

Discover the elemental forces that shape your energy, digestion, emotions, and rhythm.

You are nature — not metaphorically, but literally. Ayurveda teaches that we're made of the five elements: earth, water, fire, air, and ether. These combine to form three mind-body archetypes — **the Doshas** — that influence everything from your sleep to your cravings to how you show up in the world.

This guide is your invitation to *reconnect with that blueprint*. To understand the difference between your original nature, your **Prakriti** and your current state, your **Vikriti**. When you know the difference, you can begin to work *with* your body instead of against it — and *return to balance* with more ease.

A Gentle Two-Step Self-Inquiry

You'll complete the quiz twice:

1. **Your True Nature** (Prakriti) - Based on your *lifelong tendencies*
2. **Your Current State** (Vikriti) - Based on how you feel right now

This will help you see where you've drifted from your natural baseline — and where your care and nourishment need to be directed first.

Trust your instincts. Don't overthink.

Choose the answers that feel most true. Not how you wish you were, but what's real for you, without judgment.

- On your first pass, reflect on your True Nature — a time you lived with ease. This may be a thread that's carried through childhood into your 20s or 30s.
- On your second pass, answer for your Current State — how you're experiencing life right now.

So, grab a cuppa, a cosy spot and dive in

Be Guided
TO THRIVE



VATA DOSHA

Rate each statement for how much it reflects you. First for your lifelong tendencies, **Prakriti**, Then for your current state, **Vikriti**.

	Doesn't apply		Sometimes applies		Definitely me	
	1	2	3	4	5	6
I have a slimmer framed body with a fine bone structure & don't gain weight easily	1	2	3	4	5	6
My skin tends to be dry, thin, or rough.	1	2	3	4	5	6
I have thinner, finer hair, small eyes and more brittle nails.	1	2	3	4	5	6
I have a longish, angular face with a smaller chin and a narrow or crooked nose	1	2	3	4	5	6
My digestion is unpredictable—bloating, gas or constipation show up easily	1	2	3	4	5	6
My appetite is variable, your eyes are often bigger than your stomach	1	2	3	4	5	6
My hands and feet tend to be cold and I crave warmth	1	2	3	4	5	6
My joints are prominent, dry, may pop & creak or feel sensitive	1	2	3	4	5	6
My mind moves fast and shifts quickly – I talk with energy, leap between topics, and often have too many thoughts at once.	1	2	3	4	5	6
I get overwhelmed by too many choices and can be indecisive.	1	2	3	4	5	6
I feel scattered or anxious when things get too busy or chaotic. I worry alot.	1	2	3	4	5	6
I enjoy creative work, I learn quickly but forget easily	1	2	3	4	5	6
I bounce between excitement and exhaustion. I can experience high + lows in rapid cycles.	1	2	3	4	5	6
I adapt easily to new situations, but I get restless if I stay in one place too long.	1	2	3	4	5	6
My lifestyle is erratic and lacks routine.	1	2	3	4	5	6
I have difficulty falling asleep or I am a light sleeper and sometimes wake in the early AM hours	1	2	3	4	5	6
I can be dreamy or seem 'in the clouds' – others sometimes call me spacey.	1	2	3	4	5	6
I have an irregular menstrual cycle or scanty menstruation.	1	2	3	4	5	6
I spend money as quickly as it comes in and buy impulsively	1	2	3	4	5	6
My resting pulse ranges from 80 to 100 beats per minute.	1	2	3	4	5	6

TOTAL VATA SCORE PRAKRITI (Lifelong)

TOTAL VATA SCORE VIKRITI (Current)



PITTA DOSHA

Rate each statement for how much it reflects you. First for your lifelong tendencies, **Prakriti**, Then for your current state, **Vikriti**.

	Doesn't apply		Sometimes applies		Often applies	
My body has a medium build, and my weight is steady	1	2	3	4	5	6
My skin can be sensitive, prone to redness, acne or rashes, especially in heat or times of stress.	1	2	3	4	5	6
I have slightly oily skin and finer hair which may prematurely grey	1	2	3	4	5	6
My face is heart-shaped or angular, with deep set moderately sized eyes	1	2	3	4	5	6
I have strong digestion and feel best eating at regular times. I become irritable or agitated if I skip meals.	1	2	3	4	5	6
I tend towards looser stools when my digestion is off.	1	2	3	4	5	6
I have a good appetite and can eat large amounts if I want to	1	2	3	4	5	6
My energy is strong and focused, but I can burn out from pushing too hard.	1	2	3	4	5	6
I am a logical, organised thinker, great at making plans and carrying them out	1	2	3	4	5	6
I tend to react quickly, especially when under pressure. Others may describe me as intense.	1	2	3	4	5	6
I have strong opinions and often feel that I know the best way to do things. I get irritated when things aren't done properly	1	2	3	4	5	6
I enjoy intellectual pursuits,, I am determined and stubborn	1	2	3	4	5	6
I have a sharp mind and good memory, but I can be overly critical of myself or others	1	2	3	4	5	6
I am impatient and quick to anger though I may hide it.	1	2	3	4	5	6
My lifestyle is busy, I love a challenge and I always have plans to acheive alot.	1	2	3	4	5	6
I sleep soundly, for less than 8 hours	1	2	3	4	5	6
I am sensitive to heat, loud noise and bright light	1	2	3	4	5	6
I menstruate regularly with a moderate flow but tend to experience stronger cramps or PMS	1	2	3	4	5	6
I spend on luxuries but like to feel organised and in control of my money	1	2	3	4	5	6
My resting pulse ranges from 70 to 80 beats per minute.	1	2	3	4	5	6

TOTAL PITTA SCORE PRAKRITI (Lifelong)

TOTAL PITTA SCORE VIKRITI (Current)



KAPHA DOSHA

Rate each statement for how much it reflects you. First for your lifelong tendencies, **Prakriti**, Then for your current state, **Vikriti**.

	Doesn't apply		Sometimes applies		Often applies	
	1	2	3	4	5	6
My body is naturally solid or curvy, with a tendency to gain weight easily.	1	2	3	4	5	6
My skin is smooth and soft, and can be oily or prone to congestion.	1	2	3	4	5	6
I have thick, lustrous hair, large eyes, and strong nails.	1	2	3	4	5	6
My face is round or full, with soft features and a broad nose.	1	2	3	4	5	6
My digestion is slow, and I can feel heavy or sluggish after meals.	1	2	3	4	5	6
I tend to feel full for a long time after eating, and don't always feel hungry at mealtimes.	1	2	3	4	5	6
I feel the cold more than others and prefer warm, dry weather.	1	2	3	4	5	6
My joints are stable and well-cushioned, though I may feel stiff or heavy.	1	2	3	4	5	6
I move at a slower pace, physically and mentally – I'm methodical and steady.	1	2	3	4	5	6
I get congested easily and may have sinus problems	1	2	3	4	5	6
I tend to hold onto things – whether it's emotions, clutter, relationships, or routines.	1	2	3	4	5	6
I am emotionally steady, affectionate, and people often come to me for support	1	2	3	4	5	6
I have good stamina and tend to have consistent energy, especially when I stay active.	1	2	3	4	5	6
I enjoy comfort and routine and may resist change.	1	2	3	4	5	6
I tend to procrastinate and need external motivation to get moving, even when I know what needs to be done.	1	2	3	4	5	6
I sleep deeply, and often for longer than 8 hours.	1	2	3	4	5	6
I often wake feeling groggy or heavy, even after a full night's sleep it can be hard to get out of bed.	1	2	3	4	5	6
My menstrual cycle is regular, and my flow is slow, heavy, or longer in duration.	1	2	3	4	5	6
I like to save money and spend on things that bring long-term comfort or security.	1	2	3	4	5	6
My resting pulse is usually steady and on the slower side – around 60-70 beats per minute.	1	2	3	4	5	6

TOTAL KAPHA SCORE PRAKRITI (Lifelong)

TOTAL KAPHA SCORE VIKRITI (Now)

Interpreting Your Results

Once you've tallied your scores, copy them into the spaces below.

Your highest Prakriti score is your dominant Dosha — *your original nature*.

If your second-highest score is within 5 points, you're likely *dual-doshic* — a beautiful blend of both.

If all three are within 5 points, you may be *tridoshic* — naturally balanced across all energies (a rare and special harmony).

Now, here's where the insight deepens:

Compare your **Prakriti** (True Nature) and **Vikriti** (Current State) scores.

You're looking for increases — where one or more doshas are now showing up stronger than your original nature. These are signs of imbalance, and they show you where your care and attention are most needed right now.

Let your results guide you — not define you. They're simply clues from your body's inner intelligence.

DOSHA	PRAKRITI SCORE	VIKRITI SCORE	CHANGE +/-
VATA			
PITTA			
KAPHA			

MY TRUE NATURE

PRIMARY PRAKRITI DOSHA
(Highest score)

SECONDARY PRAKRITI DOSHA
(If Applicable - within 5 points)

OR

I AM TRIDOSHIC (Rare but possible)

VATA / PITTA / KAPHA

MY CURRENT STATE

PRIMARY VIKRITI DOSHA
(Highest score)

HIGHEST VIKRITI INCREASE
(Greatest change)



PACIFYING THIS
BECOMES
OUR FOCUS



YOUR TRUE NATURE ARCHETYPE

Meet Your Archetype

Your Dosha isn't a box – it's a doorway. Now that you've uncovered your dominant type, get to know her essence. Each dosha is an intelligent rhythm, carrying both gifts and challenges. This is where the remembering begins.

Begin with your strongest Dosha, then if your scores were close read through your secondary influence..

VATA - The Energiser

Vata's pattern of intelligence: that which moves things

Elements: air and ether.

Qualities: lightness, movement, change, roughness, quickness and dryness.

Physiological: Force behind the nervous system, respiration and elimination.

Imbalanced Vata: You may have experienced imbalanced vata energy if you have had dry skin, constipation, premature wrinkles, anxiety, fear or a general feeling of being spaced out.

Balanced Vata: Enthusiasm for life. Excellent healers, inspired writers and artists, and enthusiastic speakers

PITTA ARCHETYPE - The Intense Flame

Pitta's pattern of intelligence: that which digests things

Elements: fire and a little water.

Qualities: sharpness, oiliness, lightness and instability.

Physiological: digestion and metabolism

Imbalanced Pitta: fever, loose stools, skin rash or acne, or the heated emotions of anger and frustration. We become overly critical and compulsive.

Balanced Pitta: Strong intellect, strong digestion, great sleep, glowing, radiant skin, perfectionism, peaceful & happy, discerning

KAPHA ARCHETYPE - The Steady One

Kapha's pattern of intelligence: that which holds things together

Elements: earth and water

Qualities: stability, heaviness, wetness and coolness

Physiological: force behind the lymphatic system and the mucus membranes

Imbalanced Kapha: Hard time losing excess weight, and can gain easily. Excess mucus in the body, Quality of holding on can turn into codependent attachment

Balanced Kapha: Luscious, well-lubricated, sturdy and dependable

A Gentle Note on Imbalance

If your Vikriti score is higher in one dosha, you'll likely be experiencing some signs of imbalance in that energy.

- **Vata:** You may be feeling scattered, anxious, restless, be constipated or dry — physically or emotionally.
- **Pitta:** You may be feeling irritable, overheated, have loose stools, reactive, or prone to inflammation.
- **Kapha:** You may be feeling heavy, congested, stuck, unmotivated, or emotionally flat.

We explore this in much more depth in our course, **The Well - Nourished Self Blueprint** - including other ways your imbalances might be showing up and how to begin restoring harmony.

For now, simply notice. *Awareness is your first medicine.*

You've Taken the First Step

You've just connected with your unique energy blueprint — your nature, and the ways you may have drifted from it. This awareness alone is powerful.

Whether your results were clear or mixed, trust what resonated. Your job now is not to perfect or label — but to listen and gently support what's asking for attention.

In continuing this journey, you'll begin to learn how to work with your nature — through nourishing rhythms, soul-supportive rituals, and practical wisdom that actually fits your life.

You're not here to fix yourself. You're here to remember your nature and the power she holds

Keep an eye on your inbox for Early Bird Pricing on **The Well** and many more morsels of actionable Ayurvedic wisdom to calm the chaos.

Much Love x