

Your Personal Style

Part I: Describe Yourself

Below are several rows of word groups. Working one **row** at a time, **rank** each word group in the boxes using a “4” for the group most like you down to a “1” for the word group least like you. (Score words across.)

Active Opportunistic Spontaneous		Parental Traditional Responsible		Authentic Harmonious Compassionate		Versatile Inventive Competent	
Competitive Impetuous Impactful		Practical Sensible Dependable		Unique Empathetic Communicative		Curious Conceptual Knowledgeable	
Realistic Open-minded Adventuresome		Loyal Conservative Organized		Devoted Warm Poetic		Theoretical Seeking Ingenious	
Daring Impulsive Fun		Concerned Procedural Cooperative		Tender Inspirational Dramatic		Determined Complex Composed	
Exciting Courageous Skillful		Orderly Conventional Caring		Vivacious Affectionate Sympathetic		Philosophical Principled Rational	
Total Orange		Total Gold		Total Blue		Total Green	

Part II: Your Personal Style Preferences

Brightest color: _____

My brightest color is shaded with: _____

And with: _____

In Esteem vs Extreme Characteristics

BLUE

IN ESTEEM

- Appreciates everything and everyone
- Behaves with honesty and integrity
- Likes teamwork & communicates easily
- Creates things to make life better
- Contagiously enthusiastic & expresses feelings
- Is cooperative & encourages others
- Is calm and strives for peace & harmony

Attack of the Extremes

- Attention-getting misbehavior
- Lying to “save face”
- Withdraws
- Fantasizes & day dreams excessively
- Cries often and appears depressed
- Behaves in passive, resistant ways
- Expresses emotion by yelling & screaming

GOLD

IN ESTEEM

- Task and structure focused
- Serious attitude
- Likes to do things to help
- Direct but cautious
- Cooperative & obedient to rules
- Respects authority
- Dependable and reliable

Attack of the Extremes

- Complains & behaves with self-pity
- Exhibits anxiety and worry
- Is depressed and acts fatigued
- Malicious in judgment of self and others
- Exhibits “blind herd” mentality
- Authoritarian manner

GREEN

IN ESTEEM

- Questions and explores ideas
- Considers others ideas
- Works independently
- Pleasant but not very social
- Thrives on own work and ingenuity
- Strives for improvement
- Has high expectations

Attack of the Extremes

- Behaves indecisively
- Refuses to comply or cooperate
- Extreme aloofness and withdrawal
- “Snobbish” put-downs & sarcastic remarks
- Refusal to communicate, the silent treatment
- Highly critical attitudes toward self & others

ORANGE

IN ESTEEM

- Acts boldly and is direct
- Risk-taking behavior
- Acts impulsively & spontaneously
- Seeks adventure
- Wants “hands-on” activities
- Assertive and to the point
- Extremely physical

Attack of the Extremes

- Acts rude and with defiance
- Breaks the rules on purpose
- Runs away, drops out
- Involved with drugs
- Acts out boisterously
- Lying and cheating behavior
- Violent Behavior

Champion Color Strengths

GOLD

- Responsible, Orderly and Structured
- Practicality, sensibility, accountability
- Strength is duty. Value order and cherish traditions of home and family. You provide for and support the structure of society.
- Steadfastness and loyalty are your trademarks.

Seek to:

- Maintain stability
- Organize
- Embrace home and family
- Foster dignity and culture
- Earn their way

GREEN

- Curious, Persistent and Analytical
- Express yourself firmly and consistently
- Strength is knowledge. Feel best about yourself when solving problems and having your ideas recognized. Complex individualist with great analytical ability.

Seek to:

- Explore ideas
- Acquire wisdom and knowledge
- Hold in emotions
- Gather information
- Be a perfectionist

ORANGE

- Energy, Adventure and Excitement
- Possess the will to win, to achieve, and be successful. Strength is skillfulness.
- Need freedom to take immediate action.
- A zest for life and desire to test the limits
- Master negotiator. Adventurous is your middle name. Prefer a hands-on approach to problem solving.

Seek to:

- Experience life
- Participate in sports
- Take risk
- Entertain
- Test the limits

BLUE

- Harmony, Calmness, and Compassion
- Seek balance, harmony, & understanding in your life.
- Strength is authenticity. Enjoy close relationships with those you love & possess a strong spirituality in your nature.
- Making a difference in the world is easy for you because you cultivate the potential in yourself and in others.

Seek to:

- Make a difference
- Belong
- Empathize
- Cultivate potentials
- Add significance

Factors Creating Stress

BLUE

- Broken Promises
- Too much negative criticism
- People talking about them behind their back
- Not discussing what is occurring
- Completing paperwork as a priority
- Clock-watching
- Conflicts
- Lying
- Rejection
- Lack of social contact
- Being constantly compared to other people
- Too much conforming

GOLD

- Incomplete task
- Ambiguous task
- Ambiguous answers
- Disorganization
- Too many things going on at the same time
- Too many things going on at the same time
- People who do not follow through
- Irresponsibility of others
- Waste
- Non-conformity
- Changing detail
- A haphazard attitude

GREEN

- Lack of control
- Lack of independence
- Elaborate use of adjectives
- Incompetence
- Emotional display
- Lack of options
- Inability to use or to display knowledge
- Small talk
- Routine
- Social functions
- Subjective judgment

ORANGE

- Too much responsibility
- Redundancy
- Deadlines
- Rules and regulations
- Being stuck at a desk
- Non-negotiable and imposed structure
- Requirements to read manuals and follow “how-to” directions
- Too much attention to product and not enough to performance or results
- Criticism
- Abstraction

Student Color Strength Characteristics

GOLD

LEARNING MOTIVATORS

- Do their best when the course content is structured and clearly defined
- Want to know when they are on the right track
- Are greatly helped by rules and directions
- Thrive on routine and orderliness

CLASSROOM ATMOSPHERE

Structured
Tasks clearly stated
Organized
Clear expectations

GREEN

LEARNING MOTIVATORS

- Perform best when exposed to the driving force or overall theory behind a subject
- Prefer to work independently
- Aroused by new ideas and concepts, and enjoy interpreting them before adding them to their bank of knowledge
- Need to be challenged
- Like to be recognized and appreciated for their competence in a subject

CLASSROOM ATMOSPHERE

Academically demanding
Encouragement to learn more
Energetic programs

ORANGE

LEARNING MOTIVATORS

- Perform well in competition, especially when there is a lot of action
- Love games and “hands-on” activities
- Love fun and excitement
- Have difficulty with routine or structured presentations
- Receive a kick out of putting what they have learned to immediate use
- Perform best when they can apply skills learned in school to the real life situations
- Learn by doing

CLASSROOM ATMOSPHERE

Spontaneous
Animated, active
Humorous, Interactive
Minimal lecture, Friendly

BLUE

LEARNING MOTIVATORS

- Feel best in an open, interactive atmosphere
- Like to feel that their teachers really care about them and that they give the class a personal touch
- Appreciate supportive attention and feedback
- Thrive in a “humanistic” people-oriented environment
- “Turn-off” when conflicts arise and flourish in an atmosphere of cooperation
- Important that teachers value and respect their feelings

CLASSROOM ATMOSPHERE

Warm, Relaxed
Creative, Flexible
Personal, Caring, Happy
Discussion-oriented
Freedom to experiment

Teacher Values by Color Strengths

BLUE

- Being able to relate to students on a personal level
- Giving help to students (academic and social)
- A “good feeling tone” in the classroom
- The esteem of all those in the class
- Harmony
- Understanding
- People-oriented concepts and activities
- Influencing others for their “good”
- Cooperative learning
- Imagination and creativity
- Success for everyone

ORANGE

- Spontaneity
- Creativity
- The unusual and out-of-the-ordinary
- Hands-on activities
- Concrete materials
- Immediate results
- Short-term goals
- Energy, vitality, movement
- Physical activity
- Cleverness
- Attention
- Skills

GREEN

- Freedom
- Independent thought
- Mental activity
- Individuality
- Ingenuity
- Self-control
- Competence
- Subject- or knowledge-oriented classroom activities
- Independent study and projects
- Inquiry and discovery methods of instruction
- Future outcomes

GOLD

- Student achievement and performance
- Proper student behavior
- Lack of classroom disruptions
- Student punctuality
- Classroom rules established and obeyed
- Organization and structure
- Tradition
- Lecture method of delivering instruction
- Subject-oriented classroom activities
- Exactness
- Hard work
- Long-term goals