

COLOUR AND YOU

worksheet

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What colour is your favourite?

How does this colour make you feel?

How do you incorporate this colour into your life? For example, have you bought a car in that colour, have you painted a room that colour or do you like to wear your favourite colour?

What colour is your least favourite and why?

Does this colour feature repeatedly, somewhere in your life? Think about whether you see it at work, at home or on the train.

Are there any colours you have been drawn to lately that you wouldn't normally like or notice?

If so, how does that colour make you feel?

Thinking about how different colours make you feel (green is balancing, blue is calming, red is confident and energising, orange sociable, yellow heightens your senses, violet is creative) do you feel you need more of a certain colour in your life?

How could you incorporate more of this colour into your life? List some ideas here:

What is one action you promise to take to include more of this colour into your life?

Knowing that we need the energy of different colours in our life at different times, don't forget to keep an eye on what colours you are being drawn to again in a few months time.