



Vegetable Personality Style™ Assessment

The natural world provides a reflection of our selves with its many colors, flavors and textures. Temperaments can be warm or cool just like colors. The way vegetables grow and interact can even be compared to the way people work and communicate. Just like in your life and career the flavor and color of garden vegetables can be influenced by weather and the vegetables around them. Look at the vegetable color descriptions. Underline the strengths that are most like you.

Purple Carrot <Rooted> The purple carrot has a rich history and tradition. It's roots grow deep and draw nutrients from the earth. The traditional carrot was originally purple in color. The carrot is firm and crisp while raw, but the texture softens and the flavor is enhanced when cooked with other vegetables. Stable and reliable the carrot is rich with texture, fiber and vitamin A. The color purple represents royalty, hierarchy, order, richness, dignity and tradition. Like the firm carrot, those with purple characteristics are responsible, respect authority, are firm in their beliefs, and learn from the past. The traditional Purple Carrot Personality Style will be prepared, on time, and neatly dressed. Works well with **detail, structure, routine**. Characteristics: **responsible, firm, cooperative, traditional, orderly, cool**.

Orange Pepper <Sunny> Sweet or hot, the pepper adds its own unique flavor and zest. You never know what to expect when you pick up a pepper. Peppers can get a little too spicy unless they are tempered by other vegetables. They vary in heat, color and size. Peppers are rich in vitamins C, A and Calcium. Orange is the color of sunshine, energy, heat, appetite, pleasure, emotion and activity. If you have an Orange Pepper Personality Style you are ready for action and new experiences. You rely on your resourcefulness rather than a thorough plan and strategy. With your unique charm, you are sweeter in the sunshine. Works well: **hands on, active, spontaneous**. Characteristics: **playful, competitive, resourceful, skilled, vibrant, warm**.

Green Bean <Contained> The green bean has an outer pod that protects the tender bean inside. Green beans grow individually and the plant has a tendency to spread out. The pod can be crisp or tough, but the bean is soft unless dried. Beans are stuffed with vitamins K, C, A, fiber and iron. Green is the color of wisdom, power, confidence, reassurance, calm, and wealth. If you are like the Green Bean Personality Style, you tend to be private and enjoy working independently. Works well **researching, planning and strategizing**. Characteristics: **observant, independent, focused, decisive, knowledgeable, cool**.

Red Tomato <Connected> Welcoming and comforting whether cooked or raw, the tomato is bursting with its own unique flavor, while blending well with others. Provide a nurturing environment protected from wind and weather to produce the juiciest fruit. High in Vitamins C, A, K and Potassium. When the plants grow tall they sway in the breeze, and need support as they produce fruit. If you are like a Tomato Personality Style, you are an intuitive communicator who creates a sense of harmony. You notice and respond to the mood and facial expressions of others. Red is the color of romance, joy, emotion, passion, friendship and energy. Works well **helping people, communicating, empathizing**. Characteristics: **intuitive, passionate, joyful, social, romantic, warm**.

What 2 colors had the most underlined words _____ Which color seems most like you _____