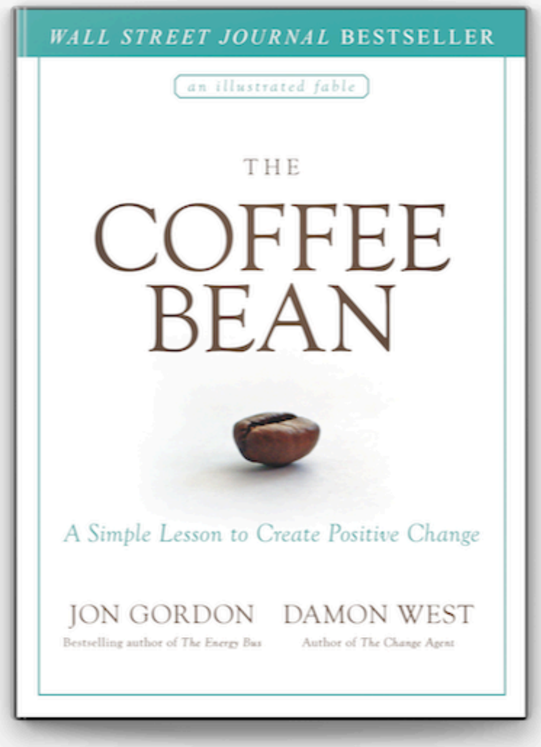


How to transform your environment, overcome challenges and create positive change.

🥕 The Carrot — Gets Weaker

The carrot starts out firm, but after sitting in boiling water, it becomes soft.

What it represents: People who start out strong but allow stress, negativity, or difficult situations to wear them down.

Example: You have a stressful day at work, and by lunchtime you're frustrated, complaining, and ready to give up.

🥚 The Egg — Gets Harder

The egg starts out soft and fragile inside, but boiling water makes the inside hard.

What it represents: People who let difficult experiences make them tougher, more negative, closed off, or less compassionate.

Example: After dealing with difficult coworkers, you become cynical, stop trusting people, and decide not to go out of your way to help anyone.

☕ **The Coffee Bean — Changes the Environment**

The coffee bean doesn't just change because of the boiling water. It releases its flavor and aroma, transforming the water into coffee.

What it represents: People who respond to challenges by bringing positivity, solutions, kindness, and a better attitude to the situation.

Example: Instead of joining in when everyone is complaining, you look for a solution.

- Which response do you tend toward when life gets stressful: carrot, egg, or coffee bean? Why?

- Think of someone who changes the energy in a room for the better. What do they do that makes a difference?

- How can you stay positive without ignoring real problems or pretending everything is fine?

- What's your biggest workplace pet peeve that turns you into a egg or carrott?

- Motivational quote or sarcastic meme when dealing with stress?

- What's one thing that instantly improves your mood? Turns you from a carrott or egg to a coffee bean?
- Is it okay to be all 3?

TAKEAWAY: You may not choose every challenge you face, but you can choose how you respond—and the kind of influence your bring.
Keep coffee beans in your desk and hand them out when necessary to coworkers.