WHO ARE YOU?
By recognizing your values, interests, personality, and skills, or VIPS, you are better prepared to make conscious decisions regarding your future, and what career would be most suitable for you.
So what is **True Colors**

True Colors is an inventory designed to help you better understand yourself and others.
**Things to Remember:**

- You will identify a primary and secondary color. These are your preferred styles.
- The colors you do not choose will have some characteristics that are representative of you; however, it is not your preferred style.
- True Colors is valuable for improving your effectiveness in working with others; however, as a short, self-report assessment it is not 100% accurate.
Exploring Your Colors

Below are 11 incomplete sentences that may describe people, each with four possible endings. Use these sentences to describe your personality. For each sentence, rank each ending phrase as 1, 2, 3, or 4, where 1 is the least like you and 4 is the most like you. In other words, give four points to the phrase that is “most like you,” three points to the phrase that is “next most like you,” two points to the next phrase, and one point to the phrase that is “least like you.”

1. When I make decisions...
   a. I do it quickly and go with the first impressions.
   b. I think about it, consider the options, and then decide.
   c. I listen to my feelings and consider how my decision will affect others.
   d. I take it seriously and always try to make the right decision.

2. The best way for others to show they care about me is to...
   a. Do fun things with me.
   b. Give me space to be by myself.
   c. Spend time with me doing whatever.
   d. Do what I want to do; not let me down or go back on their word.

3. When I’m with my friends, I like to provide...
   a. The excitement; the fun; the jokes.
   b. Questions; answers; a logical way of looking at things.
   c. Concern for others; a lot of caring.
   d. The planning; a sense of security; a good standard.

4. I like to...
   a. Act on a moment’s notice; do risky things.
   b. Provide answers or give thought to people’s questions.
   c. Help maintain scenes of harmony and togetherness.
The 4 True Colors

• **Blue:** Relationship Oriented

• **Gold:** Structure Oriented

• **Green:** Cognitive Oriented

• **Orange:** Impulse Oriented
BLUES

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
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
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, Perfectionistic

I value intelligence, insight, fairness, and justice
Abstract, Hypothetical, Investigative

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

Things that Frustrate Blues:
- Lying
- Violence
- Personal rejection
- Lack of communication
- Lack of close friends
- Sarcasm

Things Blues Do to Frustrate Others:
- Lack of planning
- Being passive
- Avoiding conflict
- Suppressing problems
- Being too generous
- Being overly sentimental
Gold Personality

Things that Frustrate Golds:
- Irresponsibility
- Lack of planning
- Lack of discipline
- Laziness
- High risk taking

Things Golds Do to Frustrate Others:
- Control freak
- Being bossy and controlling
- Working long hours
- Being obsessive
- Being judgmental
Green Personality

Things that Frustrate Greens:
- Routine
- Small-talk
- Plagiarism
- Illogical arguments
- Social functions
- Incompetence

Things Greens Do to Frustrate Others:
- Not being sociable
- Living in the future
- Being wordy
- Blowing up when criticized
- Not going with the flow
- Being too independent
Orange Personality

Things that Frustrate Oranges:
- Rules and laws
- Same routine
- Deadlines
- Paperwork
- Lack of adventure
- Too much structure

Things Oranges Do to Frustrate Others:
- Ignoring rules
- Being undisciplined
- Lack of planning
- Being quick-tempered
- Thinking out loud
- Impulse buying
Activity

Let’s go on a road trip!
Group Processing

• What are the needs of your primary color?
• What frustrates you about other colors?
• What frustrates you about your color?
• What does your color give to this group?
Connect with us!

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