



Five Institute

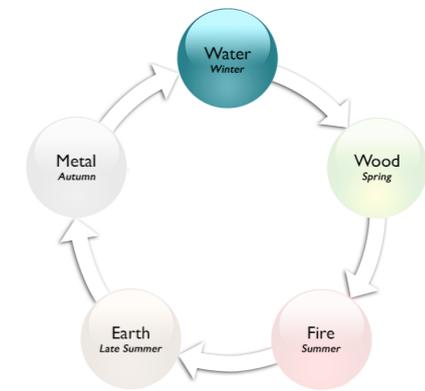
Your Vital Life in a Kind and Sustainable World

What You Need to Know About Each Energy

“Be not another, if you can be yourself.”

— Paracelsus

Water Energy



Their **Big Question**: “Am I safe? Is it safe? or Are we safe?”

They look towards the future and what might happen.

They love history and look to the past to learn from those lessons.

They are often risk averse in some areas and risk takers on other areas.

They often have an interest in sustainability or the long-term impact of something.

They like to have time to reflect on what has happened or what will happen.

They like to view things from above and a bigger perspective.

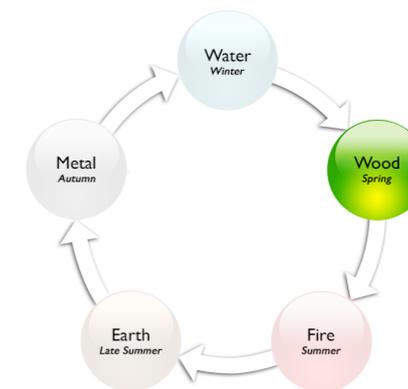
They often have a big purpose and or want to help others find theirs.

They have an ability to dig deep and stick something out.

They often have a natural authority and often see status/authority as important.



Wood Energy



Their **Big Question** is “Am I free? or Are we free?”

They can be very flexible but don't push them too far or they will snap.

They have lots of dreams and big ideas or can get very stuck in their thinking.

They can be rebels or challenge conventional thinking.

They hate feeling boxed in or trapped.

They can have too many ideas and so don't get things finished.

They hate injustice and will take a stand against it, even if it means they lose out.

They can create chaos or bring order.

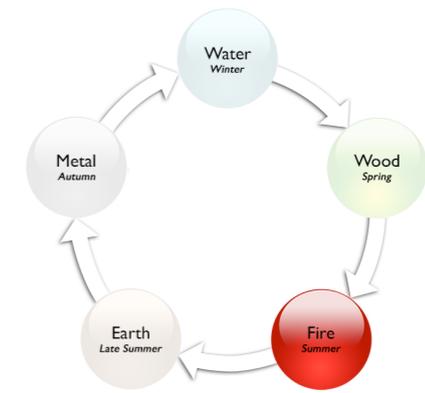
They break, make or explain the rules.

They like a plan but don't always stick to it.

They love anything new particularly if it's disruptive.



Fire Energy



Their **Big Question** is “Am I loved/appreciated? Do I bring joy/happiness?”

They are passionate, excitable people but can take on too much.

They can be great communicators and storytellers.

They love to talk but sometimes don't listen.

They love words and can explain things beautifully.

They are very good at making people feel comfortable.

They love to have fun and make people laugh.

Just because they are laughing doesn't mean they are ok or happy.

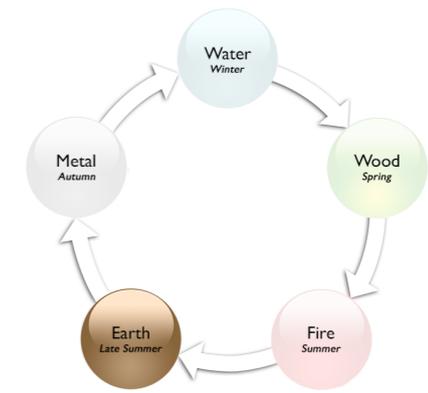
They can be inappropriate with what they say if they are nervous or over-excited.

They are wonderful connectors and love to share connections.

They want people to be happy and enjoying themselves.



Earth Energy



Their **Big Question** is “Do I understand and am I understood?”

They will always offer help but sometimes don't ask for it.

They often appear to have all the time in the world.

They can easily move from giving into sacrifice.

They are caring compassionate and supporting.

They love to understand and be understood

They make the time to listen.

They are inclusive and like to work with other people in a team.

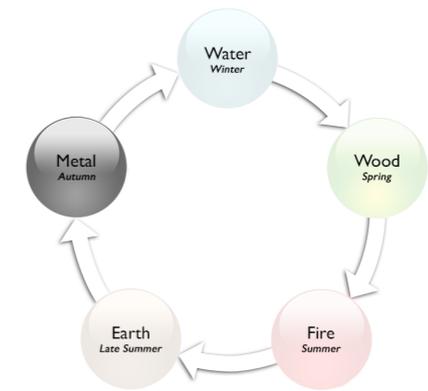
They can have issues around food, and can over or under-eat when under stress

They can chew things over or get bogged down.

They feel what happens and care about other people's feelings.



Metal Energy



Their **Big Question** is “What is missing or incomplete?”

They like to have things completed.

They will constantly spot what is missing or still needs to be done.

They have the ability to distance themselves from a situation.

They often need to be alone to work something out, but can feel excluded.

They like things to be done well and are often perfectionists.

They like everything to be done in the simplest way possible.

They hate waste and like efficiency.

They value and like quality things.

They like to know the value of something.

They like to take measurements and often use numbers to do this.

They can feel vulnerable and don't like to be exposed or put on the spot.

