

Color Coding Exercise

1. Describe yourself.

Listed in each row are four boxes with a group of three words in each. By row, rank the boxes from one(1) to four(4). One (1) indicates the group of words least like you and four(4) indicates words most like you.

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|--|--|--|---|
| 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 |
| BLUE _____ | GOLD _____ | GREEN _____ | ORANGE _____ |

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*****Skillful*****Competitive*****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*****Communicative*****Compassionate*****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*****Inventive*****Logical*****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*****Sensible*****Helpful*****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.