

## Color Coding Exercise

### 1. Describe yourself.

Listed below are a group of words. Score each group using a scale of 1 to 4. One (1) indicates words least like you, four (4) indicates words which are most like you. Score each row from left to right.

Real Agreeable _____ Caring	Loyal Traditional _____ Responsible	Flexible Resourceful _____ Capable	Active Spontaneous _____ Daring
Unique Affectionate _____ Open	Practical Dependable _____ Sensible	Curious Conceptual _____ Knowledgeable	Practical Impatient _____ Competitive
Devoted Sensitive _____ Poetic	Parental Reasonable _____ Organized	Theoretical Questioning _____ Creative	Realistic Open-minded _____ Adventuresome
Tender Many ideas _____ Dramatic	Concerned Methodical _____ Cooperative	Determined Complex _____ Calm	Opportunistic Impulsive _____ Fun
Energetic Sympathetic _____ Warm	Orderly Conventional _____ Caring	Thinking Principled _____ Rational	Exciting Courageous _____ Skillful
<b>BLUE</b> _____	<b>GOLD</b> _____	<b>GREEN</b> _____	<b>ORANGE</b> _____

### 2. Total Each Column.

Your highest score indicates your primary color, or brightest color. The lowest score represents the color that is least like you.

**ORANGE  
I AM**

**\*Adventuresome  
\*Competitive**

**\*Skillful  
\*Spontaneous**

**I need to be free to act on a moment's notice, to use my skills and have fun.**

\*AT WORK, I am bored and restless with routine jobs. I am satisfied in careers that give me independence and Freedom. I want to use my physical coordination. I love tools. I see tools as an extension of self. I am a natural performer.

\*IN LOVE, I seek a relationship with shared interests, I like to explore new ways to energize the relationship. As a lover, I need to be bold. I thrive on physical contact. I enjoy buying gifts that bring pleasure to my loved ones.

\*IN CHILDHOOD of all types of children, I was the most difficult to fit into academic routine. I learned by doing and experiencing, rather than listening and reading. I needed physical involvement in the learning. I was motivated by my own natural competitive nature and sense of fun.

**BLUE  
I AM**

**\*Warm  
\*Compassionate**

**\*Communicative  
\*Feeling**

**I want to find ways to make my life count.**

\*AT WORK I have a strong desire to help others. I often work in the arts, in communications, in education, or in the helping professions. I am good at motivating others.

\*IN LOVE, I seek warm and close relationships. I am a true romantic. I believe in perfect love that lasts forever. I enjoy the symbols of romance such as flowers, candlelight, and music. I cherish the small gestures of love.

\*IN CHILDHOOD I was extremely imaginative. I found it difficult to fit into the structure of school life. I reacted with great sensitivity to discord or rejection. I sought recognition. I responded to encouragement rather than to competition.

**GREEN  
I AM**

**\*Curious  
\*Logical**

**\*Inventive  
\*Conceptual**

**I need freedom to pursue knowledge and understanding.**

\*AT WORK I am conceptual and an independent thinker. For me work is play. I am drawn to constant challenge in my career. I like to explore ideas and develop models. I need to deal with new and different things. Once I have perfected an idea, I prefer to move on. I like to leave the project to be maintained by others.

\*IN LOVE, I let my head rule my heart. I dislike repetition. It is difficult for me to always express feelings. I believe that once I state my feelings, they are obvious. I am uneasy when my emotions control me. I want to establish a relationship, then leave it to maintain itself. I want to turn my energies back to my career.

\*IN CHILDHOOD I acted older than my years. I focused on my greatest interests. I achieved in subjects that were mentally stimulating. I was impatient with routine. I questioned authority. I had to respect teachers before I could learn from them.

**GOLD  
I AM**

**\*Responsible  
\*Helpful**

**\*Sensible  
\*Dependable**

**I value home, family and traditions.**

\*AT WORK I provide stability. I 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. I work overtime to complete the job.

\*IN LOVE, I am serious. I tend to have traditional views of both love and marriage. I want a mate who can work along with me. I want us to build 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 of the school. I understood and respected authority I was comfortable with academic routine. Of all types of children, I adapted most easily to the educational system.