

Put a check mark next to each statement that best describes you. Tally up each section.

The Way I've Always Been (Prakriti):

Vata: Ether + Air

- I'm tall and lanky OR pretty short.
- I'm the type to spontaneously move across the country.
- I jump into relationships easily.
- I worry about the future.
- I needed braces as a kid.
- My weight tends to gather in my midriff area.
- I don't notice or mind if I skip a meal.
- Routines are a struggle.
- I change my mind easily.
- I have serious creative vision.

Vata Total: _____

Pitta: Fire + Water

- My body is average-sized.
- I'm a perfectionist.
- My friends say I'm witty.
- I like winning.
- I love a good thickening shampoo for my thin hair.
- I can be impatient.
- Weight gain tends to distribute evenly in my body.
- I like to know the facts when I make a decision.
- Some may say I'm bossy, I prefer the word efficient.
- I'm passionate!

Pitta Total: _____

Kapha: Water + Earth

- I'm happy with a fruit plate for breakfast.
- When I love, I love hard.
- My shape has a little extra cushion.
- I enjoy sleeping in.
- I like a set schedule.
- I'm happy living in my hometown.
- I admit it, I can be lazy.
- I need the right stylist that can manage my thick hair.
- I'm a peacemaker among my friends and loved ones.
- I have a great memory.

Kapha Total: _____

Dosha Quiz 2

Put a check mark next to each statement that best describes you. Tally up each section.

What's Happening Now? (Vikriti)

Vata: Ether + Air

- It's fall/early winter right now.
- I'm still unpacking from my last move.
- I spend way too much time on my phone.
- I drink way too much coffee.
- I've hit menopause or the male equivalent.
- I'm having some crazy/intense dreams lately.
- My lips are chapped/chap easily.
- I usually wake at least once during the night.
- I have cold hands and/or feet.
- I get odd pains that can't be explained easily.

Vata Total: _____

Pitta: Fire + Water

- The weather is warm or hot outside right now.
- I'm working toward a promotion or a big project at work.
- All of my Pinterest boards are organized into categories.
- I enjoy cocktails more than 2-3 times a week.
- My dreams are pretty realistic.
- I burp excessively.
- I get hangry!
- I'm on a diet or a cleanse right now.
- I can be moody or experience intense PMS.
- I suffer from inflammation.

Pitta Total: _____

Kapha: Water + Earth

- It's currently spring or rainy season where I live.
- I have all of my childhood mementos packed at my house or a relative's house.
- I'm living in jogging pants...wouldn't dream of squeezing into jeans.
- I can't stop thinking about an ex.
- I crave sweets.
- I'm not a fan of small talk.
- I don't remember any recent dreams.
- I get the chills easily.
- I have allergies or excess mucus.
- I sleep in when I can.

Kapha Total: _____