

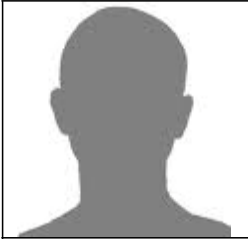
# Nature Elements PREVIEW Report





# Nature Elements Report

**Who Are You?**  
**Knowing Yourself**  
**Designed Report For:**



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## Your Born Constitution

### AIR

#### Dominion and Transformation – Know yourself

##### The Power of Potential

The Universe desires for each of person to realize his greatest potential. Understanding others and ourselves are prerequisites for reaching our God-Given potential. Yet many of us spend more time avoiding our fears than focusing on our future. Fear comes in many forms and with different levels of intensity. We all have had moments when anxiety and depression attacked us. Being dominated by negative emotions can lead us into a pathological pattern of thinking and acting. Pathology is a clinical word used in the medical profession and among mental health professionals to describe disease or dysfunction. When dysfunction goes unchecked, it leads to unhealthy levels of unusual, or “abnormal,” behavior. In today’s negative climate, we need encouragement in order to achieve our greatest potential.

##### Needs versus Values

Because of differences in perception, motivation, and needs, we sometimes get mixed up between values and needs. It is useful to distinguish between needs and values as personal needs forms the basis for our existence. They can be divided into three levels; physical, relational and spiritual. Physical needs relate to our survival in terms of food, water, sleep, shelter and security. Relational needs involve deep desire to belong and to experience affection and love. Spiritual needs consist of a drive for fulfilment and purpose. These needs are what every person must address if he is to be a healthy individual.

Personal values are the standards that guide one’s life. They have to do with the beliefs that influence the choices a person makes. These values are clustered together into an organised way of thinking. The clothes person wears, the place he lives, the leaders they vote for, the work he chooses, the spiritual position they take, all these are influenced by clustering of values.

I am totally believer of – if you know yourself and know how God has created you in His own image, you will have great fun living here on **EARTH**. Have fun reading your evaluation!



## Your Personality Profile (PP) is AIR

This report presents elements of your behavioral profile. Before we get into the specifics concerning your own profile, here is an overview of the Personal Profile (PP).

There are four elements that will determine your profile, and they are represented by four symbols. This report will demonstrate how each of us possesses all the elements, yet most particularly, one or two elements will dominate and drive our behaviors, attitudes and actions.

**Earth** – tends to do particularly well in accomplishing given tasks and achieving results. Main driving force is based on a desire for an orderly process that leads to accuracy. Want to stay focused in order to “get it right”. Tends to move slowly and is good in maintaining projects. An Earth’s behavioral style reminds us of the traits of the earth, steady, predictable, foundational, solid, and secure.

**Water** – is sensitive to the needs of people and enjoys building lasting relationships in which it can play an encouraging and supportive role. Main driving force is stability and harmony. Tends to move slowly like earth and typically good at maintaining relationships. Water’s behavioral style reminds us of traits of water; reflective, transparent, life giving, easygoing, capable of “going with the flow”.

**Air** – the main driving force is through interaction with people but prefers a fast changing pace. A starter who enjoys going for networking sessions and gain attention of others. Thrives in variety. An Air’s behavioral style reminds us of the traits of Air; restless, unpredictable, invisible, quick to move, needs to see things in motion.

**Fire** – the main driving force is to undertake challenging tasks in order to see results. Seeks power and control in order to achieve his/her goals. Tends to move quickly and enjoy initiating projects. Fire’s behavioral style reminds us of the traits of fire; hot, passionate, all consuming, uncompromising, gives 110% to the tasks on hand.



# Nature Elements Report

## Your Strengths and Challenges

### Air Strengths

Optimistic  
Charming  
Amusing  
Spontaneous

### Air Challenges

Unrealistic  
Manipulative  
Silly  
Impulsive

### Points to Consider – Moving Forward

Enjoys being on the move and loves activity of almost any kind. Sometimes can be too quick and impulsive when taking actions. Tends to “kick up dust.”

Tends to expect positive outcomes and usually unthreatened by unpredictability. Places great faith in natural charm and verbal persuasion skills; expect to “talk their way out” of any changing circumstances – and often do!

### Distinctive Tendencies of this Pattern – Air

**Primary Drive:** Tenacity, determination, never gives up

Investigates, explores, and determines options on complex programs

**Group Gifting:** Demonstrates unwavering loyalty to close friends



# Nature Elements Report

## Specific Strengths

Emotions	<ul style="list-style-type: none"><li>• Appealing Personality</li><li>• Talkative, Story Teller</li><li>• Good Stage Presence</li></ul>
Work	<ul style="list-style-type: none"><li>• Volunteer for Jobs</li><li>• Charms others to work</li><li>• Starts in Flashy way</li><li>• Creative and Colorful</li><li>• Looks Great at the Surface</li></ul>

## Specific Weakness

Emotions	<ul style="list-style-type: none"><li>• Compulsive Talker</li><li>• Has loud voice and laugh</li><li>• Gets angry easily</li><li>• Egoistical</li><li>• Never grows up</li><li>• Scares others off</li></ul>
Work	<ul style="list-style-type: none"><li>• Would rather talk</li><li>• Easily distracted</li><li>• Confidence fades fast</li><li>• Forgets obligation</li><li>• Undisciplined</li><li>• Blusters and Complains</li><li>• Priorities out of order</li></ul>



## SUGGESTED APPROACH TO YOUR DAILY LIFE

### AIR

The AIR element is expressed through thoughts, currents and the nervous system. It's associated with synapses firing in the brain, and Oxygen flowing into the lungs and blood stream. This element is about the breath, and seeking inspiration, a word that means "breathing in." Its home territory is the vast mental field, where "thoughts are things" that creates the tangible outline of our lives.

AIR is one of the four elements -- the others are fire, water and earth -- and each one is important for your sense of well-being. AIR lifts us up to seeing with new eyes. When AIR is in balance, your mind is free and flexible. You mentally travel and explore, allowing new ideas to widen your horizon. It's exhilarating to breakthrough old ways of thinking, because that sets real external change in motion. AIR brings emotional detachment, and that helps you make good decisions. When the AIR is moving, it makes for lively sociability, and keeps you curious and always learning.

#### **Lifestyle Recommendations for Reducing Excess Wind**

Your test results indicate a *Wind* imbalance, or excess movement/dryness. Depending on the degree of your imbalance (slight, moderate or severe), you can modify and adapt the recommendations below to help you pacify *Wind*.

Please keep in mind that lifestyle recommendations are not meant to suppress our inherent nature or to suppress natural urges (such as eating when hungry, sleeping when tired, sex, elimination, urination, sneezing, weeping, coughing and yawning). Rather, lifestyle modifications are to help us bring out the positive attributes of our inherent constitution and to minimise any imbalances. Below are recommendations for lifestyle adjustments which can be implemented to help manage excess movement, dryness and other Air attributes.