True Colors Personality Quiz

Describe Yourself: In the boxes below are groups of word clusters printed horizontally in rows. Look at all the choices in the first box (A,B,C,D). Read the words and decide which of the four letter choices is most like you. Give that a “4”. Then rank order the next three letter choices from 3-1 in descending preference. You will end up with a box of four letter choices, ranked from “4” (most like you) to “1” (least like you). Continue this process with the remaining four boxes until each have a 4, 3, 2, and 1.

<table>
<thead>
<tr>
<th>Box One</th>
<th></th>
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<tbody>
<tr>
<td>A _____</td>
<td>B_____</td>
<td>C_____</td>
<td>D_____</td>
<td></td>
</tr>
<tr>
<td>active</td>
<td>parental</td>
<td>authentic</td>
<td>versatile</td>
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<tr>
<td>opportunistic</td>
<td>traditional</td>
<td>harmonious</td>
<td>inventive</td>
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<tr>
<td>spontaneous</td>
<td>responsible</td>
<td>compassionate</td>
<td>competent</td>
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<th>Box Two</th>
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<tbody>
<tr>
<td>E _____</td>
<td>F_____</td>
<td>G_____</td>
<td>H_____</td>
<td></td>
</tr>
<tr>
<td>curious</td>
<td>unique</td>
<td>empathetic</td>
<td>competitive</td>
<td></td>
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<tr>
<td>conceptual</td>
<td>communicative</td>
<td>sensible</td>
<td>impetuous</td>
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<tr>
<td>knowledgeable</td>
<td></td>
<td>dependable</td>
<td>impactful</td>
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<th>Box Three</th>
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<tbody>
<tr>
<td>I _____</td>
<td>J_____</td>
<td>K_____</td>
<td>L_____</td>
<td></td>
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<tr>
<td>loyal</td>
<td>devoted</td>
<td>realistic</td>
<td>theoretical</td>
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<tr>
<td>conservative</td>
<td>warm</td>
<td>open-minded</td>
<td>seeking</td>
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<tr>
<td>organized</td>
<td>poetic</td>
<td>adventurous</td>
<td>ingenious</td>
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<thead>
<tr>
<th>Box Four</th>
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<tbody>
<tr>
<td>M _____</td>
<td>N_____</td>
<td>O_____</td>
<td>P_____</td>
<td></td>
</tr>
<tr>
<td>concerned</td>
<td>daring</td>
<td>tender</td>
<td>determined</td>
<td></td>
</tr>
<tr>
<td>procedural</td>
<td>impulsive</td>
<td>inspirational</td>
<td>complex</td>
<td></td>
</tr>
<tr>
<td>cooperative</td>
<td>fun</td>
<td>dramatic</td>
<td>composed</td>
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<table>
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<tr>
<th>Box Five</th>
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<tbody>
<tr>
<td>Q _____</td>
<td>R_____</td>
<td>S_____</td>
<td>T_____</td>
<td></td>
</tr>
<tr>
<td>philosophical</td>
<td>vivacious</td>
<td>exciting</td>
<td>orderly</td>
<td></td>
</tr>
<tr>
<td>principled</td>
<td>affectionate</td>
<td>courageous</td>
<td>conventional</td>
<td></td>
</tr>
<tr>
<td>rational</td>
<td>sympathetic</td>
<td>skillful</td>
<td>caring</td>
<td></td>
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</tbody>
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A,H,K,N,S _orange_ = _________  B,G,I,M,T _gold_ = _________
C,F,J,O,R _blue_ = _________   D,E,L,P,Q _green_ = _________
BLUE

I need to feel unique and authentic

**Enthusiastic, Sympathetic, Personal**
I look for meaning and significance in life

**Warm, Communicative, Compassionate**
I need to contribute, to encourage, and to care

**Idealistic, Spiritual, Sincere**
I value integrity and unity in relationships

**Peaceful, Flexible, Imaginative**
I am a natural romantic, a poet, a nurturer

In childhood...
- Yes I was extremely imaginative and found it difficult to fit into the structure of school life.
- Yes I reacted with great sensitivity to discordance or rejection and sought recognition.
- Yes I responded to encouragement rather than competition.

In relationships...
- Yes I seek harmonious relationships.
- Yes I am a true romantic and believe in drama, warmth, and empathy to all relationships.
- Yes I enjoy the symbols of romance such as flowers, candlelight, and music and cherish the small gestures of affection.

At work...
- Yes I have a strong desire to influence others so they may lead more significant lives.
- Yes I often work in the arts, communication, education, and helping professions.
- Yes I am adept at motivating and interacting with others.

Leadership Style...
- Yes Expects others to express views
- Yes Assumes “family spirit”
- Yes Works to develop others’ potential
- Yes Individuals oriented
- Yes Democratic, unstructured approach
- Yes Encourages change VIA human potential
- Yes Change time allows for sense of security
- Yes Expects people to develop their potential

Symptoms of a Bad day...
- Yes Attention-getting misbehaving
- Yes Lying to save face
- Yes Withdrawal
- Yes Fantasy, day-dreaming, and going into a trance
- Yes Crying and depression
- Yes Passive resistance
- Yes Yelling and screaming
GOLD

I need to follow rules and respect authority
Loyal, Dependable, Prepared
I have a strong sense of what is right and wrong in life
Thorough, Sensible, Punctual
I need to be useful and belong
Faithful, Stable, Organized
I value home, family, and tradition
Caring, Concerned, Concrete
I am a natural preserver, a parent, a helper

In childhood...
✓ I wanted to follow the rules and regulations of the school.
✓ I understood and respected authority and was comfortable with academic routine.
✓ I was the easiest of all types of children to adapt to the education system.

In relationships...
✓ I am serious and tend to have traditional, conservative views of both love and marriage.
✓ I enjoy others who can work along with me, building secure, predictable relationships together.
✓ I demonstrate admiration through the practical things I do for the ones I love.

At work...
✓ I provide stability and 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, even if I must work overtime to complete the task.

Leadership Style...
✓ Expects punctuality, order, loyalty
✓ Assumes “right” way to do things
✓ Seldom questions tradition
✓ Rules oriented
✓ Detailed/thorough approach - threatened by change
✓ Prolonged time to initiate any change
✓ Expects people to “play” their roles

Symptoms of a Bad day...
✓ Complaining and self-pity
✓ Anxiety and worry
✓ Depression and fatigue
✓ Psychosomatic problems
✓ Malicious judgments about yourself or others
✓ Herd mentality exhibited in blind following of leaders
✓ Authoritarianism and phobic reactions
ORANGE

* I act on a moment's notice
* **Witty, Charming, Spontaneous**
  * I consider life a game, here and now
* **Impulsive, Generous, Impactful**
  * I need fun, variety, stimulation, and excitement
* **Optimistic, Eager, Bold**
  * I value skill, resourcefulness, and courage
* **Physical, Immediate, Fraternal**
  * I am a natural trouble shooter, a performer, a competitor

In childhood...
- Of all types of children, I had the most difficult time fitting into academic routine.
- I learned by doing and experiencing rather than by listening and reading.
- I needed physical involvement in the learning process and was motivated by my own natural competitive nature and sense of fun.

In relationships...
- I seek a relationship with shared activities and interests.
- I like to explore new ways to energize the relationship.
- In a relationship, I need to be bold and thrive on physical contact.
- I enjoy giving extravagant gifts that bring obvious pleasure to special people in my life.

At work...
- I am bored and restless with jobs that are routine and structured.
- I am satisfied in careers that allow me independence and freedom, while utilizing my physical coordination and my love of tools.
- I view any kind of tool as an extension of myself.
- I am a natural performer.

Leadership Style...
- Expects quick action
- Works in the here and now
- Performance oriented
- Flexible approach
- Welcomes change
- Expects people to “make it fun”

Symptoms of a Bad day...
- Rudeness and defiance
- Breaking the rules intentionally
- Running away and dropping out
- Use of stimulants
- Acting out boisterously
- Lying and cheating
- Physical aggressiveness
GREEN

I seek knowledge and understanding

**Analytical, Global, Conceptual**

I live by my own standards

**Cool, Calm, Collected**

I need explanation and answers

**Inventive, Logical, Perfectionist**

I value intelligence, insight, fairness, and justice

**Abstract, Hypothetical, Investigative**

I am a natural non-conformist, a visionary, a problem solver

In childhood...

✓ I appeared to be older than my years and focused on my greater interests, achieving in subjects that were mentally stimulating.
✓ I was impatient with drill and routine, questioned authority, and found it necessary to respect teachers before I could learn from them.

In relationships...

✓ I prefer to let my head rule my heart.
✓ I dislike repetition, so it is difficult for me to continuously express feeling. I believe that once feelings are stated, they are obvious to others.
✓ I am uneasy when my emotions control me; I want to establish a relationship, leave it to maintain itself, and turn my energies to my studies, work or other interests.

At work...

✓ I am conceptual and an independent thinker. For me, work is play.
✓ I am drawn to constant challenge in careers, and like to develop models, explore ideas, or build systems to satisfy my need to deal with innovation.
✓ Once I have perfected an idea, I prefer to move on, leaving the project to be maintained and supported by others.

Leadership Style...

✓ Expects intelligence and competence
✓ Assumes task relevancy
✓ Seeks ways to improve systems
✓ Visionary
✓ Analytical
✓ Encourages change for improvement
✓ Constantly “in process” of change
✓ Expects people to follow through

Symptoms of a Bad day...

✓ Indecisiveness
✓ Refusal to comply or cooperate; the silent treatment
✓ Extreme aloofness and withdrawal
✓ Snobbish, put-down remarks, and sarcasm
✓ Perfectionism due to severe performance anxiety
✓ Highly critical attitudes toward yourself or others