



True Colors Personality Assessment

Why Personality Assessment?

A personality assessment is completed to yield a description of an individual's distinct personality traits. In most instances, your personality will influence relationships with your family, friends, and classmates and contribute to your health and well-being. The driving force behind administering a personality assessment is to open up lines of communication and bring individuals together to have a higher appreciation for one another.

A personality assessment can benefit you by:

- Increasing productivity
- Get along better with co-workers
- Realize your full potential
- Help you appreciate other personality types

One popular assessment is the True Colors Personality Assessment. This assessment asks a series of questions to rate your likes and dislikes. The assessment will then rate your personality as either a blue, green, orange or gold personality type. You may be a combination of two colors, but usually an individual will exhibit one primary color. A personality assessment is not a means to type cast, but to understand the personality attributes associated with individuals. You will operate as one primary color for the most part, but high levels of stress and other environmental factors can shift your personality type for short intervals. As a rule of thumb, you should recognize your strong attributes and keep in mind the attributes that irritate people.

Are you Blue?

Are you...

Enthusiastic? Sympathetic? Personal? Warm? Communicative? Compassionate? Idealistic?
Spiritual? Sincere? Peaceful? Flexible? Imaginative?

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



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

As a kid did you have an active imagination? Was it difficult to fit into school life, and did you react sensitively to rejection? Did you seek recognition, and prefer encouragement to competition?

Are you Green?

Are you...

Analytical? Global? Conceptual? Cool? Calm? Collected? Inventive? Logical? Problem? Solver? Abstract? Creative? Investigative?

In work are you an independent thinker? Do you believe that work is play, and do you enjoy challenges and find new ways to do standard routines?

In love do you prefer to think, and then let your heart dictate love? Is it difficult to express your feelings, and are you uneasy about emotions? Do you believe that love will take care of itself if it's love?

As a kid did you felt older than your years? Did you like to focus on things that were mentally stimulating, and were you impatient with drills and questioned authority? Did you need to respect teachers before you could learn from them?

Are you Gold?

Are you...

Loyal? Dependable? Prepared? Thorough? Sensible? Punctual? Faithful? Stable? Organized? Caring? Concerned? Helper?

In work do you want to maintain organization and handle details? Do you believe that hard work comes before play?

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



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Are you Orange?

Are you...

Witty? Charming? Spontaneous? Impulsive? Generous? Impactful? Optimistic? Eager?
Bold? Physical? Immediate? Courageous?

Are you restless at work? Do you like your independence and freedom, and utilize your physical coordination, such that you like to work with tools?

In love, do you like to share interest and activities with your love interest, and explore new ways to energize your relationship? Do you believe that giving extravagant gifts brings pleasure to your love interest?

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



You May Show These Characteristics...

	Solid Gold	Curious Green	True Blue	Action Orange
Esteemed for...	Being Dependable	Discovering New Insights	Being a Good Listener	Being Fun and Taking Risks
Stressed by...	Lack of Order	Feeling Inadequate	Feeling Artificial	Restrictions
Highest virtue is...	Responsibility	Objectivity	Loyalty	Courage
Key characteristics...	Being Prepared	Ingenuity	Authenticity	Talent and Skill
On the job...	Organizer	Pragmatist	Peacemaker	Energizer
Perception...	Structure	Abstract	Concern	Excitement
Primary needs...	To Provide Order and Stability	To be Competent and Rational	To Care for Others	To be Free and Spontaneous
Longs for...	Security	Insights and Knowledge	Love and Acceptance	Freedom
Strives to foster...	Traditional Values	Thoughtful Consideration	Harmony	Fun and Recreation
Takes pride in...	Dependability	Competence	Empathy	Impact
Specialty is...	Accomplishments and Results	Research and Conceptualizations	People	Entrepreneurship
Validated by...	Being Appreciated	Affirming Their Wisdom	Acceptance of Others	Achieving Visible Results
Trust...	Authority and Tradition	Facts and Logic	Intuition and Feelings	Impulses



You May See Yourself As...

Gold	Green	Blue	Orange
Stable	Superior Intellect	Warm	Fun-Loving
Providing Security	Powerful	Romantic	Flexible, Adaptable
Always Have a View	Eminently Reasonable	Idealist	Proficient, Capable
Good at Sorting/Weeding Out	Calm, Not Emotional	Willing to Work Tirelessly for What You Believe In	Hands-On
Decisive	Precise, Not Repetitive	Affirming	Problem-Solver
Executive Style	Able to Find Flaws	Promoting Growth, Well-Being	Do Many Things at Once
Organized	Seeking Justice	Relates Current Experiences to Past Experiences	Curious, Welcomes New Ideas
Goal-Oriented	Able to Reprimand	Likes to Please People	Superior Ability to Discriminate Away Options, See Shades of Gray
Dependable	98% Right	Great Communicator	Spontaneous
Firm	Creative	Compassionate	Carefree
Efficient	Visionary	Spiritual	Practical
Good Planner	Original	Unselfish	Eclectic
Orderly, Neat	Rational	Empathetic	Good Negotiator
Punctual	Under Control	Caretaker	Can Deal with Chaos
Seeks Closure	Objective	Sympathetic	
	Firm-Minded	Trusting	



Others May See You As...

Gold	Green	Blue	Orange
Rigid	Intellectual Snob	Stuck In / Lives in the Past	Irresponsible
Dull, Boring	Heartless	Overly Emotional	Goofs Off Too Much
Opinionated	Ruthless	Bleeding Heart	Manipulative
Unimaginative	Unrealistic	Mushy	Not to be Trusted
Bossy	Emotionally Controlled	Hopelessly Naïve	Not Able to Stay on Task
Predictable	Afraid to Open Up	Too Tender-Hearted	Resists Closure or Decisions
Controlling	Critical, Fault-Finding	Easily Duped	Obnoxious
Stubborn	Unfair	Smothering	Flaky
System-Bound	Unappreciative of Others	Too Touchy-Feely	Disobey Rules
Judgmental	Arrogant	Pushover	Scattered
Uptight	Doesn't Care About People	Too Nice	Cluttered
Autocratic	Eccentric, Weird	Too Trusting	Uncontrollable
	Cool, Aloof, Unfeeling	Groveling	Indecisive
	Lacking Mercy	Fawning	Not a Team Player
	Stingy with Praise	Soft	
		Talks too Much	



Things that Frustrate You...

Gold	Green	Blue	Orange
Irresponsibility	Routine	Lying	Rules and Laws
Lack of Planning	Small-Talk	Violence	Same Routine
Lack of Discipline	Plagiarism	Personal Rejection	Deadlines
Laziness	Illogical Arguments	Lack of Communication	Paperwork
High Risk-Taking	Social Functions	Lack of Close Friends	Lack of Adventure
Illegal Behavior	Incompetence	Sarcasm	Too Much Structure

Things You Do that Frustrate Others...

Gold	Green	Blue	Orange
Control Freak	Not Being Social	Lack of Planning	Ignoring Rules
Being Bossy and Controlling	Living in the Future	Being Passive	Being Undisciplined
Working Long Hours	Being Wordy	Avoiding Conflict	Lack of Planning
Being Obnoxious	Blowing Up When Criticized	Suppressing Problems	Being Quick-Tempered
Being Judgmental	Not Going with the Flow	Being Too Generous	Thinking Out Loud
Planning for Everything	Being Too Independent	Being Overly Sentimental	Impulse Buying



You Like to Receive Praise When...

Gold	Green	Blue	Orange
Someone was honest and mentions specifically what was accomplished	Your competence is recognized	Your unique contributions are recognized	Your process is more recognized than the product
Your thoroughness and sense of responsibility is recognized	The quality of your work is recognized	Your personal achievements are recognized	Your cleverness and skills are recognized
Your cleverness and skills are recognized	You are praised with specific vocabulary	Your personal characteristics that are meaningful are recognized	Your quickness is recognized
Words are used that actually reflect what has been accomplished	Specific knowledge you acquired is recognized	Someone shows praise by a touch on the shoulder, or other appropriate behavior	Your impact is recognized
Sincere appreciation is shown	Your integrity is recognized	You know you have importance and significance to the well-being of the group	You are praised with actions
Reminders of the importance of the task completed to the well-being of others is shown	Your independent competence of a job is recognized	Honesty and sincerity are used	You are shown praise spontaneously
You are recognized as an integral part of the group	Someone appreciated your analysis	You are praised with an energetic and enthusiastic manner	Versatility is used
	A clear, logical explanation of what was done is expressed in precise terms		Quick and timely responses are used



On a Bad Day, You May...

Gold	Green	Blue	Orange
Complain	Become Overly Indecisive	Fantasize / Day-Dream	Become Rude
Wallow in Self-Pity	Refuse to Cooperate with Others	Do Anything to Get Attention	Break the Rules for Spite
Worry	Become more Aloof/Withdrawn	Lie to Save Face	Lie/Cheat to Control the Situation
Complain of Psychosomatic Problems	Put Others Down	Withdraw so Others will Come / Feel Sorry for You	Run Away
Make Malicious Judgments About Yourself/Others	Use Sarcasm	Cry/Pout	Use Drugs or Alcohol
Blindly Follow to the Letter of the Law	Refuse to Communicate	Show Passive Resistance	Act Out Boisterously
Because Overly Authoritative	Become Highly Critical of Yourself/Others	Yell/Scream	Because Physically Aggressive
Become Unreasonably Fixed	Turn a Cold Shoulder to Others	Fish for Compliments	Quit / Drop Out
Be Unforgiving	Demand Unreasonable Perfection	Become Depressed	Become Verbally Abusive
Feel a lot of Anxiety/Pressure		Say You Aren't Liked	Make Bad Spontaneous Decisions
Become Overly Tired/Depressed		Feel Put Upon	



Things that May Stress You...

Gold	Green	Blue	Orange
Incomplete Tasks	Lack of Control	Broken Promises	Too Much Responsibility
Ambiguous Answers	Incompetence	Negative Criticism	Redundancy
Many Things Going on at Once	Emotional Displays	Conflict	Rules and Regulations
People Not Following Through	Small Talk	Insincerity	Being Stuck at a Desk
Irresponsibility of Others	Social Functions	Lying	Requirements to Read Manuals
A Haphazard Attitude	Subjective Judgement	Rejection	Deadlines



You May Prefer These Careers...

Gold	Green	Blue	Orange
Accountant	Attorney	Human Resources Manager	Advertising
Dentist	Researcher	Minister	Marketing
Auditor	Engineer	Editor	Actor
Teacher	Criminologist	Therapist	Mediator
Financial Planner	Critic	Journalist	Public Speaking
Administrator	Technical Writer	Social Worker	Dance Teacher
Librarian	Chemist	Fund Raiser	P.E. Teacher
Manger	Veterinarian	Employment Interviewer	Jet Pilot
Bank Officer	Physician	Flight Attendant	Painter
Air Traffic Controller	Biologist	Host/Hostess	Sculptor
Statistical Clerk	Embalmer	Receptionist	Mechanic
Telephone Operator	Photographer	Tour Guide	Carpenter
Police Officer	Ecologist	Travel Agent	Comedian
Secretary	Anthropologist	Customer Service	Puppeteer
Court Reporter	FBI Agent	Teacher	Disc Jockey

Remember, this is *not* a comprehensive list!