



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



METAL

THE EXECUTOR & ENFORCER

You are discipline, precision, and relentless execution in human form.

☐

I demand excellence – from myself, my team, and my surroundings.

☐

I operate with efficiency, clarity, and ruthless precision.

☐

I believe structure and discipline create freedom, not restriction.

☐

I don't tolerate mediocrity – I push for the best or nothing.

☐

I hold myself to high standards, and I expect the same from others.

☐

I stay sharp, focused, and relentless – no distractions, no excuses.

☐

I prefer logic over emotions – data, facts, and systems drive my decisions.

☐

I don't waste time on unnecessary talk – I get things done.

☐

I respect mastery, skill, and experience over hype.

☐

I turn chaos into order and disorder into structure – I bring clarity where others see confusion.

TOTAL METAL 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