**Exploring Your Colors**

Below are 11 incomplete sentences that describe people. Each sentence has four possible endings. Give four points to the phrase that is “most like you,” three points to the phrase that is “next most like you,” two points to the next phrase, and one point to the phrase that is “least like you.” You must respond to each choice.

Use the sentences below to describe your personality.

1. **When I make decisions**:

\_\_\_\_1\_\_ a. I do it quickly and go with the first impressions.

\_\_\_4\_\_\_ b. I think about it, consider the options and then decide.

\_\_\_\_3\_\_ c. I listen to my feelings and consider how my decisions will affect others.

\_\_\_\_2\_\_ d. I take it seriously and always try to make the right decision.

1. **The best way for others to show me they care about me is to:**

\_\_\_\_3\_\_ a. Do fun things with me.

\_\_\_\_1\_\_ b. Give me space to be myself.

\_\_\_\_2\_\_ c. Spend time with me doing whatever.

\_\_\_\_4\_\_ d. Do what I want to do; not let me down or go back on their word.

1. **When I’m with my friends, I like to provide:**

\_\_\_\_1\_\_ a. The excitement; the fun; the jokes.

\_\_\_2\_\_\_ b. Questions; answers; a logical way of looking at things.

\_\_\_4\_\_\_ c. Concern for others; a lot of caring.

\_\_\_\_3\_\_ d. The planning; a sense of security; a good standard.

1. **I like to**:

\_\_\_1\_\_\_ a. Act on a moment’s notice; do risky things.

\_\_\_\_2\_\_ b. Provide answers or give thought to people’s questions.

\_\_\_3\_\_\_ c. Help maintain a sense of harmony and togetherness.

\_\_\_4\_\_\_ d. Be responsible, dependable, and helpful to others.

1. **One thing I am really good at is:**

\_\_\_\_1\_\_ a. Acting courageously.

\_\_\_\_3\_\_ b. Thinking.

\_\_\_4\_\_\_ c. Being sensitive.

\_\_\_2\_\_\_ d. Organizing.

1. **Friends who know me best would say that I am:**

\_\_\_1\_\_\_ a. Competitive.

\_\_\_\_4\_\_ b. Reserved, thoughtful.

\_\_\_\_3\_\_ c. Emotional, friendly.

\_\_\_2\_\_\_ d. Neat, prepared.

7. **My basic approach to life is:**

\_\_\_2\_\_\_ a. To take one day at a time and have fun.

\_\_\_\_1\_\_ b. To figure out what life is all about.

\_\_\_4\_\_\_ c. To help others and be happy and succeed.

\_\_\_3\_\_\_ d. To plan for the future and make it as good as possible.

1. **When I am feeling discouraged or “down in the dumps”:**

\_\_\_\_1\_\_ a. I often become rude, mad, or sometimes even mean.

\_\_\_\_4\_\_ b. I withdraw, don’t talk very much, and try to think my way out of the problem.

\_\_\_\_2\_\_ c. I feel emotional, am sad, and usually like to talk it over with someone close to me.

\_\_\_\_3\_\_ d. I try to figure out what’s causing the problem and fix it.

1. **I feel good about myself when**:

\_\_\_\_4\_\_ a. I can do things that are difficult.

\_\_\_2\_\_\_ b. I can solve problems or figure things out.

\_\_\_\_3\_\_ c. I can help other people.

\_\_1\_\_\_\_ d. I am appreciated or rewarded for things I do.

10. **Teachers at school who saw me when I wasn’t on my best behavior might describe me as:**

\_\_\_\_1\_\_ a. Rowdy or a little wild.

\_\_\_\_3\_\_ b. Arrogant.

\_\_\_\_2\_\_ c. Talkative.

\_\_\_\_4\_\_ d. Someone who wants things my way; dominant; worrying.

11. **Teachers at school (who like me and in whose class I do pretty well) would probably describe me as:**

\_\_\_1\_\_\_ a. Charming, a natural leader, clever, someone who is fun to have around. \_\_\_3\_\_\_ b. Thoughtful, someone who has good answers, someone who likes to figure out problems.

\_\_\_\_4\_\_ c. Nice, friendly, someone who gets along with other students and is helpful to the teacher and others.

\_\_\_2\_\_\_ d. Neat, organized, prepared, someone who does assignments and is a good student.

Rank each number as 4, 3, 2, 1; where 4 is the one most like you and 1 is the least like you.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Number | A | B | C | D |
| 1 | 1 | 4 | 3 | 2 |
| 2 | 3 | 1 | 2 | 4 |
| 3 | 1 | 2 | 4 | 3 |
| 4 | 1 | 2 | 3 | 4 |
| 5 | 1 | 3 | 4 | 2 |
| 6 | 1 | 4 | 3 | 2 |
| 7 | 2 | 1 | 4 | 3 |
| 8 | 1 | 4 | 2 | 3 |
| 9 | 4 | 2 | 3 | 1 |
| 10 | 1 | 3 | 2 | 4 |
| 11 | 1 | 3 | 4 | 2 |
| Total: | 17 | 29 | 34 | 30 |

Total your columns and place your results in the blanks below.

\_\_\_\_17\_\_ a. Orange \_\_\_29\_\_\_ b. Green \_\_\_34\_\_\_ c. Blue \_\_30\_\_\_\_ d. Gold

What is your first color? What is your second color?

1st, Blue

2nd, Gold

**Are you…Blue?**

Enthusiastic…Sympathetic…Personal?

Warm…Communicative…Compassionate?

Idealistic…Spiritual…Sincere?

Peaceful…Flexible…Imaginative?

In work you like to influence others to help their lives…like to work in the arts, education, or helping professions?

In love seek balanced relationships…believe in a true romantic, perfect love that will last forever…enjoy flowers, candlelight, music, and small gestures of love?

As a kid did you have an active imagination….difficult to fit into school life…reacted sensitively to rejection and went after recognition…preferred encouragement to competition?

I need to feel unique and authentic

I look for meaning and significance in life

I need to contribute, to encourage, and to care

I value integrity and unity in relationships

I am a natural romantic, a poet, a nurturer

I often work in the arts, communication, education, and helping professions.

I am adept at motivating and interacting with others.

I have a strong desire to influence others so they may lead more significant lives

I seek harmonious relationships.

I am a true romantic and believe in drama, warmth, and empathy to all relationships.

I enjoy the symbols of romance such as flowers, candlelight, and music and cherish the small gestures of affection.

**Are you…Green?**

Analytical…Global…Conceptual? Cool…Calm…Collected?

Inventive…Logical…Problem Solver?

Abstract…Creative…Investigative?

In work you are an independent thinker…work is play…enjoy challenges…find new ways to do routine?

In love prefer to think then let your heart dictate love…difficult to express feelings…uneasy about emotions…love will take care of itself if it’s love?

As a kid you felt older than your years…liked to focus on things there were mentally stimulating…impatient with drills and questioned authority…needed to respect teachers before you could learn from them.

I seek knowledge and understanding Analytical,

I live by my own standards

I need explanation and answers

I value intelligence, insight, fairness, and justice

I am a natural non-conformist, a visionary, a problem solver

I am conceptual and an independent thinker. For me, work is play.

I am drawn to constant challenge in careers, and like to develop models, explore ideas, or build systems to satisfy my need to deal with innovation.

Once I have perfected an idea, I prefer to move on, leaving the project to be maintained and supported by others.

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 others.

I am uneasy when my emotions control me; I want to establish a relationship, leave it to maintain itself, and turn my energies to my studies, work or other interests.

In childhood:

I appeared to be older than my years and focused on my greater 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.

**Are you Gold**

Loyal…Dependable…Prepared?

Thorough…Sensible…Punctual?

Faithful…Stable…Organized? Caring…Concerned…Helper?

In work you want to maintain organization…handle details and work hard…work comes before play?

In love you are serious and believe in the traditional view of love and marriage…want to build a long lasting relationship together…demonstrate love and affection through practical things or deeds?

I need to follow rules and respect authority

I have a strong sense of what is right and wrong in life

I need to be useful and belong

I value home, family, and tradition

I am a natural preserver, a parent, a helper

I provide stability and can maintain organization.

My ability to handle details and to work hard make me the backbone of many organizations.

I believe that work comes before play, even if I must work overtime to complete the task

I am serious and tend to have traditional, conservative views of both love and marriage.

I enjoy others who can work along with me, building secure, predictable relationships together.

I demonstrate admiration through the practical things I do for the ones I love.

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 education system.

Are you…Orange?

Witty…Charming…Spontaneous? Impulsive…Generous…Impactful? Optimistic…Eager…Bold?

Physical…Immediate…Courageous?

Restless at work…like your independence and freedom…utilize your physical coordination…like to work with tools?

In love, do you like to share interest and activities with your love interest…explore new ways to energize your relationship…giving extravagant gifts to bring pleasure to your love interest?

As a kid, did you have trouble fitting into the school routine…learn by experience rather than listening or reading…motivated by competitive nature and sense of fun?

I act on a moment's notice

I consider life a game, here and now Impulsive,

I need fun, variety, stimulation, and excitement

I value skill, resourcefulness, and courage

I am a natural trouble shooter, a performer, a competitor

I am bored and restless with jobs that are routine and structured.

I am satisfied in careers that allow me independence and freedom, while utilizing my physical coordination and my love of tools.

I view any kind of tool as an extension of myself.

I am a natural performer.

I seek a relationship with shared activities and interests.

I like to explore new ways to energize the relationship.

In a relationship, I need to be bold and thrive on physical contact.

I enjoy giving extravagant gifts that bring obvious pleasure to special people in my life

Of all types of children, I had the most difficult time fitting into academic routine.

I learned by doing and experiencing rather than by listening and reading.

I needed physical involvement in the learning process and was motivated by my own natural competitive nature and sense of fun.