



Discover your 'Colour Order'. Initially choose your colour orders based on the 'cards' below. Then, read the overviews on the next page to fine tune if needed.

Which set of words describes your personality best? Then second, third and least?

Cautious
Precise
Deliberate
Questioning
Formal
Analytical

T
H
I
N
K
I
N
G

Competitive
Demanding
Determined
Strong-willed
Purposeful
Driver

INTROVERT

EXTRAVERT

Caring
Encouraging
Sharing
Patient
Relaxed
Amiable

F
E
E
L
I
N
G

Sociable
Dynamic
Demonstrative
Enthusiastic
Persuasive
Expressive

Write your chosen colour order here (i.e. YRGB) _ _ _ _

Colour Style overviews.

Use this to fine tune your colour order choice – and as a reference throughout the Yoo Course

Strengths:

Detailed & thorough
Air of competence
Asks penetrating questions

Possible weaknesses:

Difficult to get to know at first
Over-critical
Overlooks others' feelings
Focuses on minor details

You need to:

Explain things logically, give plenty of detail
Have time to reflect before responding

You need others to:

Be objective & provide facts and details
Be rational and logical

You do NOT need or appreciate:

Too much closeness or physical contact
Flippancy or haste

Stress might lead you to:

Require nit-picking detail
Become aloof and withdrawn
Expect perfection in all things

Strengths:

Building deep, long-term relationships
Listening with sincerity
Reliability

Possible weaknesses:

Slow to adapt to change
Difficulty making an immediate decision
Avoidance of conflict & stubbornness

You need to:

To work at your own pace and consider others in your decision making
Time to reflect before giving an opinion

You need others to:

Be patient
Show that they are being supportive
Take things slowly and steadily

You do NOT need or appreciate:

Directness
Being pushed into quick decisions
Showing too much enthusiasm

Stress might lead you to:

Silence, withdrawal or dig your heels in
Worry lots and doubt yourself

Strengths:

Decisiveness & Determination
Focus
Action-orientation

Possible weaknesses:

Impatience & Pushing too hard
Not involving others in decisions
Lack of tact and diplomacy

You need to:

Know that the conversation is getting somewhere
Feel in control

You need others to:

Be direct and preferably brief
Focus on outcomes

You do NOT need or appreciate:

Hesitation and procrastination
Talking about feelings too much
Someone else taking over

Stress may lead you to:

Impatience or irritability
Aggression and make unreasonable demands

Strengths:

Quick to build relationships
Friendly and sociable
Adaptable & Imaginative

Possible weaknesses:

Lacking focus & too casual for some
Poor planning and follow up
Can lose interest easily

You need to:

Be friendly and sociable
Have fun
Enjoy other people's company

You need others to:

Recognise what you do and who you are
Be open flexible and friendly

You do NOT need or appreciate:

Excessive detail, which you find boring
Routine, which you will find restrictive
Being left to do things on your own

Stress might lead you to:

Over-react
Become petulant
Be excitable or behave in a frantic way