



YOUR ENERGY ELEMENT



Your Inner Energy Element is using personality types that are based on the four elements; Air, Fire, Water & Earth.

Although we all have all 4 elements in our personality there is one & sometimes 2 that are dominant. By learning more about our dominant element you will be better able to navigate the world, the challenges and victories that we all face in an ever changing environment.

At some point you might want to learn more about the elements and how affected we are by them; emotionally, mentally, spiritually and physically. In addition to having a personality element we go through an elemental cycle as well which is usually monthly.

Think about a time in your life when you just couldn't get going no matter how much you liked what you were doing - well you were "in" water - time to go with the flow & just let go. Or what about a time where there was no stopping you - you wanted to share to the world & shout it from the rooftops - that is when you were "in" fire.





YOUR ENERGY ELEMENT - AIR

Air is the story teller and will use language, movement, hand gestures and whatever else they can to get their story told or their point across. Air asks questions, asks you to you to share your stories - air wants and likes to talk and to listen (for some Air's listening will need to be learned). Air is ever curious with an unending desire to learn, know and understand.

Air can fall down the rabbit hole and spend forever researching, reading, googling, scrolling, asking questions, learning more & more until they loose touch with what they were originally for. It is important as an Air that you keep yourself in check; speak from the heart, and don't strive to have absolutely every bit of information.

Air is air and depending on the wind will depend on weather, it may be a cool breeze or a gusting north wind. Air is just not predictable so you can potentially change mood/emotions very quickly from harmonious to stormy.

Air may be considered flighty at times even if they are not. There is always so much swirling in their minds at the same time that it might appear that they are distracted. They have a tendency to forget where they put their keys but can remember every number and detail of a proposal.

Air will enjoy watching people & asking questions. They may have a hard time not finishing others sentences. If Air is able to tame this they make great therapists, coaches, interviewer, and TV/Radio hosts.

Air can handle many tasks and is an exceptional multi-tasker, they are energetic and dedicated but have a history of taking on more than they can handle.

Air may find that they have trouble making a decision and to turn to the experts for advice only to find out that they did know enough to make an informed decision. Air would benefit in finding ways to boost their own confidence in their knowledge.

Air may stay so busy so that they don't have to face or deal with any inner emotional turmoil. Air prefers harmony over all else and doesn't do well with confrontation.

