



Your Life
THROUGH THE LENS OF AYURVEDA
CLASS ASSESSMENT GUIDE

THEHABIT.NET

AYURVEDA AND THE 5 ELEMENTS

Ayurveda sees everything in nature through the lens of the 5 elements. And most often these elements show up in 3 specific combinations, which make up the three Ayurvedic Doshas:



It is important to note that you carry the qualities of each of the elements. Each play an important role in the function of the human body.

VATA - THE ENERGY OF MOVEMENT & COMMUNICATION

Our breath, blood flow, heart function, movement of our extremities, movement of waste through and out of the body, gaining knowledge through the five senses and delivering it to the intellect are all functions of Air and Ether (space) in the body. Wherever you can imagine movement happening, Vata is responsible.

PITTA - THE ENERGY OF DIGESTION & TRANSFORMATION

Though it carries the water element as well - pitta is considered the "fire" in the body. The functions in the body governed by Pitta include digestion, nutrient absorption and assimilation, the body temperature, the color and complexion of the skin, our vision, and our intelligence, decisiveness, and passion for life.

KAPHA - THE ENERGY OF STRUCTURE & COHESIVENESS

A combination of water and earth element, Kapha is the lubricant of our tissues. Kapha governs the formation of blood, fat, muscle, bone marrow, reproductive tissue. Kapha is responsible for our strength, moderates our growth and weight, manages immunity, and supplies the body with hydration. The earth and water elements also reflect patience in the body and mind.

Each of the elements play an important role in your body and mind, and also show up in the kind of person you are. You my dear, are a beautiful combination of the three doshas. But it's very likely you show up with more wonderful (and not so wonderful) characteristics of just one or two. Let's find out which ones.

The Doshas PRAKRUTI + VIKRUTI

Complete assessment of the Dosha, or your Ayurvedic mind/body type, involves review of your body, mind and emotions from 2 perspectives:

PRAKRUTI DOSHA

The lifelong characteristics and tendencies you have, your essential nature. Prakruti determines essentially the components that make a person who they are from birth; The thickness of your skin, length of your fingers, texture of your hair, strength of your digestion, as well as your personality type, how you to respond stress, whether you're generally excitable or calm, intense or laid back.



VIKRUTI DOSHA

The current imbalance - physical symptoms and mental/emotional patterns showing up for you more recently (whether in the last few days, months, or years). Vikruti is seen as a state of fluctuation, and it is constantly changing and adapting to external influences. Vikruti dosha is seen as the result of lifestyle, diet, and environment. Everything we take in with our 5 senses influences our state of balance or imbalance.

KNOWING THE DIFFERENCE MATTERS!

By understanding the principles of Prakruti and Vikruti dosha we understand that **stress, discomfort, or disruption in the body & mind is not WHO YOU ARE.**

It is simply the patterns of response or reaction that have evolved in your body and mind to certain situations or stimuli.

By peeling back the layers of your Vikruti, you **gain a better focus on your intrinsic value and natural-born skills** and allow your true personality to shine through.

In Ayurveda, we do this through small shifts to lifestyle and environment, **in a manner that does not further disrupt your symptoms** (a stressed mind cannot heal stress).

QUALITIES OF NATURAL VATA IN YOUR MIND/BODY

- | | |
|---|--|
| ☐ You have a slimmer frame body with a fine bone structure and unpronounced muscles. | ☐ You feel too cold more often than too hot. |
| ☐ You're agile, or graceful (or goofy) in movement, expressive with your body | ☐ You have premature wrinkles. |
| ☐ You have a wonderfully creative mind and can change your mind easily. | ☐ You've always had drier skin. |
| ☐ Your speech is fast, with an exuberant or colorful tone. You're a great story teller | ☐ Your appetite varies and your eyes are often bigger than your belly. |
| ☐ You're enthusiastic and lighthearted. | ☐ You are a super-quick learner. You grasp new information quickly |
| ☐ You have a general feeling like "anything is possible" | ☐ You have the tendency to multitask. |
| ☐ You have thinner, finer hair, | ☐ You have an urge towards deep spiritual practice. |
| ☐ You have smaller eyes, delicate features | ☐ You have deep intuition or even some psychic abilities. You're sensitive to subtle energies |
| ☐ You have thinner or more brittle nails. | ☐ You're spontaneous and crave adventure |
| ☐ Your voice has been called "airy" and may have a thinner, higher tonality. | ☐ You're generally very alert |

How much natural Vata is in your PRAKRUTI constitution:

/20

SYMPTOMS OF VATA IMBALANCE IN YOUR MIND/BODY

- | | |
|---|--|
| ☐ You're feeling frail, weak or like you're experiencing muscle loss. | ☐ You skip healthy meals but often reach for heavy, sugary snacks. You're an emotional eater. |
| ☐ Your menstrual cycle is very irregular or you have severe cramping | ☐ Information goes in one ear and out the other |
| ☐ You tend towards constipation and/or gas. | ☐ You have cracking joints |
| ☐ You have been called spacey or even an airhead. | ☐ You feel scattered and like there's too much to do. You're unfocused and overwhelmed |
| ☐ You have trouble making decisions and then following through. You're easily distracted | ☐ You're anxious, or having spiraling thoughts |
| ☐ You have been called a drama queen, or have a tendency to catastrophize | ☐ You are prone to early morning insomnia |
| ☐ You spend money as fast as it comes in. | ☐ You bite your nails |
| ☐ You're always cold | ☐ You have bursts of energy followed by a crash |
| ☐ You have very dry skin or eczema | ☐ You feel like you're vibrating |
| ☐ You're sensitive & worried about what others think | ☐ You feel frozen in fight/flight |

How imbalanced is your Vata energy:

/20

QUALITIES OF NATURAL PITTA IN YOUR MIND/BODY

- | | |
|---|---|
| ☐ You have a naturally toned body, with a medium bone structure. | ☐ Your menstrual cycle is regular, with a medium to moderate flow. |
| ☐ You have a more angular face | ☐ You feel too hot more often than too cold. |
| ☐ You have moderately sized eyes. | ☐ Your speech is moderately paced, your tone is clear and pointed |
| ☐ You have slightly oily skin, with a rosy complexion. | ☐ You love spending money on luxuries. |
| ☐ You have red in your hair, or freckles | ☐ You have a strong sex drive |
| ☐ Your digestion is generally strong – you feel like you could eat anything. | ☐ You sleep soundly but for shorter periods |
| ☐ You are passionate in your beliefs. | ☐ You have abundant energy |
| ☐ You have a wonderfully sharp, focused mind and often feel that you know the best way to do things. | ☐ You are naturally humorous |
| ☐ You are a natural leader | ☐ You process emotions quickly |
| ☐ Your hair started thinning, or turning gray early. | ☐ You are discerning, considerate of all sides & able to make decisions for everyone's highest good. |

How much natural Pitta is in your PRAKRUTI constitution:

/20

SYMPTOMS OF PITTA IMBALANCE IN YOUR MIND/BODY

- | | |
|--|--|
| ☐ Your skin is sensitive, possibly prone to rashes or acne. | ☐ You tend towards resentment, anger or irritation, 'snapping' at your kids, loved ones, coworkers. |
| ☐ You tend towards looser stools & diarrhea. | ☐ You're impatient and short tempered. |
| ☐ You have been called intense, harsh, or a 'b'. | ☐ You can be highly critical of others and yourself. |
| ☐ It's difficult for you to be a follower when in a group setting. | ☐ You're always hot, or having hot flashes |
| ☐ When you skip a meal or are hungry, you may become hangry or irritated. | ☐ Your tone is sharp, cutting, or too blunt |
| ☐ You often crave spicy foods. | ☐ Your words can be combative or judgmental |
| ☐ You are often thirsty. | ☐ You burn the candle at both ends, never taking time to rest |
| ☐ You crave alcohol | ☐ You're prone to late night insomnia, making lists or talking things over in your head |
| ☐ You crave salt | ☐ You have sour smelling sweat or breath |
| ☐ Your body feels inflamed | |
| ☐ You can be overly controlling of situations | |

How imbalanced is your Pitta energy:

/20

QUALITIES OF NATURAL KAPHA IN YOUR MIND/BODY

- | | |
|--|---|
| ☐ You have a thicker build, larger bone structure | ☐ Your appetite is predictable, but not necessarily big. |
| ☐ You have a rounder face, rounder body features in general. | ☐ You have been called earthy or grounded. |
| ☐ Your eyes are large, round, and beautiful. | ☐ Your friends know that they can always count on you. You're dependable |
| ☐ You have been told that you have great skin. It is thick and wonderfully soft. | ☐ You have a warm, motherly personality |
| ☐ You have strong healthy gums and teeth. | ☐ You generally enjoy everything about life |
| ☐ Your hair is thick, curly, wavy and/or has a polished look. | ☐ Your body temperature tends to be cool, but not cold. |
| ☐ Your joints are large and well lubricated. They don't ache or crunch or squeak. | ☐ Your period is regular with an average to heavy flow. |
| ☐ Your speech moves at a slow pace, your tone is soft. | ☐ You sleep heavily |
| ☐ You have good finances and know how to save money. | ☐ You are generally calm and consistent. |
| | ☐ You're patient, slow & steady. |
| | ☐ You're generally relaxed |

How much natural Kapha is in your PRAKRUTI constitution:

/20

SYMPTOMS OF KAPHA IMBALANCE IN YOUR MIND/BODY

- | | |
|--|--|
| ☐ You've struggled with weight for a lifetime. | ☐ You're consistently over eating |
| ☐ Your skin feels congested or you have cystic acne. | ☐ You feel heavy or tired after eating. |
| ☐ You feel groggy in the mind and can't quite communicate your feelings | ☐ Your stools tend to be large and bulky, or feel unfinished, possibly even with mucus. |
| ☐ You feel avoidant | ☐ You can get possessive, needy. or jealous |
| ☐ You nap whenever possible | ☐ You have hoarding tendencies |
| ☐ You feel depressed or 'heavy' in the mind | ☐ You have trouble getting out of bed in the morning. You might stay up late watching tv, and then wish you could sleep all day |
| ☐ You're unmotivated to get things done | ☐ You have seasonal allergies or constant mucous/congestion |
| ☐ You feel lethargic or sluggish through the day | ☐ Your digestion feels very slow |
| ☐ You're stubborn in your ways and resistant to change | ☐ You wake up feeling unrested |
| ☐ You've been called lazy | ☐ You have clammy skin |

How imbalanced is your Kapha energy:

/20

Assessment RESULTS

MY PRAKRUTI DOSHA

ideal state of balance

Summarize your natural constitution, or ideal state of balanced energy here:

VATA /20
PITTA /20
KAPHA /20

A Prakruti dosha assessment reflects the person you are at your best, with the gifts only you bring to the world. This is the version of you that draws people in. It's the version of you you feel REALLY good about.

It's who you're meant to be.

MY VIKRUTI DOSHA

current state of imbalance

Summarize your state of imbalanced energy here:

VATA /20
PITTA /20
KAPHA /20

The Vikruti dosha assessment takes a look at what's going on in your current life experience, the habits and coping mechanisms you've developed, and how it's negatively affecting your sense of physical, mental and emotional well-being.

We always heal VIKRUTI/imbalance first, to bring you back to your PRAKRUTI, or your ideal state of balance.

THIS is where Ayurveda makes things so much easier. No more grasping at every random health trend to hit the market. Once you understand your current state of imbalance, it becomes SIMPLE to narrow your focus to the activities that will GET YOU RESULTS.

On the following pages you'll find super simple practices you can fit into the busiest of days, to slowly bring about a more consistent sense of calm and balanced wellbeing in your life. **Look for the VPK notes on each, to see which practices are best for balancing a Vata, Pitta, or Kapha imbalance.**

30 VEDIC PRACTICES

FOR BALANCING YOUR DOSHA

The following practices come from the Everyday Ayurveda Program at Thehabit.net. Page references relate to page numbers in the course guide. Learn more about the program at thehabit.net/everyday-ayurveda

REMEMBER: A body stuck in stress response cannot heal. Though the ideas here are simple, it's best to choose only 1-2 things to focus on at a time. Trying to "do it all" may further disrupt your symptoms.

1. Wake at the same time every day this week, to see how quickly you **regulate your circadian rhythm** (sleep/wake/hormone cycles) (VPK)
2. **Ushapan (hydrate)**. 2-4 cups water (with or without lemon) before anything else to stimulate healthy bowel movement (room temp for P, hot for VK, lemon for VK)
3. Try a pooping stool (elevate the feet for **healthy bowel movement**) (VPK)
4. **Scrape your tongue** (Jihwa Prakshalana - more on p.89) (VPK) and/or **Oil pull** (kavala - more on p.89) to remove bacteria, fungi, viruses from the mouth (VPK)
5. **Rub oil inside your nostrils** (Nasya - more on p.91) if you're feeling dry, inflamed, or congested) (VP)
6. **MOVE**. Hop out of bed and do 50 jumping jacks, 5 sun salutations, full body shaking, anything to get your blood pumping and heart beating. Try BED YOGA. Before you even get out of bed, Do full body stretching. (slower movement for V, more stimulating movement for K)



THE POWER OF SIMPLE PRACTICES....

"I was run down, low on energy and mental clarity. I needed to hit reset. This program was exactly what I needed. I can proudly say that aside from being so much healthier, losing weight and being more at peace with my body, I am also now working at my peak with excitement and determination to break through my past goals and reach higher and deeper." - Arpana Vora

30 VEDIC PRACTICES

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7. Dry brush (Garshana). **Stimulate healthy circulation** and reduce sluggishness and inflammation before getting dressed/before shower (more on p.88) (best for K)
8. **PAUSE ON STIMULATION**. No screens for 20min/30min/1hr (VPK)
9. Kapalbhati, skull shining breath. Exhale quickly and forcefully from the nose, allowing the inhale to be passive. Repeat up to 150 times to **improve circulation** and bring fresh oxygen to the brain (great for K)
10. Nadi Shodhana, alternate nostril breath. Lie in bed and take turns plugging your right and left nostril, breathing slowly in and out. This breath **increases alertness while decreasing anxiety** (VP)
11. **Engage in 'kitchen sadhana'**. Serve your meals in a beautiful bowl or dish to increase your sense of ritual around nourishing your body with food (VPK)
21. **Intermittent fast**. Aim for an eating window of 8-10 hours, with 14-16 hours fasting time each night. (K may fast longer, V may need a shorter fasting window)
13. Have your **largest meal at lunch**. (VPK)
14. Chew your food. **Put your fork down between bites** to decrease burden on your digestive tract and bring presence to your meal. (VPK)
15. If you snack, have your **snack immediately after your meal** (preferably your lunch) (PK, V can do well with a snack between meals)
16. **Eat undistracted**. Eat a meal away from the computer or tv, in silence or in full presence and relaxation with loved ones (VPK)
17. **Engage the cephalic phase of digestion**. Thinking about, looking at, and smelling your food before you eat can improve digestion up to 45%! (VPK)
18. **Rest, so you can digest**. Taking a few deep breaths before you eat puts the body into para-sympathetic or 'rest and digest' mode. A stressed body impedes digestion. (VPK)

THE POWER OF SIMPLE PRACTICES....

"A few small lifestyle changes resulted in a loss of 16 pounds in 3 weeks.. This has been a bonus. The real win is that my digestion is returning to normal. It took me awhile to figure it out, but with Carly's help, I now feel amazing." - Reen Rose

30 VEDIC PRACTICES

FOR BALANCING YOUR DOSHA

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19. Rest, so you can digest. Taking a few deep breaths before you eat puts the body into para-sympathetic or 'rest and digest' mode. A stressed body impedes digestion. (VPK)

20. Close the kitchen. Aim to not eat 3-4 hours before bedtime. Opt for **golden milk** (see recipe guide in hub) for grounding digestive support. (VPK)

21. Shower in the dark, focusing simply on your breath (PV)

22. Don't take your phone to the bathroom (PVK)

23. Get outside in the am/before work, after lunch, after dinner for 5-30 min, whatever time you have. Put your feet in the grass if possible (PVK)

24. Use mindbell or another app to remind you to take 3 **deep, cleansing breaths** every 60min through the day. Train your body to step out of stress response. (PV)

25. Turn off negative or overstimulating background noise (such as the news playing while you're cooking) (PV. K might do well with upbeat music)

26. Wear a Mala, a strand of meditation beads to remind you to connect to your breath (V)

27. Decrease 'multitasking' Put away your phone while you're watching tv or movies (especially for PV) **No phones** at the meal table (PVK). **Turn off the radio** while driving. Take in your surroundings and process your thoughts. (VP) Leave your phone in your bag while in lineups, at school pickup, in waiting rooms. **Be with yourself.** (PVK)

28. Set up a craft station or space to **do something creative** this week. (P). Listen to your body's fatigue. **When you feel tired, start dialing down for bed.** Don't push for the second wind. (VP). Save bigger conversations for later. Press pause on talking about finances or stressful matters in the evening hours (PV)

29. Do jumping jacks while the kettle boils or coffee drips. **Connect your mind + body in the little pockets between tasks.** (K)

30. Give yourself a **full or partial oil massage.** Quickly coat yourself with love before a shower, or take more time if you have it. (see p.82) (VP)

THE POWER OF SIMPLE PRACTICES....

"The one word that leaps out to me is 'transformational' I have overcome many of my mind doubts and fears and for the first time I can see without distraction what I really want and with clarity how I feel. I'm seeing a total polarity to what my life looked like. Never again will I believe I cannot achieve." - Nadia Caldwell

WHAT IF

this became more than just 'a class you took one time'



"Everyday Ayurveda is easy to incorporate into your day to day living and **the results are staggering! I have only been in the program for 4 weeks, but I feel better in every way!** I am ready to take on the day after my morning "routine" and continue to accomplish more throughout the day. I highly recommend this amazing program!." - Cheryl Nelson

"This program literally saved my life. I am a single mom, with a career and a small business, I gave up on finding "balance." Then came Carly.

I have started several programs here and there and never seem to complete them and feel like I failed. So, I give up. Carly let me know right from the beginning that we are not seeking perfection and was there for me every step of the way.

I look forward to each new habit and work through them at my own pace, and my life has totally changed" - Amy Rauscher



"The yoga thing, the meditation thing, the herbal tea thing... They were all just "things", before I stepped on this path and it all started to make sense, to have a true meaning, a purpose.

The Habits brought beauty back into my life. Everyday, I'm learning more about self-love. My body is cleaner, my mind is clearer. This course should be mandatory!."

- Annie L, Everyday Ayurveda student

"I am so blown away by how much this program improved my life, in such a short amount of time. I went into it so completely overwhelmed, frustrated, helpless feeling, completely lost and confused on who I was. I came out feeling peaceful, present, and found. **I feel more like myself than I have in years.** I learned these simple tools that are so easy to implement, and have **completely changed my life.** I have become the person I have dreamed of being so easily because of Ayurveda. **I can't even imagine where I would be without Carly's help** and guidance."

- Lacey N, mother of 6, Everyday Ayurveda student



Create your Ayurvedic lifestyle. Join us at
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