Prone to worry, overthinking, or obsessive thinking
- Over empathize & overgive or withhold sympathy, giving & receiving
- Tend to lose center through change and transitions in life
- Neglect body and/or have obsessive relationship with your body
- Feel a sense of lack, emptiness, unworthiness, or unfulfillment
- Struggle finding balance amidst others' energy, actions, or words
- Crave sugars, processed or high carb foods, sweets, or alcohol
- Poor digestion, poor absorption of nutrients, hyper/hypoglycemia

Earth Total:

# Metal

- Tendency to feel disconnected, isolated, or lonely
- Prone to feeling bored, uninspired, apathetic, or hopeless
- Experience prolonged grief, sadness, or depression
- Feelings of worthlessness or deep insecurity
- Negative or cynical, stuck, or stubborn beliefs and behavior
- Struggle letting go of things, thoughts, emotions, or memories
- Physical health problems with respiratory system or colon
- Skin problems like psoriasis, eczema or body/foot/breath odor

Metal Total:



# Next Up

Continue on to discover the benefits of five-element holistic healthcare. Use the links to take a deep dive into your highest scoring element(s). Let your interest and intuition be your guide from there!



# Water Medicine

Water Medicine relieves stress, anxiety, and fear by cultivating deeper listening skills and trust with your body and intuition — empowering you with clarity, confidence, courage and a sense of safety within yourself, your relationships, and the actions you take in the world.

Take a deep dive into water exploration [here](#).

# Wood Medicine

Wood Medicine releases anger, irritability, and impatience by clarifying and detoxifying your bodymind — equipping you with adaptable flexibility on the path of unique visions and dreams, passionate plans, and decisive actions aligned with your soul's purpose.

Take a deep dive into wood exploration [here](#).

A bonfire with bright orange and yellow flames and sparks rising against a dark night sky. The fire is the central focus, with the text overlaid on it.

# Fire Medicine

Fire Medicine transforms deep sadness or manic moods by strengthening radical self-love and emotional maturity — allowing more warmth, joy, love and laughter in celebration of transformative expansion, joyful creation, and conscious communication.

Take a deep dive into fire exploration [here](#).

# Earth Medicine

Earth Medicine releases worry, obsessive thinking, and feelings of lack by stabilizing you into the center of your body and into the Earth — empowering you with mental clarity and a sense of fulfillment so you can feel whole, balanced, and content in relationship with yourself and others.

Take a deep dive into earth exploration [here](#).

# Metal Medicine

Metal Medicine relieves grief, insecurity and loneliness by cultivating your capacity to let life in and let life go — refining your sense of Self and soul for a richer experience of inspiration, awareness, acceptance and connection as a vital part of the universe.

Take a deep dive into metal exploration [here](#).

# Next Up

Save yourself time and energy by skipping the DIY deep-dives 🦵 Instead learn how to leverage five-element holistic healthcare designed especially for YOU by scheduling a clarity call [here](#).

Enjoy your five-element journey,  
Jyllin



# Book Your FREE Clarity Call

Discover how you can use five-element holistic healthcare that's customized for YOUR specific needs!

You'll receive a quick questionnaire that will give me a better idea of your needs. I'll also send you a free gift to help you get the most out of our call.

Schedule your Clarity Call [here!](#)