### **True Colors Word Sort**

Describe Yourself: In the boxes below are groups of word clusters printed <u>horizontally</u> in rows. Look at all the choices in the first box (A,B,C,D). Read the words and describe **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 row of four letter choices, ranked from "4" (most like you) to "1" (least like you). Continue this process with the remaining four rows until you end you with five horizontal rows that each have a 4,3,2 and 1.

Row One A Active Opportunistic Spontaneous	B parental traditional responsible	Cauthentic harmonious compassionate	Dversatile inventive competent
Row Two E Curious Conceptual Knowledgeable	Funique empathetic communicative	G practical sensible dependable	H competitive impetuous impactful
Row Three I Loyal Conservative Organized	Jdevoted warm poetic	Krealistic open-minded adventuresome	Ltheoretical seeking ingenious
Row Four M Concerned Procedural Cooperative	N daring impulsive fun	Otender inspirational dramatic	Pdetermined complex composed
Row Five Q Philosophical Principled Rational	Rvivacious affectionate sympathetic	Sexciting courageous skillful	Torderly conventional caring

Group 1	Group 2	Group 3	Group 4
A	В	C	D
H	G	F	E
K		J	L
N	M	0	P
S	T	R	Q
Total	Total	Total	Total

True Colors	
Gold Orange Blue Green	
True Colors	
True Colors is an inventory designed to help you	
better understand yourself and others.  True Colors is an activity used to promote the	
<ul><li>appreciation of individual differences</li><li>True Colors is a self-awareness activity enabling</li></ul>	
individuals to become aware of their personality styles	
True Colors is a team-builder helping members to understand the preferred styles of their	
colleagues.	
True Colors	
<ul><li>Each color is reflective of your personality.</li><li>You will identify a primary and secondary</li></ul>	
color. These are your preferred styles.  • The colors you do not choose will have some	
characteristics that are representative of you;	
<ul><li>however, it is not your preferred style.</li><li>True Colors is valuable for improving your</li></ul>	
effectiveness in working with others.	
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### Take the Assessment

- Rank the word clusters from 1 to 4
  - 4-Most like you, 1-Least like you
- Once you have them ranked turn the sheet over and place the number with the corresponding letter.
  - If you put a 1 on row 1 (A), place that 1 on the back next to the A.
- Total all your columns and see which has the highest number, that is your color

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- Gold "Be Prepared"
- Green "Why?"
- · Orange "Just do it"
- Blue "How does that make you feel?"

## How is this Applicable to PB?

- · How we work with each other
- How we communicate with each other
- Office time
- Events
- Any others?


### True Colors: Attributes Gold

- · Loves to plan
- · Detail Oriented
- Service Oriented
- · Values family traditions
- · Helpful and trustworthy
- · Conservative and stable
- · Never breaks the speed limit
- Strives for a sense of security
- Punctual predictable, precise
- · Duty, loyalty, useful responsible
- · There is a right way to do everything



### True Colors: Attributes

### Orange

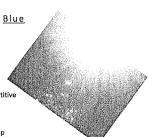
- Playful
- Energetic
- Charming Risk taker
- Tests limits
- Quick witted

- Master negotiator Creative, inventive Impulsive and spontaneous
- Natural entertainer
- Likes tangible rewards
- Appreciate immediate feedback

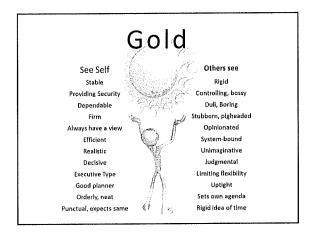


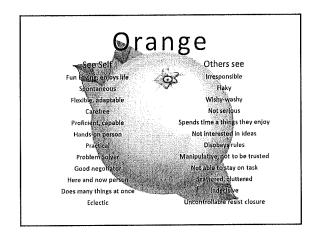
### True Colors: Attributes

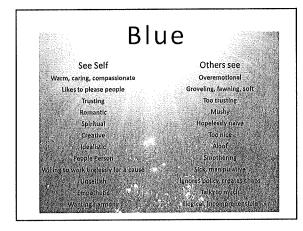
- Mediators
- Optimistic
- Caretakers Passionate
- Peacemakers
- True Romantic
- Cause oriented
- Cooperative rather than competitive
- Need to feel special Always has a kind word Strong sense of spirituality
- Peace, harmony and relationship Motivate and encourage others

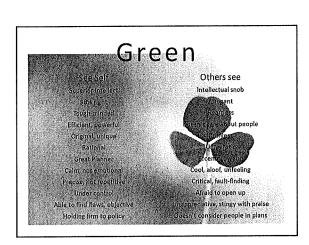


# True Colors: Attributes Green Intellectual Theoretical Idea people Philosophical Very complex Perfectionists Standard setters Visionaries, futurists Can never know enough Conl, calm, collected Work is play, play is work Often not in the mainstream Abstract, conceptual, global Need for independence and private time









# Blue: Love to talk Tend to be direct and hones Talk about how they feel Avoid Issues that might end up in conflict Ramble and get off the subject Pay attention to non-verbal communication Orange: Say just the right things Dominate what is being sald Get right to the point Make decisions quickly Create energy or excitement Focus on results Green: Tend to rely on the facts Ask many questions Say things only once Avoid small talk Argue both sides of any issue Worry that they are not being understood Cut the small talk Want to keep the conversation in order Talk about responsibilities Focus on how efficient things are Want to follow an agenda or plan

		7
True Colors: o	conversations y they will understand you should	
Blue: Relate what you are saying to feelings Avoid open criticism Put peoples needs ahead of procedures Be honest and genuine Leave room for input and questions Keep your promises	Green: Use clear and precise language Use logic in support of your decision Get right to the point Keep the conversation relevant Ask meaningful questions Talk about possibilities	
Orange: Cut to the heart of a problem Sive them the straight stuff Se bold and say what is on your mind Focus on action Talk about results Keep the conversation lively	Gold: Give straightforward direction Use references to the past and tradition Not get sidetracked Keep conversation in order Follow an agenda Talk about responsibilities	
	·	
True Colors: Pr	roblem Solving	
Slue: tow much do I care about what I gain or ose in each alternative? What are the values involved? tow will people concerned react to the outcome? Who is committed to carry out the solution?	Green: What are the pros and cons? What are the logical consequences? What is the consequence of not acting?	
Orange: What are the possibilities? What other ways are there to solve the problem? What does the data imply? What does the data imply? facts?	Gold: What are the facts? What exactly is the situation? What been done? What has been done? What am I an others doing?	
True Colors: Capt	cure their interest	
Due: Provide opportunities for social contact Offer a clear outline of expectations Offer opportunities to do things that are restive Provide a way for them to express feelings Sive Individual attention to them Provide them with opportunities to please		
Orange: Wake assignments short-term and challenging Sive them the opportunity to show eleverness Provide hands-on activities occus on immediate needs and issues	Gold: Allow them to display their leadership ability Have them organize others Maintain stability, consistency and rules Clarify expectations Provide consistent feedback	

# Blue: Reassure them of their self-worth Recognize their accomplishments Accept who they are Provide a harmonious environment Orange: Provide frequent change Challenge their imagination Gold: Provide requent change Challenge their length and specific feedback Establish clear rules and regulations Provide concrete rewards for success

# BLUE

I NEED TO FEEL UNIQUE AND AUTHENTIC

Enthusiastic Sympathetic Personal

I LOOK FOR MEANING AND SIGNIFICANCE IN MY 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, AND A NURTURER

WORK: I have a strong desire to influence others so they may lead more significant lives.

I often work in the arts, communication, education, and helping profession.

I am adept at motivating and interacting with others.

LEADERSHIP: Expects others to express views

Assumes "family spirit"

Works to develop others potential

Individuals oriented

Democratic, unstructured approach Encourages change via human potential

STRESS: Attention-getting misbehaving

Lying to save face

Withdrawal

Fantasy, day-dreaming, and trancing out

Crying and depression Passive resistance Yelling and screaming

 $\ensuremath{\mathsf{JOYS}}\xspace$  . Romance, hugs, acceptance, helping others, sharing

NEEDS: Understanding, security, sensitivity, support

STRENGTHS: Communication, optimism, compassion, giving FRUSTRATIONS: Disharmony, injustice, conflict, disorder

VALUES: Honesty, friendship, trust, faith, empathy

FAMOUS BLUES: Mozart President Bill Clinton

Cinderella Mohammad Ali

Ghandi Martin Luther King, Jr.
Emily Dickenson Dorothy (Wizard of Oz)

### I FOLLOW THE 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 TO BELONG

Faithful Stable Organized

I VALUE HOME, FAMILY AND TRADITION

Caring Concerned Concrete

I AM A NATURAL PRESERVER, A GOOD CITIZEN AND HELPFUL

WORK:

I provide stability and can maintain organization

My ability to handle details and to work hard make me the backbone of many organizations I believe that work comes before play, even if I must work overtime to complete the task

LEADERSHIP:

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

STRESS:

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

IOYS: Home, order, tidy, organized, achievement NEEDS: stability, consistency, order, respect

STRENGTHS: loyal, structured, reliable, responsible

FRUSTRATIONS: inefficiency, slobs, procrastinators, change, lack of control

VALUES: punctuality, family, quality, honesty

FAMOUS GOLDS: Harry Truman

Luci (Peanuts)

Joan Rivers

Mr. Rogers

Santa Claus

Gerald Ford

George Washington

Nancy Reagan

## GREEN

### I SEEK KNOWLEDGE AND UNDERSTANDING

Analytical Global Conceptual LLIVE 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

WORK: I am concer

I am conceptual and an independent. For me, work is play

I am drawn to constant challenge in careers, and like to develop models and explore ideas

Once I have perfected an idea, I prefer to move on, leaving the project to be maintained by others

LEADER SHIP:

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

STRESS:

Indecisiveness

Refusal to comply or cooperate Extreme aloofness and withdrawal

Snobbish, put-down remarks, and sarcasm

Refusal to communicate

Perfectionism due to severe performance anxiety

JOYS: high achievement, recognition, challenge of possibilities, big picture process

NEEDS: autonomy, accuracy, closure, space

STRENGTHS: confidence, persistent, insightful, inventive

FRUSTRATIONS: noise, unfairness, control, boxed

VALUES: logic, detail, freedom, information

FAMOUS GREENS: Socrates

Abe Lincoln

Frank Lloyd Wright

Madame Curie

Thomas Edison

Dwight Eisenhower

Sherlock Holmes

Eleanor Roosevelt

# ORANGE

### LACT 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

WORK: I am bored and restless with jobs that are routine and structured

I am satisfied in careers that allow me independence and freedom

I view any kind of tool as an extension of myself

I am a natural performer

LEADERSHIP: Expects quick action

Assumes flexibility

Works in the here and now

Performance oriented Flexible approach Welcomes change

Expects people to "make it fun"

STRESS: Rudeness and Defiance

Breaking the rules intentionally Running away and dropping out

Acting our boisterously Lying and cheating Physical aggressiveness

IOYS: people, adventure, thrills, life, success

NEEDS: freedom, expression, challenge, stimulation STRENGTHS: independence, humor, adaptable, leaders

FRUSTRATIONS: interruptions, deadlines, criticism, nagging, lies

VALUES: integrity, optimism, risk taking, interaction

FAMOUS ORANGES: JFK Amelia Earhart

Charlie Brown Garfield

Ernest Hemmingway Teddy Roosevelt

Winston Churchill Lucille Ball

### BLUE

### **BLUE ATTRIBUTES**

Mediators
Optimistic
Always has a kind word
Caretakers
Passionate
Peacemakers
True Romantic
Cause oriented
Strong sense of spirituality
Peace, harmony and relationship
Motivate and encourage others

### BLUE MAY SEE SELF AS: OTHERS MAY SEE BLUE AS:

Over-emotional cool, aloof, unfeeling **Affirming** Warm "Bleeding Heart" Too trusting Expressive, expansive Caring Mushy Smothering Compassionate Caretaker Teaching non-essentials Other-worldly Promoting growth Romantic Slick, manipulative Flaky Spiritual Social interaction expert Hopelessly naïve Ignores policy Creative Idealistic Talks to much Easily duped Empathetic Likes to please

### **GREEN**

### **GREEN ATTRIBUTES**

"Should I be able to"

"Why?"

Can never know enough
Intellectual

Cool, calm, collected

Work is play, play is work
Idea People

Philosophical

Visionaries, futurists

Can never know enough

Cool, calm, collected

Work is play, play is work

Often not in the mainstream

Abstract, Conceptual, Global

Very complex Need for independence and private time
Perfectionists Explores all facets before making decisions

Standard setters Can spell and pronounce big words

### GREEN MAY SEE SELF AS: OTHERS MAY SEE GREEN AS:

Superior Intellect Calm Intellectual Snob Cool, aloof, unfeeling 98% right Under control Arrogant Afraid to open up Tough-minded Precise Heartless Ruthless

Tough-ininded Precise Treatiless Natifices

Efficient Able to find flaws Unrealistic Not on my side

Powerful Creative Eccentric Weird

Rational Seeking justice Unfair Unappreciative

### **GOLD**

### **GOLD ATTRIBUTES**

Strives for a sense of security "Be Prepared" Punctual, predictable, precise Loves to plan Value order and the status quo Detail oriented Duty, Loyalty, useful, responsible Service oriented There is a right way to do everything Values family traditions Tends to be left-brained and analytical Helpful and trustworthy Strong belief in policies, procedures, rules Conservative and stable "Shoulds" and "Shoulds not" Most comfortable with format environment

Never breaks the speed limit

### **GOLD MAY SEE SELF AS:**

### OTHERS MAY SEE GOLD AS:

Stable Executive type Rigid Limiting flexibility Dependable Controlling Uptight Providing security Sets own agenda Always have a view Dull, boring Firm Stubborn Predictable Efficient Realistic

Decisive Executive type Opinionated Rigid idea of time
Good Planner Orderly, neat System-bound End justifies the means

Organized Punctual Unimaginative Limited

Realistic Finish what I started Judgmental

### ORANGE

### **ORANGE ATTRIBUTES**

Playful "Let's Make a deal"
Energetic Natural Entertainer
Charming High Need for mobility
Risk Taker Visual and kinesthetic
"Just do it" Pushes the limits

Tests limits Natural Non-conformist
Quick Witted Thrives on competition
Master Negotiator Likes tangible rewards
Creative, Inventive External locus of control

Impulsive Appreciates immediate feedback

### **ORANGE MAY SEE SELF AS:**

### OTHERS MAY SEE ORANGE AS:

Irresponsible Manipulative Fun Loving Enjoys Life Wishy-washy Here and now person Flaky **Spontaneous** Cluttered Flexible, adaptable Do many things at once Scattered Uncontrollable Carefree Eclectic Not serious Proficient Can deal with chaos Indecisive Disobeys rules

Problem solver Curious

### **HOW COLORS SPEAK**

BLUE

In conversations with others, Blues:

Love to talk

Tend to be direct and honest Talk about how they feel Voice appreciation to others

Avoid issues that might end in conflict

Are verbally expressive and outgoing

Ramble and get off the subject

Are willing to talk about anything and everything Wander from idea to idea

Prefer dealing with people concerns, not facts

Are very sympathetic

Pay attention to nonverbal communication

Personalize the situation

Try to be helpful

**GREEN** 

In conversations with others, Greens:

Tend to rely on the facts

Ask many questions Say things only once Avoid small talk

Take a long time to make up their mind

Argue both sides of an issue

Use large vocabulary

Take a logical approach

Worry they are not understood

State things in overly technical terms

Are unaware of nonverbal cues

Appear to be indecisive

**ORANGE** 

In conversations with others, Oranges:

Say just the right thing

Use language as a tool to make their point

Dominate what is being said

Cut in on others

Get right to the point Make decisions quickly

Want to know what has been done already

Want to get on with things

Want to limit the conversations to the basics

Argue for argument sake

Create energy and excitement

Focus on results

**GOLD** 

In conversations with others, Golds:

Use clear and precise language

Get right to the point

Reach conclusions quickly

Do not want to get sidetracked

Want to keep the conversation in order

Want to follow an agenda or plan

Establish goals for follow-up

Focus on things that need to be done

Talk about responsibilities

Talk about fulfilling duties

Focus on how efficient things are

Cut the small talk

### HOW TO SPEAK TO COLORS

**BLUE** 

In order to speak to a blue in a way they will understand, you should:

Relate what you are saying to feelings

Avoid open criticism

Put peoples needs ahead of procedures

Use references to how it will help others

Be honest and genuine

Refrain from relying on facts to make your point

Leave room for input and questions

Ask the person how they feel about the issue

Reassure them through body language

Keep your promises

Recognize their creativity

Talk about the importance of enthusiasm

**GREEN** 

In order to speak to a green in a way they

will understand, you should:

Use clear and precise language

Use logic in support of your decision

Get right to the point

Use proven references and facts

Be honest

Be willing to debate issues without emotion

Keep the conversation relevant

Ask meaningful questions

Talk about actual data/accomplishments

Show sincere appreciation for their ideas

Talk about possibilities

Avoid talking about feelings

**ORANGE** 

In order to speak to an orange in a way they

will understand, you should:

Cut to the heart of a problem

Give them the straight stuff

Talk about how to do things

Use references to past experiences

Be honest

Be bold and say what is on your mind

Keep the conversation lively

Talk about getting things done now

Praise them for the things they do

Focus on action

Talk about results

Talk about how they can get things done

**GOLD** 

In order to speak to a gold in a way they

will understand, you should:

Use clear and precise language

Give straightforward direction

Get right to the point

Use references to the past and tradition

Be honest

Not get sidetracked

Keep the conversation in order

Follow and agenda or plan

Talk about actual accomplishments

Show sincere appreciation for what they do

Talk about responsibilities

Talk about how they can keep things going

### CAPTURING THEIR INTEREST

How to capture the interest of each color—tips for ensuring they are invested

### **BLUE**

Provide opportunities for social contact
Offer a clear outline of expectations
Offer opportunities to do things that are creative
Provide a way for them to express feelings
Create opportunities for personal growth
Introduce changes from the usual routine
Give individual attention to them
Provide opportunities for them to please you

### **GREEN**

Ask them for information

Pose problems and allow them to solve the problems independently

Provide opportunities for them to build and display competency

Request explanations or additional insights into a topic being studied

### **ORANGE**

Make assignments short-term and challenging
Give them the opportunity to show cleverness
Focus on immediate needs and issues
Include art projects and dramatizations
Use games and create a competitive atmosphere
Provide opportunities for them to present work to others or "show off" in other ways
Provide hands-on activities
Make it clear what is going to be gained by doing what needs to be done

### **GOLD**

Allow them to display leadership ability
Have them organize others
Let them set up schedules for goal accomplishment
Maintain stability, consistency, rules, and predictability
Provide an atmosphere of hard work
Clarify expectations
Provide consistent feedback

### **ENERGY**

### Recognizing when you are worn out and ways to re-energize or enhance each color

### Signs you are worn out:

### **BLUE**

Fantasizing and daydreaming
Doing anything to get attention

Lying to save face

Withdrawing so others will feel sorry for you

Crying, pouting

Showing passive resistance

Yelling and screaming

Fishing for compliments

### **ORANGE**

Becoming rude

Breaking the rules for spite

Lying or cheating to control the situation

Running away

Using drugs or alcohol Acting out boisterously

Becoming physically aggressive

### **GREEN**

Becoming overly indecisive

Refusing to cooperate with others

Becoming more aloof or withdrawn

Putting others down, using sarcasm

Refusing to communicate

Becoming highly critical

Turning a cold shoulder to others

Demanding unreasonable perfection

### **GOLD**

Complaining

Wallowing in self-pity

Worrying

Complaining of psychosomatic problems

Blindly following the letter of the law

Becoming overly authoritative

Feeling a lot of anxiety or stress

### To re-energize

### **BLUE**

Reassure them of their self-worth

Recognize their accomplishments

Provide opportunities for them to:

Demonstrate their creativity Help others

Please those in authority

Motivate the group

### **GREEN**

Provide feedback on the quality of their work
Provide assistance in choosing achievable tasks

Provide opportunities for them to:

Learn and build competence

**Build logical processes** 

Display their competence

**Explore options** 

### **ORANGE**

Provide frequent change

Challenge their imagination

Provide opportunities for them to:

Express themselves

Act quickly

Defy risk

Use their intuition

### **GOLD**

Provide consistency

Establish clear rules and regulations

Provide opportunities for them to:

Display responsibility

Be of service to others

Demonstrate leadership

Organize things or people

### IMPROVING TEAM PERFORMANCE...

### OF A GREEN BY:

Assigning projects which require analytical thinking and problem soling

Discussing your "big picture" with them

Eliciting their universal outlook in inspiring them with futuristic ideas and potentialities

Respecting their inclination to go beyond the established rules of the system

Allowing them the freedom to improve the system

Taking their ideas to the next step and encouraging them to think independently

Praising their inventiveness and their ingenuity

Understanding their need to avoid redundancy and repetitive tasks

Recognizing and appreciating their competence in the job

### OF A GOLD BY:

Assigning work with requires detailed planning and careful follow-through

Defining the task sin clear and concrete terms

Being punctual and reliable

Proving a well-structured, stable work environment and by avoiding abrupt changes

Giving standard rules and regulations and setting a good example

Sharing in the responsibilities and duties of the work place and by taking the work ethic seriously

Praising their neatness, organizational capabilities and efficiency

Giving feedback every step of the way on any project to reassure them that they are on the right track

Recognizing their need to be straightforward, dependable, responsible, and business minded

Giving tangible recognition for their work

### OF AN ORANGE BY:

Assigning projects which are action-packed and which require a hands-on approach

Providing opportunities to be skillful and adventurous

Using their natural abilities as a negotiator

Allowing them the freedom to do the job in their own style and in non-traditional ways

Keeping a good sense of humor and avoiding boredom while on the job

Encouraging them to use their gifts of originality and flair

Providing opportunities for job competition

Allowing freedom of movement and understanding their preference for action over words

Praising their performance and skillfulness while on the job

### O F A BLUE BY:

Creating a warm and personal working atmosphere

Interacting as much as possible with openness and honesty

Establishing a harmonious working environment and avoiding conflict and hostility

Showing your support, caring, and appreciation by offering a touch, a hug or a hand-shake

Allowing them t he freedom to express feelings and the time to heal emotional wounds

Making use of their natural gifts for communication, nurturing, and people oriented ideas

Praising their imaginative and creative approach to the job

Providing them with one on one feedback