



Vegetable Personality Styles™ Inventory

We can see ourselves reflected in the colors, textures, and flavors of vegetables. The way each unique vegetable grows and interacts can even be compared to the way we work and communicate. The seeds are the natural strengths that need to be nurtured and protected against weather and pests. Your natural strengths are characteristics that come naturally to you. Your style includes your natural strengths and how they have been influenced by family, culture, and environment. Look at the descriptions below. ***Underline or highlight the Natural Strengths that seem most natural to you.*** (Adjust your printer if needed.)

Purple Carrot <Rooted> The purple carrot has a rich history and tradition. Its 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. 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. The Purple Carrot works well with rules, structure, routine. ***Natural Strengths: Traditional, Punctual, Dependable, Hardworking, Organized, Detail-oriented, Firm***

Orange Pepper <Sunny> Sweet or spicy, 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. 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. The Orange Pepper works well with hands-on, interactive, spontaneous activities. ***Natural Strengths: Playful, Competitive, Spontaneous, Skillful, Influential, Energetic, Flexible***

Green Bean <Contained> The green bean has an outer pod that protects the tender bean inside. Green beans grow individually and tend to spread out. The pod can be crisp or tough, but the bean is soft unless dried. 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. The Green Bean works well with researching, big picture planning, and strategizing. ***Natural Strengths: Thinker, Inventive, Independent, Logical, Knowledgeable, Problem-solver, Focused***

Red Tomato <Connected> Welcoming and comforting when 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. When the plant grows tall, it sways in the breeze, and needs support as it produces 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. The Red Tomato works well hands-on helping people, healing, empathizing. ***Natural Strengths: Harmonious, Intuitive, Social, Optimistic, Communicator, Creative, Warm***

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