

True Colors Assessment

In this exercise, there are word groupings or descriptions that are placed across the page. We have supplied three words in each grouping to give you a better idea of the personality trait that we are describing. Please read, and also score the groupings going across the page. You will be required to evaluate yourself, and then place your scoring of the descriptions according to how your personality relates to those words. You must score each box: 4, 3, 2, or 1, you cannot have two numbers the same. Choose one grouping of words that describe you the best, and score it, with a 4. Then choose the next with a 3, the next with a 2 and finally the least like you with a 1. Place your score in the box below the group of words.

Section 1-A	Section 1-B	Section 1-C	Section 1-D
Active Opportunistic Spontaneous	Parental Traditional Responsible	Authentic Harmonious Compassionate	Versatile Inventive Competent
Competitive Impetuous Impactive	Practical Sensible Dependable	Unique Empathetic Communicative	Curious Conceptual Knowledgeable
Realistic Open-Minded Adventurous	Loyal Conservative Organized	Devoted Warm Poetic	Theoretical Seeking Ingenuous
Total of A:	Total of B:	Total of C:	Total of D:

Section 2-A	Section 2-B	Section 2-C	Section 2-D
Tender Inspirational Dramatic	Determined Complex Composed	Daring Impulsive Fun	Concerned Procedural Cooperative
Vivacious Affectionate Sympathetic	Philosophical Principled Rational	Exciting Courageous Skillful	Orderly Conventional Careful
Total of A:	Total of B	Total of C	Total of D:

How Did you Score:

Orange

Add 1-A to 2-C total: _____

Gold

Add 1-B to 2-D total: _____

Green

Add 1-D total to 2-B total: _____

Blue

Add 1-C to 2-A total: _____

What Have You Discovered?

Score the highest to lowest score, highest being the fir color, etc.

Rank	Color	Score
1.		
2.		
3.		
4.		

Please Note:

The highest color score is your PRIMARY color, or the kind of personality that you mainly operate in. Your lowest scored color is your SHADOW color. These are the kinds of personalities that you will struggle to deal with, and understand. ***FIND VALUE IN EVERY PERSONALITY COLOR!*** Do not condemn or criticize. If you can learn to appreciate and accept people, whose primary color is your shadow color, it will strengthen your shadow color. By finding value in people with your shadow color will help create the ability to work through difficulties, and remain in community with people.

Remember that no matter what color your personality is, always be content with *which personality you are so*, REMEMBER to BE YOURSELF! We need to learn to honor ***every color; one color is not above another personality color.***

The hope of this test is to teach us to communicate, and gives us the ability to honor all of the colors, by bringing people together with appreciation and understanding for one another, and not separation from misunderstanding and judgment. This is the challenge that we ***ALL*** face.

REMEMBER: We all have EVERY ONE OF THESE COLOURS IN OUR PERSONALITY. Sometimes we operate in higher degrees of other colors than our primary color, depending on fun, stress, relaxation, and sickness.