

METAL ELEMENT PERSONALITY DESCRIPTION:

Metals are orderly, stoic, and search for perfection in life.

They are structured, rigid and disciplined.

They tend to be spiritual with high morals and values.

They can appear calm, cool and collected.

They like structure and schedules while following doctrine and rules.

They favor control, over spontaneity and creativity.

They are pragmatic, practical and methodical

They can seem to easily detach from people with little emotion.

Metals set very high standards for both themselves and others.

They do not readily discuss their feelings or show their emotions.

Metals need to remember to keep their hearts open otherwise they can be inflexible in relationships and isolate themselves. It's important they accept others and allow themselves to connect without judgement

They are most comfortable when they have control over situations

They do not tend to get riled up or engage in conflict.

They revere beauty, ceremony and refinement.

Their striving toward perfectionism can be debilitating. They need to accept their faults as well as the faults of others

Self-reflection and going inward will feel good to a metal

Metal elements may be wise to check in and be sure they foster some spontaneity, flexibility and creativity in their lives.

Releasing the need to be perfect can be an important lesson for the metal element, so they can live more joyfully and accept others.

When they notice they are feeling superior they should check in with their standards and be sure they are reasonable.

They should attempt to stay connected to the present moment, and people, not become detached and ambivalent.

They need to find a way to experience joy and laughter and stay flexible.

They need to avoid getting in their head and be sure to connect to others

Remember when you don't share yourself and your emotions with others you may appear superior. Sharing of yourself will humanize you.

Know it's okay to feel. Ask yourself if you are being aloof or indifferent.

Allow your self to laugh or cry. It may feel uncomfortable but doing so will open your heart, which is healthy for a metal.

WATER ELEMENT PERSONALITY DESCRIPTION:

Waters are introspective, critical, knowledge seekers who want to ruminate about life in their heads.

They like to remain hidden and anonymous.

They have strong set values, do not miss details, and often move slowly.

Many tend to be creative and artistic.

Waters can have both low self-esteem and a huge ego simultaneously.

Waters need their space and have a strong need to feel safe.

They are very good at being alone.

They often withdraw and surrender into darkness, but it's important they don't become isolated or despondent.

Waters can tend to procrastinate.

Waters need to be sure they don't always believe their worst fears and paranoia's. They have a tendency to get stuck in their heads.

They need to trust people are good and surround themselves with positive people.

Waters are governed by the emotion of fear. They need to overcome their fears, so they don't miss out on life experiences and intimacy.

They can be fearful of stepping forward and being their best and need a reminder to continue to take baby steps in the right direction.

They need to break things down into manageable pieces, so they don't see daily life as scary and difficult as their imagination makes it.

Waters need to move & be sure their energy does not become stagnant.

They need to be sure they don't isolate themselves. They can get too comfortable at home – they need to step out of their comfort zone.

Waters need to offset their toughness, bluntness, and detachment with tenderness, sensitivity and openness.

They need to trust that people are good and are on their side.

They can come up with ideas, but have a hard time following through.

Waters need a lot of down time, but they also need playtime even when they feel they don't have the energy. Making themselves get out will make them more open and less fearful in the long run.

They may need more time to complete projects.

Don't ever believe others should read you. Communicate clearly so others don't become annoyed with you.

Be sure to not get lost in your own beliefs and stories. Listen to other people's point of view and keep an open mind. Don't let your paranoia hold you back.

WOOD ELEMENT PERSONALITY DESCRIPTION:

Woods often act fearless - if they can imagine it, it will be done.

They turn ideas into actions and push themselves to their limits.

They tend to always think they are right and enjoy debates

A wood will always have your back and be a solid supportive advocate.

They need to learn how to slow down, as they tend to do too much

They tend to be competitive and patience is not their strong suit.

Wasting time can seem unbearable and projects need to be done yesterday. They don't do well with unfinished business.

They not only need to excel and be the best, but also get credit for it.

Woods must feel in control of their life and goals. They do not give up

They hate to feel confined and must be independent.

Woods speak their minds and won't back down. They can be blunt, assertive and powerful. They tend to be honest and direct

Since woods tend to get frustrated easily, the best thing to do is distract them their problems and teach them to have fun.

The sooner woods can accept there is little in life they can control the healthier they will be emotionally and mentally.

The best thing for a wood to do if they are in pattern is take a walk, run or move.

They need to learn to show leadership without being authoritarian and arrogant. They need to learn not to shout to make a point

Woods need to find a way to stay calm.

Woods get angry when they feel out of control

Woods don't understand people who don't work hard and take personal responsibility.

They feel honesty is the highest form of kindness, which is why they can tend to be so direct.

They seek challenges and push their limits.

Woods admire speed, novelty and skill. They love action, movement and adventure. They like to be the first and best.

Woods can order, demand, berate or snap. They need to learn to take several deep breaths and step away from issues for a moment

A softer tone and calmer demeanor will allow woods to listen better.

Praise, encouragement, and positivity are important for a wood

Woods set high standards for themselves and take their responsibilities very seriously.

If woods feel blamed, they will get triggered and defensive.

Woods need to learn to calm, stop and breathe.

FIRE ELEMENT PERSONALITY DESCRIPTION:

Fires are carefree & live in the now and the excitement of the moment.

They have a zest for life and contagious positive spirit.

They are playful and are always finding new interests and desires.

They gravitate to where they feel the most pleasure and passion.

Fires are the life of the party and like to make everyone laugh.

They lead with love and passion. They are fun, easygoing and exciting.

They are rarely embarrassed.

Fires don't want to sit and listen to your sorrows, but instead will think of distractions to avoid the darkness of your mind.

Fires are impulsive and often lose themselves in others or the now.

It's not in their nature to analyze.

They are quick to respond to people and follow what feels good

They can have a hard time staying focused.

They have huge hearts and love feeling loved.

Imbalanced fires may suffer from a feeling of internal chaos and panic.

They need to slow down, clear their schedule and de-clutter their life so they don't get overwhelmed.

Fires are born with a lot of energy.

If fires can't find moments of calm and relaxation their attention may jump all over the place and they will have trouble staying focused.

Fires need people to join in their adventures and need social interaction.

They are magnets and people are very attracted to them.

The feeling of being with a fire is that of fun and love.

They have a natural ability to pull other elements out of stubbornness, darkness, depression, boredom and worry.

Their laughter, energy and high spirits are contagious.

Their attention jumps all over the place and they often have a hard time staying focused.

They get easily overwhelmed, scattered and disorganized.

They get bored with slow events and people.

They live for fun and parties, can be addicted to love, sex and spirituality.

They can be too accommodating to what others want in a relationship and have a hard time saying no

EARTH ELEMENT PERSONALITY DESCRIPTION:

Earths need to connect and are good listeners

Earth's love comfort and love to comfort others.

They have a hard time asking for what they need and feel they are being a burden if they ask for help, often suspending their own needs and desires

They are drawn to people in need and pour devotion into their relationships

They often get caught in the middle during difficulties between people

Some have a tendency to lack assertiveness.

They want everyone to feel loved and accepted without judgment.

They take pride in being dependable.

Earths often dole out compassion to others, but many have a hard time feeling compassion for themselves.

Earths don't like struggle. They want people to feel stable and peaceful.

When unbalanced earths can have an extreme need to be needed which can be a turnoff to others.

In relationships earths want to smooth everything over and soften conflict.

Of all the elements earths are the most resistant to change.

Earth's don't want to struggle – they want things to be easy.

Earths need to learn emotional boundaries and separation between their lives and others, so they don't become codependent

They have a hard time letting go of things and people

They would rather stay in the familiar safety of the world they know.

They believe if they are kind and loving enough other people will come out of darkness and into the light; however, not addressing difficulties or problems often leads to more problems in the long term.

They need to focus on allowing change and not worrying about the unknown.

They need to allow people to live their own lives.

Earths can become easily overwhelmed with deadlines and rules.

Always needing to take care of others and giving of their time can stretch them too thin.

They can be overprotective and can overextend in efforts to please others.

They can get resentful doing too much for others and can feel sorry for themselves if people aren't giving them enough love or in the right way.