

# GUNA QUIZ:

## What is your current mental constitution

The Gunas are the three primal energies that influence our Psychological and Spiritual nature. Answer these questions to discover which of the three gunas (sattva, rajas or tamas) are dominant in your life.

Circle the answer that best fits your current state and then calculate your total.

Diet	Vegetarian	Some Meat	Heavy Meat Diet
Drugs, Alcohol	Never	Occasionally	Often
Caffeine	Never	Occasionally	Often
Sex drive	Low	Moderate	High
Hygiene & Self-Care	High	Moderate	Low
Fear	Rarely	Sometimes	Often
Anger	Rarely	Sometimes	Often
Love	Often	Sometimes	Rarely
Anxiety	Rarely	Sometimes	Often
Depression	Rarely	Sometimes	Often
Arrogance	Rarely	Sometimes	Often
Forgiveness	Often	Sometimes	Rarely
Focus	High	Moderate	Low
Creativity	High	Moderate	Low
Service/Charity	Often	Sometimes	Rarely
Meditation practice	Often	Sometimes	Rarely
Sleep	Low	Moderate	High
Prayer, Spirituality	Daily	Sometimes	Rarely
<b>Total</b>	<b>Sattva:</b>	<b>Rajas:</b>	<b>Tamas:</b>

Remember that we can shift our energetic state to sattva and rajas through dietary and lifestyle changes.