



AYURVEDA ACTIVITY TEST

With guidance from the personality profiles below you can easier understand your own and others differences and similarities and the different needs we all have. Through a more profound understanding around these concepts the working team can expand there understanding for each other and also work in a more efficient and creative ways.

Mark with a number 1 next to the statement that describes you the best. You can also write ½ a point if two choices are equal. Count the sums in each group and write the total at the bottom.

	VATA	PITTA	KAPHA
ACTIVITY	Quick, flexible, restless. Much ongoing at the same time	Efficient, goal orientated, ambitious, structured	Slow methodical thorough, not rushing, one thing at a time
MENTALITY	Devided, unconcentrated, edabsent- minded, quick moving mind	Sharp intellect, logical, analysing, concentrated	Slow, calm, stable, wide intellect, reflecting
ABILITY TO LEARN	Quick learner, remember through sounds (talking)	Learn quickly and with efficiency. Visual memory (pictures)	Learning slowly, need time
ABILITY TO REMEMBER	Easily forget	Sharp and structured memory	Remember for life
DECION MAKING	Find decision making difficult, can go through agonies making choices	Make decisions easily and quickly	Need time for making decisions but feel safe with the choices
LIFESTYLE	Tend to lead an irregular lifestyle, especially food and sleeping routines. Dislike set routines. Get bored easily	Often well planned and organized. Structured daily routines, often tight deadlines. Easily get frustrated when delays. Try to use the time optimal	Stable and regular habits. Difficulties in breaking bad habits, drawn to a comfortable lifestyle
STRESS PATTERN	Get anxious and worried, can go through agonies and panic attacks	Fighting until the bitter end. Frustration, irritation, often leading to stomach or head aches when a high level of stress	Rarely get stressed, choose a lifestyle less challenging, avoids conflicts
CREATIVITY	Curious, many ideas, enjoy trying out new thoughts and ideas	Will say yes to new ideas but with a critical eye	Happy to wait, moderate when it comes to new ideas
ECONOMY	Enjoy impulsive purchases	Spend money but balance carefully on what. Quality is essential.	Rarely impulsive purchases, rather saves for the future
TEMPER	Often varies	Hot temper	Calm and stable
ENDURANCE/SUSTANIBILITY	Easily get exhausted	Very good sustainability, have a strong will	Very stable and with a maintained sustainability
ILLNESS TENDENCIES	Often get ill, often in pain, dry cracked skin	Get fever, infections, skin problems, gastric ulcer, gastric catarrh, head aches	Rarely get ill. Often more chronic deceases
TOTAL	<input type="text"/>	<input type="text"/>	<input type="text"/>