# KNOW YOUR TRUE COLORS

## SELF-REFLECTION

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# HELLO, FRIEND.

This worksheet is designed to help you take the ideas from this week's newsletter and apply them to your own life and business. There aren't any right or wrong answers here. This is ***just for you***.

Grab a cup of tea, find a quiet spot, and give yourself the space to reflect honestly.

The goal is simple: **know yourself better** so you **can lead better**.

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# Part 1: Your Color Spectrum

If you've taken the True Colors assessment, write your color order below.

_____

_____

If you haven't taken it yet, answer based on your gut instinct about which descriptions fit you best.

My brightest color: _____

My second color: _____

My third color: _____

My palest color: _____

# Part 2: Reflection Questions

**1.** What three words from your brightest color description feel most true to you?

_____

_____

**2.** Think about a recent conflict or frustration with someone on your team or in your life.

*What color do you think they lead with? How might their color explain their behavior?*

_____

_____

_____

**3.** Was there a color you were drawn to visually but that didn't end up being your brightest color?

*What does that gap tell you about the difference between what you admire and what comes naturally?*

_____

_____

**4**. What's one thing you've been criticizing in someone else that you could reframe as a strength?

_____

_____

**5.** Where does your palest color show up as a challenge in your business?

*What support could you put in place to fill that gap?*

_____

_____

_____

**6.** How do you naturally communicate?

*(Fast and direct? Warm and personal? Structured and detailed? Big-picture and conceptual?)*

_____

_____

*How might this style land differently with someone whose brightest color is different from yours?*

_____

_____

## Part 3: Action Steps

Write down one action you'll take this week based on what you've learned:

*For myself:*

_____

*For my team:*

_____

*For a specific relationship:*

_____

# A FINAL THOUGHT.

Knowing your personality style isn't about putting yourself in a box.

It's about understanding what **lights you up**, what **drains you**, and how to build a life and business that honors who you really are.

When you understand yourself at this level, you stop fighting against your nature and start **working with it.** And that's where the real magic happens.

**You're doing great. Keep going.**