

***What GUNA are you?***

*Please make sure to answer the questions based on your generic nature.*

Q1. What time do you generally wake up?

S: 4-6 am

R: 6-8 am

T: After 8

Q2. What time do you generally go to bed?

S: Before 10 pm

R: 10 pm – 12 am

T: Post 12am

Q3. How would you describe your behavior with your family?

S: Calm composed, cheerful

R: Moody, sometimes happy and sometimes annoyed!

T: Mostly irritated or dull

Q4. Colours that you prefer in your clothes

S: Light, white or pastel colours

R: Bright, patterns, funky, red, orange

T: Dark shades

Q5. How charitable are you?

S: I am always looking to do charity

R: I will occasionally support the causes I feel right

T: I rarely do charity (maybe I should do more)

Q6. How do you think you love?

S: Universal – I love all people

R: I love mainly my close family, friends and myself

T: I hardly truly love anyone except myself

Q7. How easily do you forgive?

S: Easily

R: Need to make an effort to forgive

T: Cant forgive easily

Q8. Cleanliness and tidiness

S: My room / home is always clean and tidy

R: My room / home is sometimes out of place

T: Mostly messy !

Q9. What do you dwell in most of the time

S: In the present or today's tasks / problems

R: In the future – thinking about the result / future goals / dreams etc

T: In the past – reminiscing / regretting / thinking about past memories

Q10. How do you feel when faced with a problem/challenging situation

S: I am calm and resourceful. I will try to restore balance and harmony

R: I want to improve and fix. I will try to solve the problem.

T: I tend to get into victim mentality , stress or avoid confrontation

Q11. What music do you mostly like listening to

S: Soothing

R: Upbeat and groovy

T: Sad

Q12. What is your life motto

S: Accept and go with the flow

R: Strive to accede, do more and achieve more

T: Ignorance is bliss!

***Count the number of S, R and T as per your answer. If you have the most S you are of Sattvic Mindset, If you have the most R you are of Rajasic Mindset, and if you have the most T, you are of Tamasic Mindset.***

***If you want to know more about Ayurvedic Gunas, what they mean and how to life an Ayurvedic Lifestyle in the Modern World, you can check out my course on Udemy: Ayurvedic Living in the Modern World***

***Disclaimer:*** Your Guna Quiz result is based on your responses. Please keep in mind that while the quiz is designed to be informative and insightful, it may not be 100% accurate in determining your Gunas. If you need a more accurate analysis please see an Ayurvedic Health Coach or Doctor