



STRENGTHSBASED TEST FROM AN AYURVEDIC POINT OF VIEW

1. Select 5 of the strengths you see that you have, choose freely from all three columns and recognize which quality you are dominated of Vata, Pitta or Kapha or a mix of them.
2. Write down a situation where you recognize using one or more of your strengths. You recognize it because it's when you find it easy.
3. Write down which of your strengths you wish to further develop and what would be consequences for you then.

VATA

Flexibile

Moving intellect

Quick in thought & action

Many ideas

Creativ

Uses many words

Good at starting project

Serviceminded

Adatable

Thinking "outside the box"

Want to be well-liked

PITTA

Focused

Analyzing

Evaluative

Dedicated

Controlling

Speaks clearly & concisely

Instructive

Valuedriven

Passionated

Driven

Capability to realize own goals

KAPHA

Calm

Take it easy

Empathic

Listening

Reflective

Uses fewer words

Methodical

Good at maintain

Long term thinking

Stable

Want to give care

2. _____

3. _____
