

Mind Type Survey

Answer the questions based on your self-assessment over the past 1-2 weeks. Rate yourself on a scale of 0-10, on how well the description applies to you. Put the number in the box to the right of each description. Once you have completed the survey, add up the numbers in the boxes in the vertical columns. Write down your total for each of the 3 vertical columns in the box at the bottom of page 4.

0 = Not applicable at all to me

5 = Somewhat applicable to me

10 = Most applicable to me

1. ACTIVITY LEVEL

Grounded – quiet, introverted activities. Meditation, reading literature, listening to peaceful music. Balanced work and home life.

Active, passionate – extroverted activities. Watching or playing competitive sports, loud music, dancing, parties, festivals, politics, debating, gambling. Intense work life – can be a workaholic.

Gets tired easily – loves to sleep. Sitting, relaxing and watching television for many hours, reading magazines, sleeping. Lacks motivation in work life.

2. CAFFIENE or ALCOHOL or DRUG USE

None

Socially, or occasionally

Frequently

3. ATTENTION

Can pay close attention for long durations.

Sometimes can pay attention, it depends on the topic

Easily distracted

4. CLEANLINESS

Keeps residence clean

Not consistently clean – it depends on the day

Accumulates clutter – lets things go a little too long

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5. DETERMINATION

Fixed; Mind stays fixed on its goal, whether undesirable or desirable things come, I stay the course

Fluctuating; becomes frustrated if doesn't succeed; impatient and may lose focus if desired results do not occur quickly

Requires the help of others to stay fixed on goal. Weak will power; gives in easily to desires

6. DIET

Eats a healthy vegetarian diet that nourishes and keeps balance. Mostly eats freshly cooked foods like beans, or raw fruits and vegetables, salads, nuts, seeds, healthy sweets. Drinks water, juice.

Eats hot, spicy, fried, refined, overly sweet candy bars and junk foods, that sometimes causes indigestion. Drinks sodas, caffeinated beverages.

Eats meat, canned food, frozen, preserved, fermented, processed, fast-food, left-overs.

7. DECISION-MAKING

Weighs out the pros and cons. Careful decision-maker

Acts on emotions- spontaneous decision-maker

Prefers others input – indecisive

8. DRESS

Prefers to wear light colored clothes

Prefers to wear bright, colorful clothes

Prefers to wear black and dark colors

9. EXERCISE

Gentle daily exercise (yoga, walking, swimming)

Variable exercise, but intense (jogging)

Dislikes exercise

10. EYES

Calm, clear, happy

Active, expressive

Sleepy, tired, disinterested

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11. RELATIONSHIPS

Calm & peaceful/ good listener; avoids criticizing others. Forgives others easily. Clear, peaceful, soft speech.

Analyzes others; Talks with purpose/goal oriented; friendships are based on business. Doesn't forgive easily; sometimes revengeful. Fast, restless, loud speech.

Inattentive listener; sees others faults easily; gossips. Can't forgive others – holds a grudge. Slow, monotonous, speech.

12. KNOWLEDGE

Well-informed about issues, inquisitive to acquire true knowledge

Gathers knowledge for business-oriented purposes

Gathers knowledge from tv shows. Disinterested in knowing anything deeply.

13. MENTAL STATE

Loving, kind compassionate, honest. Usually satisfied, no matter the circumstance

Passionate, emotional. Often pushing for ways to make things better

Worried, depressed, suppresses emotions. Satisfied when has favorite foods and plenty of sleep

14. MONEY MANAGEMENT

Careful on expenditures, making thoughtful, planned decisions on how to spend money

Spends money based on mood, sometimes impulsive or spontaneous with purchases

Spends money on feel-good items such as favorite foods, and drinks (often alcoholic beverages)

15. PERCEPTION

Sees clearly the right thing to do, even if it is painful at first, will persevere

Sees the right thing to do as what makes one feel happy right now – difficulty in delaying gratification

Cannot see clearly the right thing to do sometimes

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16. PHYSICAL ACTIVITIES

Graceful movements with awareness

Fast, hyperactive movements

Slow movements, sometimes feels lazy

17. SEX

Infrequent, or spiritually based – sex for procreation only or abstains from sex

Variable, intense, passionate and for pleasure

Frequent, attached to partner

18. SLEEP

Light, brief, satisfying. Upon waking feels happy & fresh

Interrupted, not enough. Upon waking feels unbalanced and worried

Heavy, sometimes too much. Upon waking feels drowsy

19. SPIRITUAL

Regular spiritual practice

Irregular spiritual practice

Does not have a spiritual practice; confused or Atheist

20. TIME MANAGEMENT

Early or on time to meetings; Is not late. Efficient with time; does not waste time

Often late to appointments due to overcommitting to things, losing track of time, or trying to squeeze too much into one day.

Sometimes does not attend appointments – lacks motivation

TOTAL:



SATTVA

TOTAL:



RAJAS

TOTAL:



TAMAS