

PERSONAL ELEMENTAL PROFILE

Discover which elements are most active in you right now
and how you connect with their energy.

How to Use This Page

Read each statement and rate how true it feels for you right now.

Use this scale: 1 = Not at all true 2 = A little true 3 = Somewhat true

4 = Mostly true 5 = Very true



PART 1: ELEMENT SELF-ASSESSMENT

Rate each statement from 1 to 5.

STATEMENT	EARTH	WATER	AIR	FIRE	SPIRIT (GLOBAL)
1. I feel most grounded when I spend time in nature.	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
2. My emotions run deep and I often feel things strongly.	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
3. I love learning, exploring ideas, and having meaningful conversations.	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
4. I am passionate, driven, and full of energy.	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
5. I value my intuition and trust inner guidance.	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
6. I enjoy creating beauty and surrounding myself with comfort.	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
7. I go with the flow and adapt to change easily.	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
8. I think things through and prefer logic and reason.	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
9. I like taking action and making things happen.	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
10. I feel connected to something greater than myself.	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

Reflection

Which element(s) did you most often rate as a 4 or 5? These are likely your strongest energies right now.

Which element(s) did you most often rate as a 1 or 2? These may be areas to balance or invite more into your practice.

Next Pages

Turn the page to explore what your results mean and discover how to work with your unique elemental balance in your daily life and magic.



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Now let's see your results and
get a clear picture of your elemental balance.

PART 2: SCORE TOTALS

Add up the scores from Part 1 for each element.
(Each element has 10 questions. Highest score = 50)

ELEMENT	YOUR TOTAL	OUT OF 50
 EARTH	_____	50
 WATER	_____	50
 AIR	_____	50
 FIRE	_____	50
 SPIRIT (GLOBAL)	_____	50

What Do Your Scores Mean?

- 40 – 50 Your connection is strong.
- 30 – 39 Your connection is growing.
- 20 – 29 Your connection needs attention.
- 10 – 19 Your connection is weak.
- 0 – 9 Your connection is very low.

Journal Prompt

What stands out to you about your results?
Which element(s) feel strongest?
Which element(s) feel weakest?
How do you think this shows up in your daily life?

PART 3: ELEMENTAL BALANCE WHEEL

This wheel shows your current elemental balance.
Shade each section up to the number that matches
your total score for that element.



How to Use Your Wheel

- A full, even circle means your elements are in harmony.
- High peaks show your strongest energies.
- Low areas show where you may be out of balance.
- Use this wheel as a guide for self-care, spellwork, and personal growth.

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PART 4: REFLECTION

Take a few quiet moments to reflect on your results and what your elemental balance reveals about you right now.



EARTH

1. My strongest element...

Which element scored highest? How does it show up in your life?



WATER

2. My weakest element...

Which element scored lowest? Where do you feel out of balance?



FIRE

3. The element currently calling me...

Which element are you most drawn to right now? Why do you think that is?



SPIRIT
(GLOBAL)

4. Small ways I can strengthen this element this week...

What simple actions, practices, or reminders can help you invite more balance?



When we honor each element,
we return to balance, and magic flows.





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PART 5: OBSERVING MY ELEMENTAL NATURE

Over the next month, take time to notice how each element shows up in your life. Record patterns, insights, dreams, and experiences here.

Return to this page at the end of the month and reflect on what you've learned.

Date Range:

From _____

To _____



OBSERVING MY ELEMENTAL NATURE

Use this space to record your observations, feelings, shifts in energy, and how your relationship with each element evolves.

MONTH-END REFLECTION

What have you discovered about your elemental nature this month?

What would you like to continue, nurture, or shift?

