

Find Out Your Dosha?

1. My weight is:

- a. usually below average b. usually average c. usually above average

2. My weight:

- a. I lose weight easily b. stays pretty much the same c. I gain weight easily

3. My skin is:

- a. cracked, dry, rough b. soft, smooth, maybe reddish c. clammy, oily

4. My hair is:

- a. dry, brittle b. fine, thin c. thick, curly or wavy

5. My least favorite time of year and weather is:

- a. winter, cold b. summer, hot c. spring, damp

6. My hands and feet are often:

- a. cold b. warm c. cool

7. My walking pace is:

- a. faster than most others b. brisk when needed c. slow and leisurely

8. I prefer:

- a. keeping active, moving around constantly rather than sitting still
b. mostly purposeful activity for fitness or competitive sports
c. slower-paced activities such as yoga, walking or leisure activities

9. My appetite:

- a. varies on a daily basis
b. I get very hungry if I skip meals
c. I like to eat, but can skip meals easily

10. My digestion:

- a. fast, easily irritated, I eat quickly
b. strong, food digests without a problem
c. slow, I eat slowly and digest slowly

11. My energy:

- a. wears out easily b. is high level and consistent c. is stable and long-lasting

12. My body is:

- a. flexible and thin b. curvy and muscular c. big-boned, strong and solid

13. If I am stressed, I become

- a. anxious b. irritated c. sad, though I don't get stressed often

14. My mood changes:

- a. often b. some depending on circumstances and events c. not very often

15. My attention span is:

- a. short, I become restless quickly
b. moderate, I can focus well on specific tasks
c. long, I can work for hours

16. Memory:

- a. I easily forget things b. I can recall facts easily c. strong, but I learn slowly

17. Sleep:

- a. I have difficulty falling asleep and may wake up in the night
- b. I sleep well and get up on time
- c. I sleep like a bear and it is hard to wake up

18. I would describe myself as mostly:

- a. creative, an ideas-person
- b. intelligent, action-oriented
- c. calm and caring

19. When solving a problem:

- a. I think of many ideas and may change my mind often
- b. I always gather all of the facts and figures before moving forward
- c. I know what my opinion is and stick to it

20. Tasks:

- a. I am a Starter and enjoy thinking of ideas and getting them going
- b. I am Organized and can consistently plan, start and finish projects
- c. I am a Finisher and good at getting things accomplished (maybe don't like the planning part)

21. Relationships:

- a. I make friends with ease, I am a people person
- b. Most of my friends are from various jobs and specific connections
- c. I make and keep my friends for a long time

22. Money:

- a. I like to spend
- b. I budget and spend accordingly
- c. I prefer saving for a rainy day

Scoring:

Majority of: a's: Vata b's: Pitta c's: Kapha

Most people are a combination of all doshas, with one or two predominating ones. Score as a percentage.

Some descriptions that might help:

a: Vata - thin body, quick speech, quick pace, creative and changeable mind, vivacious, unpredictable, excited and anxious under pressure

b: Pitta - medium body, orderly and decisive mind, forceful, intense, may be abrupt under pressure

c. Kapha - heavy body, calm, steady mind, easy going, relaxed, balky and silent under pressure

What to do next:

I've created tip sheets for each Dosha and would be happy to send you one to match your Dosha. Just send me your Dosha type in an email at jennifer@starkwellness.com.

Note: This test is adapted from my holistic health coach training certification through the International Association of Wellness Professionals. You can find Ayurvedic websites online, but I and my clients who have taken multiple assessments have had similar results among tests taken.