

# TRUE COLORS

**T** rue Colors is a simple assessment of our preferences. Four colors are used to identify and categorize common preferences in people. We tend to stick to the preferences outlined in one or two of the color descriptors.. We have a dominant color or colors, which may be influence and shared by others.

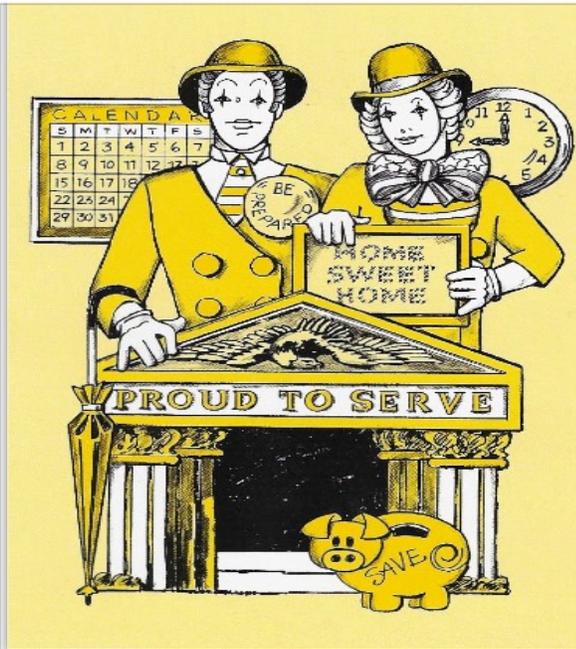
## GOAL:

- To provide information about people's preferences in order to understand oneself and others better.
- Understand that people tend to stick to one or two dominant styles, especially during a period of change.
- Learn how to communicate better by "talking another color," which validates and dignifies diversity.
- Value differences.
- Learn how to develop your color talents to better serve yourself and others.

## STEPS TO DISCOVERING YOUR TRUE COLORS

- 1) Look at the illustrations on the next page. Think about which best fits your preferences.
- 2) Complete the preferences survey on page three.
- 3) Consider how understanding your personality and preferences of others can help you chart your personal pathway.





### GOLD

*traditional, organized, punctual, likes detail, loyal, responsible, values home and family, strong feeling of right and wrong - no gray!*

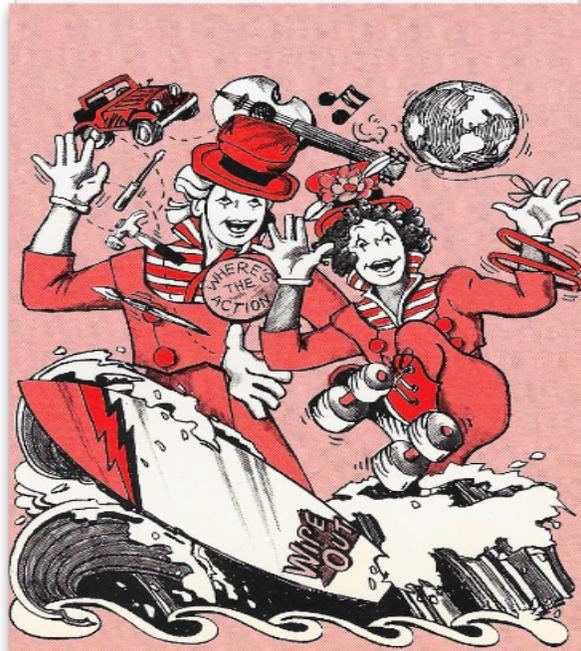
### BLUE

*romantic, sensitive, nurturing, strong need for relationships, honest, authentic, peaceful, cultivate the potential in others*



### ORANGE

*high energy, need for immediate action, hands-on, seeks competition, carefree, commands attention, adventuresome, spontaneous, fun-loving*



### GREEN

*problem-solver, analytic, abstract thinker, curious, complex, futuristic, strives for perfection, in harmony with the environment, needs freedom to explore*

# TRUE COLORS ASSESSMENT

- Read each horizontal row of descriptors.
- Give a 4 to the words that describes you best, 3 to the second closest, 2 to the next closest, and 1 to the group of words that describes you the least.
- In the last line of boxes, use this same scale to rate your reaction to the illustrations on the previous page.
- Add the points in each column in the last box.

**SCALE:**  
 4 most like me  
 3 second closest  
 2 next closest  
 1 least like me

<b>GOLD</b>	<b>BLUE</b>	<b>GREEN</b>	<b>ORANGE</b>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
traditional responsible parental	compassionate harmonious authentic	inventive versatile competent	spontaneous active opportunistic
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
practical sensible impactful	dependable unique empathic	curious communicative conceptual	competitive knowledgeable impetuous
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
loyal conservative organized	devoted warm poetic	ingenious theoretical seeking	realistic open-minded adventuresome
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
concerned procedural cooperative	tender inspirational dramatic	determined complex composed	daring impulsive fun
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
orderly conventional caring	vivacious affectionate sympathetic	philosophical principled rational	exciting courageous skillful
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
reaction to illustration	reaction to illustration	reaction to illustration	reaction to illustration
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>TOTAL GOLD</b>	<b>TOTAL BLUE</b>	<b>TOTAL GREEN</b>	<b>TOTAL ORANGE</b>

My primary color(s)  
color(s)

My secondary

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## REFLECTION

Is this how you see yourself?

Do you think this is how others see you?

How might you use this to better understand others?

Look at the character descriptors on the following page. Circle those that most fit how you see yourself.



Recognizing personality preferences in ourselves and others helps understand each other even when we see things differently.

Your overall personality is a mixture of all four colors.

Much of your everyday decisions and actions are driven by your top color and your secondary color working together.

## Character Descriptors

### GOLD

I need to follow rules and respect authority.

- Loyal, Dependable Prepared

I have a strong sense of what is right and wrong.

- Thorough, Sensible, Punctual

I need to be useful and to belong.

- Faithful, Stable, Organized

I value home, family, and tradition.

- Caring, Concerned, Concrete

I am a natural parent, helper, a preserver.

- *AT WORK*, I provide stability and can maintain organization. My ability to handle details and to work hard makes me the backbone of many organizations. I believe that work comes before play, even if I must work overtime to complete a job.
- *AT LOVE*, I am serious and tend to have traditional, conservative views of both love and marriage. I want a mate who can work along with me, building a secure, predictable life together. I demonstrate love and affection through the practical things I do for my loved ones.
- *IN CHILDHOOD*, I wanted to follow the rules and regulations of the school. I understood and respected authority and was comfortable with academic routine. I was the easiest of all types of children to adapt to the educational system.

### BLUE

I need to feel unique and authentic.

- Enthusiastic, Sympathetic, Personal

I look for meaning and significant in life.

- Warm, Communicative, Compassionate

I need to contribute, to encourage, and to care

- Idealistic, Spiritual, Sincere

I value integrity and unity in relationships

- Peaceful, Flexible, Imaginative

I am a natural romantic, a poet, a nurturer

- *AT WORK*, I have a strong desire to influence others so they may lead more significant lives. I often work in the arts, communications, education, and the helping professions. I am adept at motivating and interacting with others.
- *AT LOVE*, I seek harmonious relationships. I am a true romantic and believe in perfect love that lasts forever. I bring drama, warmth, and empathy to all relationships. I enjoy the symbols of romance such as flowers, candlelight, and music. I cherish small gestures of love.
- *IN CHILDHOOD*, I was extremely imaginative and found it difficult to fit into the structure of school life. I reach with great sensitivity to discordance or reject and sought recognition. I responded to encouragement rather than to competition.

### GREEN

I seek knowledge and understanding.

- Analytical, Global, Conceptual

I live life by my own standards.

- Cool, Calm, Collected

I need explanations and answers.

- Inventive, Logical, Perfectionist

I value intelligence, insight, fairness, and justice.

- Abstract, Investigative, Hypothetical

I am a natural nonconformist, a visionary, problem-solver.

- *AT WORK*, I am conceptual and an independent thinker. Work is play. I am drawn to constant challenge in careers, like to explore ideas, and be innovative. I have perfected an idea and prefer to move on, leaving the project to be implemented by others.
- *AT LOVE*, I prefer to let my head rule my heart. I dislike repetition, so it is difficult for me to continuously express feeling. I believe that once feelings are stated, they are obvious to a partner. I am uneasy when emotions me.
- *IN CHILDHOOD*, I appeared to older than my years and focused on my greatest interests, achieving in subjects that were mentally stimulating. I was impatient with drill and routine, questioned authority, and found it necessary to respect teachers before I could learn from them.

### ORANGE

I act on a moment's notice.

- Witty, Charming, Spontaneous

I consider life as a game, here and now.

- Impulsive, Generous, Impactful

I need fun, variety, stimulation, and excitement

- Optimistic, Eager, Bold

I value skills, resourcefulness, and courage.

- Physical, Immediate, Fraternal

I am a natural troubleshooter, performer, a competitor.

- *AT WORK*, I am bored and restless with jobs that are routine and structured. I am more satisfied with careers that allow me independence and freedom, while utilizing my physical coordination and love of tools. I am a natural performer.
- *AT LOVE*, I seek a relationship with shared activities and interests. I like to explore new ways to energize a relationship. As a lover I need to be bold and thrive on physical contact. I enjoy giving extravagant gifts that bring obvious pleasure to my loved ones.
- *IN CHILDHOOD*, I had the most difficult time fitting into an academic routine. I learn by doing, experiencing, rather than by listening and reading. I need physical involvement, and am motivated by my own natural competitive nature and sense of fun.

## PLAYLIST



True Colors by Anna Kendrick & Justin Timberlake from "Trolls"



A Million Dreams by Collabro from "The Greatest Showman"



Living miDream: Who am I?



If Life Were a Painting by Franklin Covey