**ChayaVeda Leadership Quiz**

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| --- | --- | --- | --- |
|  | Vata | Pitta | Kapha |
| What elements represent you? | Ether + Air | Water + Fire | Water + Earth |
| What season do you look forward to most? | Summer | Spring/Fall | Fall |
| How would you describe your appetite? | Irregular | Intense | Consistent |
| Which best describes your hair? | Dry/Frizzy | Fine/Straight | Thick/Oily |
| Which Temperament do you most identify with? | Charismatic | Courageous | Loyal |
| If you could describe yourself in respect to change would you say you are… | Flexible | Competitive | Fixed |
| You are… | Influential | Dominant | Steady |
| You are… | Expressive | Assertive | Accommodating |
| Total: |  |  |  |

*Results:*

If you are mostly *Vata*, your leadership style will tend to be characterized by the creative process. You are the visionary, and your communication style will be charismatic and adaptable.

If your results are mostly *Pitta*, you are organized, intelligent, and focused as a leader. You naturally are very structured and authoritative. Your communication style is very assertive and direct.

If your results are mostly *Kapha*, you are very nurturing and loyal as a leader. You may struggle to assert yourself because you are always trying to accommodate others.