

# What Type of Vegan Are You?



1. What are your food values?

Example: I eat mainly for nutrition. My priority is pleasure. Nutrition and pleasure hold equal importance with what I eat.

2. What type of vegan definition are you attracted to?

3. How does veganism affect your relationships, lifestyle, and work? Do these factors influence what type of vegan you choose to be? If so, how?

Remember, there's so much more to who you are than defining yourself in a certain way as a vegan (or in any way!). It's HIGHLY recommended not to create a vegan identity, and forget who you are as a person. We humans can create an identity out of anything. Don't let veganism become another identity that may confine you. Use this exercise to give structure and traction to your new direction - rather than losing sight of yourself.

4. What does it mean to just be you - beyond labels?