

Health True Colors

True Colors is a model of personality identification that is easy to understand, remember and apply.

Don't read the next Step until you've finished the previous Step.

Step 1 of 4

Take the

Personality Survey

True Colors Word Sort

True Colors Word Sort

According to the scale below rate your personality likes and dislikes horizontally across each row.

Most = 4 points **A Lot = 3 points** **Somewhat = 2 points** **Least = 1 point**

1. Read the words in the box and ask yourself how the words match your personality?
2. Use the scale to assign one point value per box and record the point value in the small box.
3. You may only use a number once per row.

<p>A</p> <p>active sports variety flexible opportunities spontaneous</p>	<p>B</p> <p>neat planned parental organized traditional responsible</p>	<p>C</p> <p>warm helpful friends authentic harmonious compassionate</p>	<p>D</p> <p>quiet science learning versatile inventive competent</p>
<p>E</p> <p>ideas curious questions conceptual knowledge problem solver</p>	<p>F</p> <p>caring unique feelings empathetic people oriented communicative</p>	<p>G</p> <p>clean stable honest on-time sensible dependable</p>	<p>H</p> <p>fun action contests impactful impetuous competitive</p>
<p>I</p> <p>loyal helpful organized dependable trustworthy conservative</p>	<p>J</p> <p>ingenious exploring competent theoretical independent why questions</p>	<p>K</p> <p>quick playful confrontive adventurous freewheeling open minded</p>	<p>L</p> <p>kind warm giving poetic devoted understanding</p>
<p>M</p> <p>tender sharing animals dramatic inspirational getting along</p>	<p>N</p> <p>free busy daring winning risk taker impulsive</p>	<p>O</p> <p>thinking complex challenge composed determined solve questions</p>	<p>P</p> <p>useful concerned procedural save money cooperative follow rules</p>
<p>Q</p> <p>math puzzles rational principled making sense philosophical</p>	<p>R</p> <p>nature easy going sympathetic affectionate approachable happy endings</p>	<p>S</p> <p>lively skillful variety exciting hands on courageous</p>	<p>T</p> <p>pride careful orderly traditional conventional do things right</p>

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Step 2 of 4

Score the Survey

Use your Survey and the score for each box to substitute the letter for the value number you assigned into the equation.

True Colors Score Chart

A	+	H	+	K	+	N	+	S	<small>Are Orange Traits</small>
4	+	3	+	4	+	4	+	1	= 17

For Example on my test I scored box A with a point value of 4, therefore, I substitute the value into the equation for each letter and then add.

True Colors Score Chart

A + H + K + N + S Are Orange Traits
+ + + +

D + E + J + O + Q Are Green Traits
+ + + + =

C + F + L + M + R Are Blue Traits
+ + + +

B + G + I + P + T Are Gold Traits
+ + + + =

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Step 3 of 4

Read about
Your
Personality Colors

Each one of your colors is a model of your personality strengths
Your True Color.

GOLD

CHARACTERISTICS

well organized
detail & service of doing things
a right way of doing things
helpful & trustworthy
creates a stable environment
punctual, predictable, precise
duty, loyal, responsible, useful
performs in consistent manner
values family traditions
conservative
strives for sense of security
values order & status quo
belief in policies, procedures, rules

GREEN

CHARACTERISTICS

standard setter
visionary
intellectual & theoretical
can never know enough
often not in the mainstream
explores all facts before making a
decision
futurist & analyzer
information seeker
independent-idea person
competent & serious
calm, cool, collected
needs independence
abstract, conceptual, global
perfectionist

BLUE

CHARACTERISTICS

mediator & harmonious
optimistic, caretaker
makes favorable impression
contacts & relates well to others
creates a motivational environment
sensitive to needs of others
imaginative and inspirational
persuasive and people oriented
cause oriented
stimulating, empathetic, enthusiastic
strong sense of spirituality
peace, harmony in relationships

ORANGE

CHARACTERISTICS

accepts challenge
self confident & risk taker
solves problems
master negotiator
able to act in a crisis
high needs for mobility
appreciates immediate feedback
energetic and competitive
desires change and vary
quick witted and impulsive
creative & inventive
a natural entertainer
questions the status quo
stimulates the economy

GOLD
LIABILITIES

Must have detailed, step by step
Often balks at non-traditional activities
May need a lot of reinforcement
Needs guidance through periods of
change and unpredictable events
Does not cope well with change
Needs constant structure
Has difficulty making spontaneous
transitions
Can be overly critical of themselves &
their peers

GREEN
LIABILITIES

Will challenge ideas and facts over &
over
Little tolerance for redundancy
Loner does not want or need others
Does not respond to tasks that require
them to do what others are doing
Priorities are often different than the task
at hand
Cant deal with deadlines
Lack of social skills
Prefers to work alone
Does not feel the need to bring closure to
a task before beginning another
High need for reflection time-often does
not complete tasks

BLUE
LIABILITIES

May not have ability to contain emotions
Cannot deal with competition
Relationships with peers can effect
attention to task
Can be overly dramatic
Needs to vent emotions before they can
be logical
Often does not recognize correct time &
place to express feelings
Tends to break under tension
Needs personal affirmation,
compliments & acknowledgements
Needs to be focused to reality

ORANGE
LIABILIES

Crosses the "line" by taking liberties for
granted
Will not respond to routine or repetitive
activities
Can become overly stimulated
Begins action plan without planning
Can be led in the wrong direction
Cannot wait
Does not know the correct time & place
Does not know the stopping point for
their sense of humor
Cannot focus on long-term goals
Needs immediate gratification's

GOLD NEEDS

Attainable goals & consistency
Clear plan & detailed expectations
Results & task-oriented behavior
Sense of belonging to the group
Set rules & traditional approach
Completion of work before reward
Clear definition of right & wrong order,
organization, & planning time
Respect
Secure & safe climate
Sense of urgency & importance of the
task
To be productive
Directing others & doing it all perfectly

GREEN NEEDS

Accuracy, alone time, autonomy & data
Logical approach & mental challenge
Recognition for their ideas
Space & time to acquire & express
knowledge
Time to think about the whole picture
before beginning the task
Thinking outside the box
Working with multiple tasks
Mental creativity & problem solving
Encouragement to explore in greater
depth
Opportunities to ask question & express
ideas or solutions
Reflective thought

BLUE NEEDS

Acceptance, affection, & approval
Recognition of personal gifts
Sensitivity, support & time
Acknowledgment of uniqueness
Inspiration
Feeling free & safe to display emotions
Beauty, compassion & harmony
romance
Collaboration with others
Empathy
Experience through the full sensory
system
Warm environment

ORANGE NEEDS

Affirmation and change
Entertainment
Immediate feedback
Independence
Negotiable rules
Support for short attention span
Variety
No repetitive tasks
Encouragement to be spontaneous
Fun and humor
Movement and physical activity
Social interaction
Time and challenge to perform
Freedom and flexibility

GOLD
STRESSERS

Feeling and being unprepared
Disorganization and cluttered environment
People who do not follow through
Irresponsibility in others
Non- conformity
A haphazard attitude
Being criticized
Change
Indecisive behavior
Waste and procrastinators
Nebulous instructions and expectations
Lack of structure, closure and a strong trustworthy leader

BLUE
STRESSERS

Broken promises
People talking behind their backs
Completing paperwork as a priority
Conflict
Lying
Lack of social contacts
Not being evaluated as an individual
Too much negative criticism
Not discussing what is occurring
Clock watching
Insecurity
Rejection
Placing “the system” ahead of people

GREEN
STRESSORS

Close supervision and incompetence
Exhibited emotional extremes
No alone time
Noise and confusion
People and rules that get in the way of goals
Dealing with illogical people and circumstances
Being limited or boxed
Unclear “big picture”
Confusing expectations and routine work
Feeling- oriented discussions
Off- task distractions
Perceived injustice
Being force to give closure to task before all the information is explored

ORANGE
STRESSERS

Too much responsibility
Deadlines
Being stuck at a desk
Requirements to read manuals
Requirements to read “how to directions”
Too much attention to product and not enough to process (performance/ results)
Abstract concepts
Redundancy
Rules and regulations
Non-negotiable and imposed structure
criticism
Lack or fun at work or in school

Don't read the next Step until you've finished the previous Step.

Step 4 of 4

Make a poster

At home you may complete your write-up and start your poster if you have your own supplies.

If you do not have your own supplies at home you may get your supplies in cupboard #3 and in the scratch paper boxes.

Examples of previous posters and the descriptions of each personality type are hanging on the wall.

True Colors Posters

After taking the personality survey now create your Colors Posters.

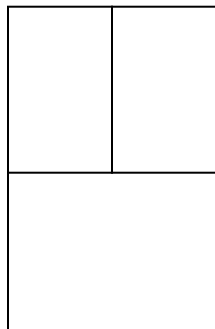
Create a shape that represents the description of that particular personality color.

Then thoughtfully place each shape on the backdrop according to that particular shapes personality descriptor. The write up should include a description of the personality and how it relates to the shape and why you chose to put the shape in that spot or position on the paper.

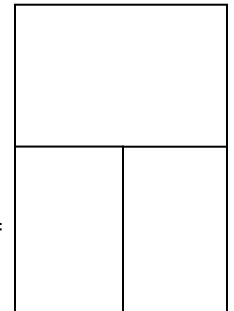
Your 1st color will be the backdrop for your shapes and your 2nd color is where you will put your write-up.



If a color ties for first then you will need to divide the background into two and then put the shapes on top. Do the same if there is a tie for second place.



=Tie for 1st



Tie for 2nd=

Here is an example:

	<p><u>True Colors Poster Example</u></p> <p>Blue is my base personality. I chose a telescope to represent this color because it seeks out peace and love in every person like a telescope finds the stars in the sky.</p> <p>Orange is big and bold because they love attention and it is partly off the paper because they like to take risks like stepping off the edge of a cliff. Orange has 2 different shades because they can have good and bad days but they're always orange.</p> <p>Gold is high on the page because they like to be in charge. They tend to keep everyone organized. It has straight edges because they're sharp and sly.</p> <p>Green is on top of Orange because it doesn't like distractions so it is holding Orange down. I used a plus sign because they like math and problem solving. Its symmetrical because it is very easy and strait forward independent and doesn't change.</p>
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If you do not have your own supplies at home come to class and get your supplies for homework. The examples of previous posters and the descriptions of each personality type are hanging on the wall. All supplies from the scratch paper boxes and in cupboard #3 and on my desk.

True Colors Posters

① Explain the Color's Personality

② Explain why you chose that shape for that color's personality.

③ Explain why you chose to put ~~that~~ shape in that location on the page and how does that placement represents the color's personality.

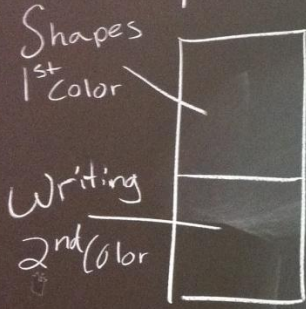
member
Position
or
location
on the page

Most
4

a lot
3

Somewhat
2

least
1



- ① Shape?
Why + hat shape = that color
- ② Placement of the shape.
Why?
- ③ Explain the color's
Personality

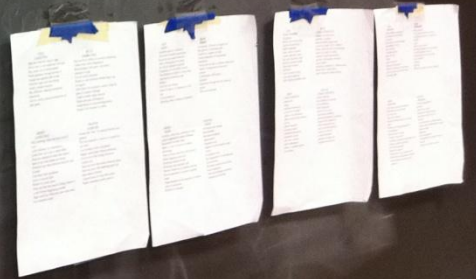
Do Not Waste Paper



There is a lot of Green and Orange paper Wasted.



Don't Waste Paper.





Shape + Color = Meaning

Juliet Bramante

For blue, my first color, I chose a blanket to represent the warm and helpful way in which blues appeal to others. For Gold, my second color, I chose a house to represent the symmetrical and orderly way a gold choses to operate in. I thought orange was best represented by sunglasses because oranges are constantly searching for entertainment and also an audience from the eyes of others. I think that binoculars are a good representative of green because greens are always rejusting their views so that they can clearly see the answers to the questions they ask.