

Your Fire Element Cheatsheet

A Guide to Personality Strengths + Challenges

FIRE ELEMENT OVERVIEW

The fire element is traditionally represented as, well fire: warm, energetic, and bringing people together for millenia.

Its color is red, representing the heat and brightness of the season of summer.

The emotion associated with the fire element is joy.

POSITIVE TRAITS

- Warm
- Passionate
- Emotionally open



UNIQUE TALENT:

ability to bring joy to others

Fire elements are charming, spontaneous folks who value fun, freedom, and adventure. They prefer a light and jovial outlook on life and they're often the comedian or entertainer of the group. They love connecting with others and call people friends when they've only just met.

THE BIGGEST THING THAT HOLDS FIRE ELEMENTS BACK:

not considering consequences

Fire elements tend to not look before they leap in their rush to explore and experience novelty. This can often land them in pickles, increase their anxiety, or keep them treading water in their life due to a lack of organization and forethought.

WHAT YOU CAN DO ABOUT IT:

slow down and ground yourself

Fire elements can get so wrapped up in their emotions or seeking joy or excitement that they lose touch with reality. Create healthy rituals to keep yourself present and grounded in the moment.

QUICK IDEAS

The best way for fire elements to ground themselves is to focus on what's happening in their body. Start by breathing deeply in and out to a count of four. Place your feet firmly on the ground and imagine roots growing from your feet through the floor and into the earth. Notice your emotions or other sensations in your body and how they shift as you sink into this practice.

Developing a meaningful way to recall yourself to the present will help you feel more like yourself again.