

# YOUR MIND

## What is your dosha?



What dosha rules your mind? This quiz determines the predominant element or “dosha” in your mind. Place an “x” next to the sentence that best describes you. If you simply can’t decide, choose The Wind (Vata). The column with the highest number of x’s is your predominant dosha.

	The Wind (Vata) air + space	The Fire (Pitta) fire + water	The Earth (Kapha) earth + water
<b>Sleeping Patterns</b>	<input type="checkbox"/> I sleep very lightly and awaken easily.	<input type="checkbox"/> I fall asleep easily and sleep for a moderate period of time.	<input type="checkbox"/> I sleep very deeply and for long periods of time. I love to nap.
<b>Sleeping Patterns</b>	<input type="checkbox"/> I have a hard time falling asleep.	<input type="checkbox"/> My biggest worry that keeps me from sleeping is work related.	<input type="checkbox"/> I have very few sleep problems other than sleeping too much.
<b>Dreams</b>	<input type="checkbox"/> I dream a lot. My dreams are vivid and active. I do not remember my dreams well.	<input type="checkbox"/> My dreams are vivid and full of passion. They frequently involve chasing and negotiating.	<input type="checkbox"/> My dreams are peaceful. I remember them.
<b>Speech</b>	<input type="checkbox"/> I talk quickly and a lot. I’m very chatty and have a hard time staying focused.	<input type="checkbox"/> I speak with precision and I love a good debate.	<input type="checkbox"/> My speech is slow and deliberate. I think before I speak.
<b>Shopping</b>	<input type="checkbox"/> I’m an impulse shopper. I love to buy little gifts for people.	<input type="checkbox"/> I tend to indulge in very expensive high-quality items when I do spend.	<input type="checkbox"/> I shop to “buy” happiness.
<b>Climate</b>	<input type="checkbox"/> I love it sunny and warm. I do not like to be cold. I hate drafts.	<input type="checkbox"/> I prefer cooler weather. I can become irritable when it is hot and humid.	<input type="checkbox"/> I prefer a warmer temperature. Cold and wet make me achy.
<b>Movement</b>	<input type="checkbox"/> I’m like a butterfly flitting from activity to activity.	<input type="checkbox"/> I move with purpose. People notice when I enter a room.	<input type="checkbox"/> I have a very relaxed and fluid gait.
<b>Organization</b>	<input type="checkbox"/> My home or office may appear messy to others, but I know where everything is.	<input type="checkbox"/> I like a well-organized environment. I have a place for everything.	<input type="checkbox"/> I am a collector of things. Sometimes I accumulate clutter.
<b>Work Preference</b>	<input type="checkbox"/> I love the activities of creation such as brain storming and conceptualizing.	<input type="checkbox"/> I like to be in a leadership position. I do not like working under someone. I am a visionary and strategic planner.	<input type="checkbox"/> I like a routine to my job. I prefer to work for others and treat my place of employment as “family.”
<b>Moods</b>	<input type="checkbox"/> I’m moody.	<input type="checkbox"/> I have a very strong, determined and stubborn nature.	<input type="checkbox"/> I am emotionally sensitive and very caring for others.
<b>Total your “x”s.</b>	<b>The Wind (Vata) air + space</b>	<b>The Fire (Pitta) fire + water</b>	<b>The Earth (Kapha) earth + water</b>

Don’t be surprised if two or more columns are just about even with each other. All of the elements live in your mind and it’s quite common to have an even split.