

To take the Dharma Quiz, please select ONE answer for each question

From the book *“What’s Your Dharma? Discover the Vedic Way to Your Life’s Purpose”* by Lissa Coffey www.WhatsYourDharma.com

1. Which type of show are you most likely to download?
 - A. Romance
 - B. Documentary
 - C. Mystery or Instructional
 - D. Nature

2. You have the afternoon off, how do you prefer to spend your time?
 - A. Hanging out with my honey
 - B. Volunteering for my favorite Charitable organization
 - C. Browsing the bookstore
 - D. Quiet time alone

3. Time to travel, where do you prefer to go?
 - A. Back to my hometown for a family reunion
 - B. Africa to help build schools
 - C. Europe to visit Museums
 - D. India on a meditation retreat

4. You're going to a party, how do you participate?
 - A. I bring a picture frame for the hostess
 - B. I help clean up afterwards
 - C. I share stories with the other guests
 - D. I play music for the other guests

5. When you were 7 years old, what did you want to be when you grew up?
 - A. Doctor/Nurse/Veterinarian/Parent
 - B. Chef/Builder/President/Fireman/Athlete
 - C. Teacher/Lawyer/Detective/Scientist
 - D. Pilot/Dancer/Athlete/Forest Ranger/Artist

6. A friend is not feeling well, how do you respond?
 - A. I go visit and bring flowers
 - B. I drop off homemade chicken soup
 - C. I research remedies online
 - D. I light a candle and send prayers

7. You win a \$100 cash prize, how do you spend it?
 - A. I buy a gift for someone I love
 - B. I make a donation to a non-profit organization
 - C. I sign up for a class I've wanted to take
 - D. I buy noise-canceling headphones

8. What song best describes your lifestyle?
 - A. Love Makes the World Go Round
 - B. Heal The World
 - C. Learn to Live
 - D. Imagine

9. What animal best fits your personality?
 - A. Kitten
 - B. Horse
 - C. Dolphin
 - D. Swan

10. If you could go back in time, whom would you most like to have dinner with?
 - A. A long lost relative
 - B. Eleanor Roosevelt
 - C. Albert Einstein
 - D. The Buddha

11. What was your favorite part of your school days?
 - A. Making friends
 - B. Going to scouts/student council/sports
 - C. Learning new things
 - D. Art/Band/Choir

12. How do you celebrate your birthday?

- A. Invite family over
- B. Bring a cake to the office
- C. Go to a play or to hear a speaker
- D. Go to a spa

13. Which quote speaks to you most?

- A. "Love is the central flame of the universe, nay, the very fire itself." - Ernest Holmes
- B. "Serve self you serve society, Serve society serve yourself." - Ralph Waldo Emerson
- C. "I am still learning." – Michelangelo
- D. "Speak, move, act in peace, as if you were in prayer. In truth this is prayer." - Francis de S. Fenelon

Instructions:

Add up all your scores for each letter. A____ B___ C____D_____

A is Bhakti

B is Karma

C is Jnana

D is Raja

Your highest score is the Yoga Path that is most suited for your personality!