



# ALIGNING WITH MY AUTHENTIC SELF





NAME

MY POWER ELEMENT

MY RISING ELEMENT

ONLY CHECK OFF TRAITS THAT ALIGN WITH YOUR POWER AND RISING ELEMENTS. IGNORE THE REST



**EARTH**

## THE STABILIZER & POWERHOUSE

You are the foundation, the anchor, and the one people can count on when everything else collapses.

☐

I create stability in unstable situations – I am the foundation others build on.

☐

I trust my instincts and make decisions with unshakable confidence.

☐

I am loyal to those who deserve it, but I never let others take advantages of me.

☐

I don't chase trends – I focus on timeless principles that will always win.

☐

I am the glue that holds teams, families, and organizations together.

☐

I am steady under pressure – while others react emotionally, I stand firm.

☐

I value reputation, reliability, and trust above all else.

☐

I don't seek the spotlight, but when I move, people take notice.

☐

I play the long game – while others point, I build legacies.

☐

I make decisions based on logic and principles, not fleeting emotions.

TOTAL EARTH SCORE :

/10

# SCORING INTERPRETATION

## (0-10 PER ELEMENT)

**10**

**Fully  
Aligned**

This element is your superpower! You naturally embody its strengths. Keep mastering and refining it.

**8-9**

**Strong  
Alignment**

You're highly in tune with this element, but there's room for fine-tuning. Strengthen any unchecked traits.

**5-7**

**Moderate  
Alignment**

You connect with this element, but inconsistently. Focus on developing the missing traits to amplify your power.

**3-4**

**Weak  
Alignment**

This element is present but underdeveloped. Consider whether it's a growth area or if another element is stronger.

**0-2**

**Minimal  
Alignment**

This element doesn't strongly influence you. If it's meant to be your Power or Rising Element, you may need to cultivate it intentionally.

### NOTE:

This score interpretation does not measure the strength of your elements but rather how well you align with your Power and Rising Element