Personality DIMENSIONS®

Wellness Report

Prepared For: Sam P L Report (sample@clsr.ca)

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Contents

Your guide to the Personality Dimensions® Wellness Report



About this Report 3

Personality Dimensions® Results 4

Wellness Factors 5

Introversion/Extraversion 8

My Preferred Style 9

My Secondary Style 16

My Third Style 23

My Shadow / Least Preferred Style 30

Conclusion 37

Additional Resources 38

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About this Report

An overview of the Personality Dimensions® Wellness Report



Now may be the perfect time for you to discover more about yourself – your true, inner self – and embrace change. Finding balance in all aspects of our lives can mean making a few intentional lifestyle changes. It means different things to everyone and doesn't have to just be about completing a project or checking items off a 'to do' list.

Your Personality Dimensions® Wellness Report identifies which of the four different personality dimensions, or colours, best describes you – your personal colour spectrum – based on how you responded to the Personality Dimensions® assessment. Not only will you gain a better understanding of yourself, you will also be encouraged to add a strategic plan for Wellness, or self-care; one that's tailored to your colour preference, so that your body and mind are being refreshed, into your life. And remember, we are all a blend of the four colours so be sure to check out each section of this report to discover more about yourself.

Wellness is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity, according to the World Health Organization. It is about creating balance and well-being in our lives by looking at six factors: Physical, Social, Emotional, Intellectual, Spiritual and Work, for each of the dimensions. You will also find tips to help you find the balance that's right for you. And remember that setting boundaries and establishing a positive approach is a form of self-care that shows up in every aspect of your life.

The information on each of the other colours will also serve to increase your understanding of those who identify more strongly with a colour that is different from your own and help you gain an appreciation for them. Use this report as a reference to help you incorporate Wellness into all aspects of your life.

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Results

Your results from the Personality Dimension® assessment

Sam P L Report (sample@clsr.ca)
November 02, 2026

	Inquiring Green	Organized Gold	Authentic Blue	Resourceful Orange
Picture Cards	2	1	4	3
Life Values	3	1	4	2
At Work	1	2	4	3
In Relationships	4	3	1	2
In Communications	1	3	2	4
In Conflict	2	1	3	4
Traits & Characteristics	1	2	3	4
FINAL SCORE	14	13	21	22

Your highest score is your preferred style, your lowest score is your least preferred style.

My Preferred Style	My Secondary Style	My Third Style	My Shadow / Least Preferred Style
Resourceful Orange	Authentic Blue	Inquiring Green	Organized Gold

Extraversion | Introversion

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Wellness Factors

Balancing all aspects of yourself

When people think about wellness they often think about physical wellness – what you can do to eat better and exercise more. However, wellness is so much more than that. It is a holistic approach that help us strengthen and balance the physical, intellectual, spiritual, work, emotional, and social, parts of ourselves. The wellness wheel below was developed because experts in the field believe that creating balance in our lives is an important part of wellness.

If our wheel becomes unbalanced we are less likely to live our lives optimally and more likely to experience stress. For example, even though we might be balanced in most aspects of our life – if we are unhappy with just one facet we may have significant stress. Even though it is not always possible to be balanced in all aspects – we should at least work towards it.



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Physical

Physical wellness encompasses a variety of healthy behaviours including exercise, proper nutrition, and limiting the use of harmful substances. Doing some form of exercise helps keep the body strong, maintains endurance and often elevates our moods. Some people prefer a formal exercise program while others enjoy less structured activities such as hiking, running, and cycling. Having healthy eating habits, following a well-balanced diet, and maintaining your weight within healthy limits contributes to optimum health. Physical wellness also means using alcohol in moderation and abstaining from or limiting the use of tobacco, and recreational drugs.

Intellectual

Intellectual wellness involves keeping our minds stimulated and engaged. People who maintain their intellectual wellness continue to learn and grow throughout their lives. There are many ways to achieve wellness in this area. One way is through academic pursuits such as reading, learning a new language, taking a course, or being around people who are intellectually stimulating and who challenge our thinking. Keeping up to date on current affairs is another way of challenging our minds. Engaging our creative minds is another important factor in intellectual wellness. We can do this by becoming involved in artistic activities such as painting, singing, writing or by going to an art gallery or a concert. Learning practical skills such as gardening, cooking or carpentry is another way of stimulating our brain.

Spiritual

Spiritual wellness focuses on how we can stay in tune with our spiritual selves. Attaining spiritual wellness is a personal journey. Some define their spirituality through a specific religious faith and they live according to the religious values and morals of that faith. Others will find spiritual wellness by living according to their core purpose, living an ethical life, and/or identifying and living according to their values. Rewarding relationships with others can help some people meet their spiritual needs. For others, the beauty of nature helps them feel a sense of spiritual wellness. When people are clear about what spiritual wellness means to them it helps them find meaning in their lives and life events.

Work

Work wellness relates to many different aspects of our work life. Work can take many different forms such as paid work, volunteer work, work in the home, or at school. One of the most important aspects of this factor is finding work that we find interesting, fulfilling, and meaningful. When we find the right career “fit” for ourselves, it contributes to our overall sense of wellbeing. Another work wellness factor is maintaining work-life balance so that work does not overwhelm us and that we still have time outside of work to pursue activities that we enjoy and can spend time with our family and friends. Work wellness is also enhanced when we find ways to communicate with others at work and develop effective work relationships.

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Emotional

Emotional wellness refers to how effectively we manage and deal with our emotions. First, we need to be aware of our feelings and accept them as indicators of how we are experiencing life. It is important that we experience a wide range of emotions ranging from joy, happiness and excitement to anger, sadness, frustration, and fear. The next part of emotional awareness refers to how effectively we manage these emotions. Emotional health means that we can handle life's stressors and crisis in a win-win way. We need to have the skills to be assertive when it is appropriate and handle conflict effectively. We also need to be able to accept ourselves for who we really are and see our strengths as well as our challenges and be content with who we are. Part of emotional wellness is also being able to develop intimate and loving relationships with others.

Social

Social wellness refers to how effectively we nurture the important relationships in our lives. It involves building and maintaining meaningful friendships characterized by mutual trust and reciprocity. We have a reciprocal relationship when we can reach out to our friends when we are in need, and we will also be there to listen support and help them when they need us. It also involves nurturing the intimate relationships that we have in our lives with those that we share a deep bond with. Another aspect of social wellness involves having positive connections with people in our work environment. Finally, people who have strengths in this factor have the skills and confidence to behave appropriately in a variety of different social settings.

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Introversion & Extraversion

How do you get your energy?

An important element of the Personality Dimensions® system, critical for understanding ourselves and others, is our preference for Introversion or Extraversion. Introversion and Extraversion impacts all four colour preferences and play an important role in our interpersonal communications.

Most people think of an Introvert as a shy person and an Extravert as an outgoing, gregarious person. Personality theorist like Carl Jung, Isabel Myers and Katharine Briggs define Introversion and Extraversion as terms to describe where a person gets their energy.

Extraverts tend to seek their energy from the outside world. They thrive on being around people and interacting with them, and they direct their energy outwards in the form of action.

Introverts tend to seek their energy from within themselves. They need time alone to recharge their batteries and they direct their energy inwards in the form of reflection.

Extraverts	**Introverts**
Tend to think out loud	Tend to think inside their head
Express their thoughts and feelings	Keep thoughts and feelings to themselves
Tend to act first and then reflect; and might say something inappropriate	Tend to reflect and then act, sometimes missing an opportunity to share their ideas
Prefer to problem solve by talking it through with others	Prefer to problem solve by working through it on their own
Are seen as outgoing	Are seen as quiet and calm
Have a broad circle of friends	Have an intimate circle for friends
Tend to be energized after a day working with others	Tend to be energized after a day working on their own
Like to be active and tend to move at a faster pace	Don't need to be as active and enjoy a calmer pace
Tend to project a sense of enthusiasm and energy	Tend to project a sense of calmness and tranquility
Tend to demonstrate more spirited body language	Tend to demonstrate less animated body language

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Resourceful Orange



Needs and Values

Freedom is of ultimate importance to Resourceful Oranges – they want to live their lives the way they choose and they want control over how they accomplish their work. They value excitement and are generally close to the centre of action. For them, variety is the spice of life and they love change and unpredictability in both their personal and professional life. They take pride in developing their skills and abilities in their chosen endeavour and like to be recognized for their successes. They enjoy being challenged.

Strengths

Resourceful Oranges have many strengths. They are highly adaptable - they respond flexibly to change and are excellent in crisis situations. They are willing to take risks and fix mistakes as they occur. Effective problem solvers and trouble-shooters, their talent generally lies in their ability to come up with practical, realistic solutions. They are decisive and quick to act. They can be masterful negotiators and promoters because they have a natural instinct for opportunity, can think quickly, and present their ideas persuasively. Taking pride in being skillfully performers, they will work hard to perfect their technique in a chosen area – whether it is a sales pitch or a software application. They are generally light hearted and often bring a welcome sense of fun and playfulness to the work force.

Resourceful Oranges & Wellness

Resourceful Oranges tend to prefer an easy going approach to life. Because they like to live in the moment, they may not have a long-term plan in place when it comes to their overall wellbeing. They are more likely to do what feels right in the moment and may be prone to jump from one approach to another.

They do enjoy learning new things and practicing them until they master them. But once they have mastered something, they can become bored with it and they may be inclined to move on to something else.

Whatever wellness activities they decide to pursue, they must have an element of fun and if there is some competition involved all the better.

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Physical Wellness

Keeping our bodies healthy

The Resourceful Orange Approach

Resourceful Oranges have a tendency to live in the moment and therefore may not be as focused on their long term nutrition and fitness as some of the other dimensions.

When they do decide to focus on their nutrition they need a plan that will offer them lots of variety. They can become bored if their eating plan is too rigid and as a result they are not likely to stick with it long term. Additionally, if a Resourceful Orange is very stressed they may have a tendency to turn to unhealthy habits as a way of coping.

They do love to move and use their bodies, so when it comes to fitness they will often be involved in sports or physical activity of some kind. They need to have variety, so if they choose to play sport, they won't just choose one but will often pursue several different ones throughout the year. Because Resourceful Oranges tend to be natural risk takers, they are often attracted to the more extreme sports to get their adrenalin flowing. They have a competitive nature so if it is possible to make a contest out of their fitness they will enjoy it even more.

No matter what fitness and nutrition program Resourceful Oranges decide to embrace, they will definitely bring a lighthearted and fun approach to it.

How Introverts & Extraverts May Differ

When it comes to fitness the Introverted Resourceful Orange may be more inclined to take on challenges through the Internet or prefer small group activities. They are more likely to work one-on-one with a trainer rather than going to the gym and taking group classes. Regarding nutrition, they will want a plan that gives them variety, and may prefer to work on it on their own or with one or two people close to them.

The Extraverted Resourceful Orange is more likely to join a team or take a class for their fitness activities. They may enjoy playing competitive games with a group of like-minded people.

Challenges & Tips for Improvements

Because Resourceful Oranges live in the moment they may not be focused on long term results or health risks. This may be okay when they are younger but as they begin to age they will need to start taking their overall physical wellbeing more seriously.

Because they may get bored with any fitness and nutrition plan that is too regimented, they need to build in variety and fun into their plans. If they can add in a little competition, that is even better.

Resourceful Oranges have to be careful to ensure that whatever they choose does not frustrate them, because if it does they may take too many risks. For example, they might try extreme sports but not, in their haste, take all of the necessary precautions to be safe.

They also need to keep their stress levels in check because when they become overly stressed they may develop unhealthy habits as a way of dealing with it. The fact that they do enjoy movement and exercise should help lower their stress levels. However, it is important that they also focus on their nutrition as well as their physical activity level.

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Intellectual Wellness

Keeping our minds stimulated and engaged

The Resourceful Orange Approach

Resourceful Oranges are keen learners and they learn best by doing something and then adapting as they go along. Many Resourceful Oranges do not enjoy the rigid aspects of school because of the lack of freedom regarding what and how they learn. When left to their own devices they will turn their hand to many things and frequently be successful. When they find something they want to learn, they will often work day and night in order to master it. They learn best through a trial and error approach, learning from their mistakes and adapting as they go along.

They are willing to take risks that others are not, such as taking on a complex new job opportunity where they will use their ability to learn from mistakes, adapt in the moment and quickly change direction in order to be successful. They excel in crisis situations because they remain calm and use their practical problem-solving ability to manage the situation.

Resourceful Oranges are often drawn to creative activities, and can become gifted artists, writers, and musicians. They often develop their creativity by trying something new, seeing if it works and then adapting their technique. Their adventurous nature will give them many opportunities for learning, maybe taking on a new career, moving to a new town, or taking up a challenging sport. Their ability to learn from their mistakes and adapt to their surroundings will enable them to thrive in these situations. They believe that learning should be fun, and they will find ways to ensure that they enjoy themselves as they learn.

How Introverts & Extraverts May Differ

Resourceful Oranges often have different ways of meeting their intellectual needs based on whether they are Introverts or Extraverts. Introverts may prefer to learn and develop new skills on their own, either by trial and error, learning online, reading, or by watching another person. Extraverts are happy to attend classes where there is a lot of hands-on practice and will enjoy working in study groups to discuss ideas. They will also enjoy learning from others by watching them, trying things out, getting feedback, and then adapting their technique.

Challenges & Tips for Improvements

Resourceful Oranges may need to overcome some challenges in this area. One challenge is that because they are impatient with theory and semantics, they frequently shy away from taking formal courses. However, sometimes it is quicker and easier in the long run to take a course rather than learning by trial and error. It might make more sense to use a course or workshop as the basis of their learning and then build on that approach by using their ability to try things out and learn from their own experiences.

Another challenge that Resourceful Oranges face is that they get bored easily. When things are no longer fun, exciting, or stimulating, they have a tendency to move on too quickly, sometimes before they have reaped the benefits of their work. At times, it would be helpful for them to look at the big picture and ask themselves what they might gain and what the practical outcomes could be if they finish a workshop or course of study. They need to understand that if they experience a little boredom now, they might reap greater rewards in the future if they finish a course of study and get the diplomas or degrees associated with it.

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Spiritual Wellness

Staying in tune with our spiritual selves

The Resourceful Orange Approach

Resourceful Oranges tend to celebrate their spiritual lives in the world of everyday events and nature. Many feel most spiritual when they use their physical senses: seeing, hearing, touching, smelling and tasting to appreciate such activities as a hike, a swim, or a run. Because they are open to whatever happens in the moment they are also able to find the joy in everyday activities like a cup of coffee in a nice café, a chance encounter with a friend or raking the leaves on a sunny autumn day. They love to celebrate life's milestones such as birthdays, anniversaries, and religious holidays. As they have an optimistic outlook, they generally believe that their cup is "half full rather than half empty" and they are good at reminding others about the joys that life brings.

They may join a spiritual community as a practical way of setting aside time to focus on their own spiritual needs. However, they generally do not enjoy repetitive rituals, intellectual sermons or lengthy services. They often prefer more creative spiritual communities where there is interesting music, joyful singing, or a less traditional service. Indeed, they may think "outside of the box" in terms of meeting their spiritual needs by going on a walking pilgrimage or attending an outdoor service.

Resourceful Oranges will get some of their spiritual needs met by using their practical and creative skills to help others who are in trouble or when a disaster happens. If a neighbour is sick, they will be ready to provide meals, mow their lawns or drive them to the doctors. In an emergency, they will jump into action and help in whatever practical way they can.

How Introverts & Extraverts May Differ

As Extraverts gain energy from the world around them and enjoy being with people they are more likely to want to be with others in order to celebrate life's joys, to perform spiritually related activities or to help those in need. Introverts on the other hand will appreciate solitude for a time of contemplation and self-reflection. They might enjoy a solitary walk, studying or reading a book or having a discussion with a trusted friend. Some Introverted Resourceful Oranges meet their spiritual needs through the process of creation, by painting, writing, cooking or drama.

Challenges & Tips for Improvements

As Resourceful Oranges are drawn to and make the most of what is happening in the moment, they may not carve out enough time for their spiritual development. For them it might be useful to schedule some time to address their spiritual needs by putting aside time for meditation or attending a spiritual gathering.

They can be put off by routine, repetition and rituals as well as the lack of practical application in some spiritual services. As they believe in having some fun and enjoyment as often as possible, they can also feel alienated if they do not find like-minded people who do not take themselves too seriously. For Resourceful Oranges, it is worth taking the time to find a religious community where there is less routine, and more creativity used in get-togethers and a greater focus on practical ways to help others. They may also need to work to find people more like themselves who do not take life too seriously and have a bit of fun in their spiritual journey.

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Work Wellness



Finding fulfilling and meaningful work

The Resourceful Orange Approach

Resourceful Oranges tend to live in the moment, but they are often one step ahead of everyone else. As a result, they tend to be master negotiators. They can frequently see their opponent's next move before they make it. They are also very good at problem solving in the moment which makes them especially good in crisis situations. They are able to keep a level head when many of those around them may be panicking. Because of this they tend to shine in jobs where they need to think on their feet and make split second decisions. They enjoy working in fast paced environments that get their adrenaline flowing.

Resourceful Oranges' core need is freedom and because of this they don't tend to function well in an environment where there are a lot of rules and regulations. They need the freedom to do their job their own way.

The more change and variety that a job has the happier the Resourceful Orange will be.

How Introverts & Extraverts May Differ

Introverted Resourceful Oranges are more likely to be drawn to positions where they can work on their own or in a small group. Jobs in call centers where they never know what the next call will be and where they are talking to one person at a time can work well for them.

Extraverted Resourceful Oranges also like a fast pace, but they prefer to work as part of a team. For example, they might enjoy working as an emergency room doctor or in an advertising agency, pitching campaigns to clients.

In either case the environment needs to be fast paced or they will get bored.

Challenges & Tips for Improvements

Because Resourceful Oranges tend to focus on immediate details they can sometimes get lost in the weeds and as a result they may miss the bigger picture. It is sometimes useful for them to take a step back and look at the overall situation and not just focus on the small details.

If Resourceful Oranges don't get enough freedom, they may act out which can lead them into trouble. They need to find positions where they have enough autonomy and excitement to keep them engaged and not feel hemmed in.

If they are not happy, they need to stop and look at where they might use their strength and abilities more productively.

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Emotional Wellness

Effectively managing and dealing with our emotions

The Resourceful Orange Approach

Resourceful Oranges usually prefer an easy going approach to life and do not generally experience the emotional ups and downs that some of the other dimensions experience. They are the world's optimists and generally see the cup as "half full" rather than half empty. They believe that you should enjoy life as much as possible and they are excellent at finding joy in the moment and having fun when they can. Their belief that life should be fun and enjoyable and their active search for life's simple pleasures helps keep them emotionally even-keeled in the world at large.

When they do come across a situation that is aggravating, they generally use their excellent in-the-moment problem solving and trouble shooting skills to work around the situation. If they need to bend the rules a little or take a few risks to get to a better place, then they are okay with doing that.

What might cause an emotional reaction for Resourceful Oranges is if they believe that their freedom, or the freedom of others, has been taken away. For example, if they have a romantic partner or a boss who micromanages them, they may experience anger and unhappiness. However, they will not generally sit back and be a passive victim. Most Resourceful Oranges will have no problem being straight with the other person. If that does not work they will either adapt or use their creativity and practical problem-solving skills to work around the problem person or situation. This will help them get back to their fun-loving selves.

How Introverts & Extraverts May Differ

Introverts and Extraverts will usually handle their tough emotions differently. Introverts are more likely to internalize their emotions initially and work out for themselves how to handle them. For them, they might retreat to nature as a way to gain emotional equilibrium, talk to a trusted friend or do a solo activity that gives them pleasure such as art or music. Extraverts, on the others hand, are more likely to have a straightforward conversation with someone who is causing them unhappiness with the goal of resolving the issue and moving on. They are also more likely to do things with others to help alleviate their negative emotions. They know that going for a hike, attending a sports event, or going to a party with others will generally help them feel better.

Challenges & Tips for Improvements

Resourceful Oranges have the ability to move around difficult situations and relationships, quickly change course and move on. While this generally works well for them, sometimes they may move on too quickly and miss out on an opportunity to improve an important situation or relationship. In these important situations, they may gain more by taking a long-term view and working to resolve the issue in a win-win way.

One of the ways that Resourceful Oranges sometimes handle their negative feelings is through the use of excessive alcohol or other unhealthy behaviours. This may give them a false sense of wellbeing in the moment, but they may find these quick fixes hard to eliminate. It is important for Resourceful Oranges to recognize the potential for this to happen so that they do not subconsciously fall into this trap.

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Social Wellness



Nurturing the important relationships in our lives

The Resourceful Orange Approach

Resourceful Oranges can be quite social and have many buddies. They enjoy spending time with people doing things that are active. They don't really enjoy sitting around and chatting. Oranges are more likely to be off doing something rather than chatting.

Their friendships tend to be easygoing and as they live in the moment, people will often come and go from their lives, and that is okay with them.

Resourceful Oranges tend to be drawn to people who like doing the same activities they enjoy. This could be building something, playing in a band or playing a sport, and often the more extreme the better.

Their approach to their social life, as with all parts of their life, tends to be very lighthearted and fun.

How Introverts & Extraverts May Differ

Introverted Resourceful Oranges will often have a smaller group of friends and don't mind spending time on their own as long as they are being active and enjoying themselves. Extraverted Resourceful Oranges tend to have a larger group of friends and often many of them are more acquaintances than friends. These are people they enjoy hanging out with and doing fun and exciting things with.

Challenges & Tips for Improvements

Because Resourceful Oranges tend to live in the moment, they don't always think about the potential consequences of their behaviour. Even though they may move on, they may not think about how their actions impact others. For example, some people can be hurt or have trouble letting go if a Resourceful Orange moves on to other friends or romantic partners. Resourceful Oranges need to put themselves in the other person's shoes and think about the impact that their actions may have on others in the longer term.

Resourceful Oranges may be having such a good time out in the world that they may not be good at keeping in touch with family or friends. They may not realize that others can be hurt when this happens. Resourceful Oranges need to think about how their actions impact family or friends, and find ways to keep in touch with those that need it.

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Authentic Blue



Needs and Values

One of the major driving forces for Authentic Blues is self-actualization and they strive to find meaning and significance in their lives. Relationships are very important to them — especially those that are empathic and meaningful. They also strive to be authentic and they live by their values and strong code of ethics. Having a belief in human potential, they tend to gravitate to situations where they can help others grow and develop. Of all the dimensions, they tend to be the most spiritual; however, they are not necessarily attracted to mainstream religions. They see themselves as unique and want others to acknowledge their individuality.

Strengths

Authentic Blues have many strengths. They often excel in communicating with others because they are empathetic listeners and express themselves persuasively through stories, analogies, and metaphors. Although they don't like conflict, they can be very effective mediators. When it comes to identifying and developing the potential of others, Authentic Blues are at their best and often excel in coaching and mentoring people. They have a keen sense of intuition which can help them when dealing with people. They gravitate towards conceptual information and the “big picture” and they often see connections and patterns that are not always clear to others. Because they are imaginative and creative, they have the ability to generate new ideas and innovative solutions. Of all the dimensions, they are the most altruistic.

Authentic Blues & Wellness

Authentic Blues embrace the connection between body, mind and spirit so they naturally take a holistic approach to meeting their wellness needs. Their keen sense of intuition will let them know when they are out of balance and they will embrace wellness activities as a way to rebalance their lives. Focusing on their wellness needs also makes sense to them as they believe in becoming the best possible people they can be. Self-actualization is very important to them.

Because they are open to trying new things, Authentic Blues may experiment with drugs and alcohol to see how it makes them feel. However, they are not overly prone to addictive behaviour. They are more likely to use them in social situations than to become addicted to them.

As one of their goals in life is to help others and often help society in general, they may spend too much time in these roles and not take the time to attend to their own wellness needs. This can result in a build-up of stress and even burnout. Life for Authentic Blues can become complicated especially when they are working, taking care of young children, and/or looking after elderly parents so they need to prioritize their own wellness needs in order to meet their fundamental goal of helping others.

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Physical Wellness



Keeping our bodies healthy

The Authentic Blue Approach

As Authentic Blues see the big picture, they believe that fitness and nutrition are an important part of their wellness routine. They can become very enthusiastic about exercise and willingly find ways to incorporate it into their lives. However, they may find that they get bored with a traditional program at a gym where they have to perform a series of repetitive steps. If they do decide to join a gym they may prefer a fitness studio or somewhere smaller with a more intimate setting where they get to know the owner and instructors and have access to different classes such as Pilates or Hot Yoga which offer variety. Authentic Blues are imaginative and often find creative ways to incorporate fitness into their lives. For example, a walk in nature might meet both their fitness and spiritual needs. Or they may decide to get off the bus two stops before their own so that they can walk the rest of the way.

They may also embrace healthy nutrition with enthusiasm. Indeed, because they like new and original ideas they may embrace new ways of eating as they find out about them. Or they may look for fun and interesting nutrition. Also, if they are cooking for family members or friends, they may cook healthy nutritious food as a way of caring for their loved ones. Authentic Blues may be most effective when working with a buddy who they can share their journey with and who will help keep them on track. Because they are not detail-oriented, Authentic Blues will try to find recipes where they do not have to be too specific and they can mix and match ingredients where necessary.

How Introverts & Extraverts May Differ

The way that Authentic Blues embrace fitness and nutrition may differ based on whether they are Extraverts or Introverts. Extraverts, for example, may enjoy going to fitness classes as a way of interacting with their friends. Or they may be motivated to go if they can meet up with members of the class to have coffee after the class. Introverts, on the other hand, may prefer to work one-on-one with a fitness trainer, have a home gym, practice Pilates or other fitness routines on their own, or take a walk with a trusted friend.

Challenges & Tips for Improvements

Authentic Blues may need to overcome some challenges in maintaining their nutrition and wellness program. First, they may not prioritize these issues because they tend to put others' needs before their own. Authentic Blues need to reframe their thinking so that they realize that they need to prioritize their own health in order to look after others. Secondly, they can get easily distracted — they may start off enthusiastically but fail to maintain the program once the initial excitement wears off. It can help Authentic Blues if they realize that they will be more successful if they have a plan that incorporates relationships. Perhaps they need someone to work out with, or they may stay motivated if they have a coffee or tea with a friend after the workout. Also, they may have more success with an eating plan if they do it with a buddy or coach.

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Intellectual Wellness

Keeping our minds stimulated and engaged

The Authentic Blue Approach

Because Authentic Blues believe in self-actualization, they will enjoy focusing on intellectual pursuits. However, it is most likely that they will focus on learning as a means of personal growth or to find ways of helping others. For example, they might enjoy reading books, listening to podcasts, or taking courses that help them understand themselves more fully and grow as a human being. You will often see books on managing conflict or developing people skills on their bookshelf. They will also be drawn to content that gives them a way of helping others. For example, if they have a friend that suffers from depression or anxiety, they will try to find out more about these conditions.

As they have an ongoing desire to be the best they possibly can be, Authentic Blues believe in lifelong learning. Their holistic approach to life allows them to be open to ideas, wisdom, and learning from many sources. For example, they may follow the teachings of an Indian guru or read everything about neuroscience and the brain both for their own self-development and to help others.

Many Authentic Blues are creative and they will enjoy stimulating their mind by engaging in creative activities such as painting, sculpture, cooking, singing or acting. They will also enjoy learning more about crafts or hobbies that they enjoy by reading, going to classes, or watching YouTube tutorials.

How Introverts & Extraverts May Differ

Based on whether they are Introverts or Extraverts, Authentic Blues may have different ways of meeting their intellectual needs. Introverts may prefer to do their learning online, read or learn in a smaller class situation. Extraverts are happy to attend classes with others and will enjoy working in study groups to discuss ideas.

Challenges & Tips for Improvements

Authentic Blues might need to overcome some challenges when pursuing intellectual pursuits. While they may enjoy learning in areas of interest, they may not follow through on implementing what they learn unless doing so will allow them to help others or move them further towards self-actualization.

Also, Authentic Blues can be too trusting about the accuracy when learning new information. They may take it at face value rather than looking at it with a critical eye. In order to overcome this challenge, they may need to ask others what they think about it or look for other research to verify the information.

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Spiritual Wellness

Staying in tune with our spiritual selves

The Authentic Blue Approach

Having a spiritual life is important to Authentic Blues as they believe that living a meaningful, authentic life is central to who they are. Some find what they are looking for in the dominant religion of their culture. They will embrace the community spirit and the focus on service to others that this religion believes in. They will enjoy building strong relationships with members of their spiritual community as well as the focus on helping others. Some Authentic Blues will cast a wide net looking for different religions and spiritual practices that meet their spiritual needs. If Authentic Blues find themselves in a spiritual environment that enforces logic, rules, and routines and does not focus on compassion, love, or supporting others, they may struggle spiritually.

Others will not see the need to belong to a particular religion but will fulfill their spiritual needs by defining their core purpose and the values that they wish to live by, and use them as a guide to living a meaningful life. They will experience a sense of harmony when their actions are directed towards achieving their core purpose and when they can live according to these values.

They may find their spirituality in different ways — through creativity, in nature, through poetry or writing. Authentic Blues are very giving people, and they may also define their spirituality by helping those in need or working for causes they believe in, for example, by working at a food bank, helping the homeless, or protecting the environment. Because they believe in self-actualization and authenticity, they will be attracted to spiritual activities that allow them to learn more about themselves and the world around them.

How Introverts & Extraverts May Differ

Again, paths may differ depending on their preference for Extraversion or Introversion. As Extraverts gain energy from the world around them and enjoy being with people, they are more likely to want to be with others in order to worship, to discuss spiritual matters, or to perform spiritually related activities. In order to follow their spiritual path, Introverts will need solitude so that they can find time for contemplation and self-reflection. They may learn best when they study or read on their own or in discussion with one or two close friends. Additionally, Introverts may be drawn to meditation as an individual way of gaining inner balance.

Challenges & Tips for Improvements

Authentic Blues may find it difficult if they are in a spiritual or helping community where there is a lack of harmony and authenticity. They can find it stressful when they are around people that are negative, insincere, or critical. If that is the case, and if they do not think that they can influence the situation positively, it might be better for them to find a community where they can experience greater harmony.

They can also become bored and not feel that their spiritual needs are being met if they are in a spiritual environment that enforces logic, rules, and repetitive routines. They then have a choice to make. Do they focus on the overall beliefs of their religion, as well as the community spirit and focus on service to others? Or do they find a religious or helping community that is more creative, and less routinized?

Additionally, because Authentic Blues are highly committed to helping others, they may have a tendency to take the weight of the world on their shoulders and exhaust themselves by helping others too much. It is useful for them to realize that if they do not take care of themselves, by ensuring that they have enough time to rest, eat and exercise properly, as well as keep strong relationships with the significant people in their lives — they will burn out and not be able to help anyone.

SAMPLE

Work Wellness



Finding fulfilling and meaningful work

The Authentic Blue Approach

Many Authentic Blues do not feel fulfilled unless they are in a career where they can help people. For them, money is not a huge motivator once they have met their basic needs; the ability to make a difference in the lives of others is what is important to them. They especially enjoy helping people feel good about themselves and inspiring them to reach their full potential. Authentic Blues are naturally drawn to the helping professions such as teaching, counselling, medicine, or social work. Even if they choose a career that is not a traditional helping profession, such as law, they will often customize their job so that they can feel fulfilled. For example, they may choose to be a legal aid or family lawyer.

Authentic Blues believe in self-actualization. They are always trying to better themselves and others. While some dimensions can coast in a career, Authentic Blues can become very unhappy if they feel stagnant or blocked from achieving their full work potential. In order to feel that they are learning and growing, they may need to take on new challenges that will stretch them but that are also attainable so that they don't get discouraged. This may not necessarily mean getting a better-paying job or going up the corporate ladder but rather taking on new activities that help them feel that they are learning and contributing to society.

How Introverts & Extraverts May Differ

Introverted Authentic Blues may find happiness in different professions than Extraverted Authentic Blues. They may feel more fulfilled in positions where they can use their gifts for helping people in one-on-one situations such as counselling or coaching. They may also enjoy writing as a means of helping others. Extraverted Authentic Blues, by comparison, may enjoy jobs where they have high interaction with others, such as teaching (either children or adults), speaking on topics they believe in, being part of a team, or managing a group of people.

Challenges & Tips for Improvements

If Authentic Blues have ended up in careers where they work with data or facts such as accounting or information technology, they may not feel fulfilled. Authentic Blues are happiest when they are doing something meaningful for or with people. If an Authentic Blue finds themselves in this position, they would be wise to think about whether this is the right career path for them or make sure that their needs are being fulfilled through their volunteer or community or other activities outside of work.

SAMPLE

Emotional Wellness

Effectively managing and dealing with our emotions

The Authentic Blue Approach

Authentic Blues are in touch with their feelings and sometimes experience them very strongly. One of the strengths that they have is that they are generally able to identify their emotions and understand what is causing them. However, some Authentic Blues can feel overwhelmed by these emotions and may need to work hard to manage them.

Authentic Blues are very good at forming long-lasting, meaningful relationships with others and most recognize that these kinds of friendships are the key to their own emotional well-being. Authentic, honest relationships keep them healthy. They are also very accepting of other people's emotions, which allows them to have deep, genuine friendships.

As Authentic Blues believe in self-development, they will often reach out in different ways to learn about and find ways to calm themselves. Some people will embrace meditation or yoga as a way of finding inner balance. Others will read self-help books, listen to podcasts, or see a coach, counselor, or therapist. Some, not constrained by traditional approaches, may reach out to such practices as Reiki or astrology.

How Introverts & Extraverts May Differ

Authentic Blue Extraverts and Introverts may differ in the ways they take care of their emotional needs. Authentic Blue Introverts may prefer to do more solitary activities, talking one on one with a friend, family member, coach, or counselor. They will find meditating in a peaceful, quiet setting or journaling helpful in achieving inner tranquility. Authentic Blue Extraverts may prefer to involve more people in their emotional well-being. They will prefer to use their time getting out and spending time with friends, joining a support group where they can talk to others with similar needs or working with others to achieve a specific goal.

Challenges & Tips for Improvements

Authentic Blues are so concerned about other people's feelings and welfare that they can sometimes neglect their own emotional well-being. Authentic Blues need to make the time to take care of themselves as well as others. While Authentic Blues are very good at forming long-lasting, meaningful relationships, they need to make sure that they take the time to get what they need from a relationship and don't spend all of their time focused on the needs of the other person.

Authentic Blues do not like conflict and will go out of their way to avoid it. However, sometimes they wait too long and by the time they handle it, a small conflict has become much larger. They need to handle conflict earlier, rather than avoiding or accommodating the other person. They need to tackle important conflicts from a win-win perspective and apply the skills they have when resolving conflict for others to their own situation.

They can also be very hard on themselves, especially when others critique them or give them negative feedback. It will be helpful for Authentic Blues to take a more objective view when receiving feedback rather than attacking themselves. They need to ask themselves what is relevant for them and what is unhelpful at this moment in their life.

SAMPLE

Social Wellness



Nurturing the important relationships in our lives

The Authentic Blue Approach

For an Authentic Blue, life is all about relationships and they know that their wellness is based on having strong, real relationships. They do not want superficial relationships, they want authentic relationships where each person can share their unique self, and be accepted for who they truly are. They do not tend to judge but accept people - warts and all.

Authentic Blues need to feel deep connections with others in all aspects of their lives. They will thrive when they are able to develop strong friendships at work and in their community and intimate relationships with their partner. Real friendships are so important to them that they may keep a friend that they have known since childhood. Family is also very important to them and they will work to develop strong bonds with every member of their family.

How Introverts & Extraverts May Differ

Friendship patterns may differ based on whether they are Introverts or Extraverts. Introverted Authentic Blues may prefer to have a small group of close friends while Extraverts may tend to have a broader range of friends.

Challenges & Tips for Improvements

Sometimes Authentic Blues can get so overloaded with work and home commitments (especially as they find it hard to say no) that they may not be able to prioritize seeing friends and maintaining relationships. This can cause distress for Authentic Blues because they may end up feeling isolated and alone. They need to understand that authentic relationships are fundamental to their sense of well-being and that they need to make the time for them.

As relationships are so important to Authentic Blues, they may keep connected to friends that are critical of them or are unreliable just because they crave connection to others. They may also be too accepting of critical or negative family members and as a result may be taken advantage of. Authentic Blues may need to give constructive feedback on some of these issues so that they can have more balance, healthy relationships. If, after feedback, these people continue to be critical, negative, or needy, Authentic Blues should examine whether these relationships add anything to their lives. If the answer is "no", it may be healthier to limit or stop interacting with these people.

SAMPLE

Inquiring Green



Needs and Values

A primary need for Inquiring Greens is to be competent and to be seen this way by others. They have an ongoing quest for knowledge and highly value logical reasoning - they pride themselves on their logical thought patterns. They also place a high value on achievement and intelligence and are independent thinkers who don't want others telling them what to do or how to think. Inquiring Greens are oriented to the future and progression which makes them highly effective change agents. They are also drawn towards scientific inquiry.

Strengths

Inquiring Greens are great conceptual problem solvers, especially with complex issues; they tend to think systemically and like to focus on improving the whole system. They are often champions of change because they have the ability to look at the overall situation, gather information, analyze it logically and find innovative ways to move ahead. They enjoy new challenges as well as having the opportunity to use their intelligence and logical approach to life.

They bring a healthy scepticism to everything that they are involved in. If they do find a flaw, Inquiring Greens are not scared to voice their opinions and fight for what they believe is right. Even in stressful situations, Inquiring Greens prefer to stay cool, calm and in control of themselves.

Inquiring Greens & Wellness

Inquiring Greens are all about knowledge, competence, and using a systematic approach. They tend to view their bodies, minds, and overall wellness as a system. They need to know how all the factors on the wellness wheel fit together and function to make themselves, or the system that they operate in, work at optimal capacity. They will explore the most cutting-edge research and once they understand the research they will apply it to make their system the best it can possibly be.

However, as their quest for knowledge can be never ending, they need to be careful that they don’t run into analysis paralysis and spend so much time researching and understanding how their bodies and minds work that they never actually implement anything they have learned.

Inquiring Greens tend to take a very logical systems-based approach to their wellness but at times they need to embrace their emotions and deal with them, which may not be very comfortable for them.

SAMPLE

Physical Wellness

Keeping our bodies healthy

The Inquiring Green Approach

As Inquiring Greens see the big picture, they understand fitness and nutrition are important parts of their overall wellness routine. They will research the best fitness and nutrition program for them and then create a system that works for them based on that research.

Inquiring Greens can be quite competitive. When first learning a sport or new fitness routine they will often compete against themselves until they feel competent at what they are doing. Only then are they happy to show others what they can do. Golf is a good example. When an Inquiring Green first starts to play they may take private lessons and/or go to a driving range or putting green. Once they feel comfortable with their competence level then they will be happy to compete with other people.

Nutritionally, Inquiring Greens will try to figure out what the best plan will be for them, one that offers them the variety they need due to their dislike of repetition. Once they have found that plan, they may embrace it with enthusiasm and stick to it because they know it is supported by research.

Inquiring Greens are likely to understand the effect that drugs and alcohol have on their systems. Some may choose to use them because of these effects and to help them feel more at ease in the world.

How Introverts & Extraverts May Differ

The way that Inquiring Greens embrace fitness and nutrition may differ based on whether they are Extraverts or Introverts. Extraverts may enjoy going to fitness or cooking classes as a way to be around like-minded people who are willing to share ideas. Once they have really got the hang of what they are doing they may even go on to teach others. Introverts may prefer to learn and perfect their methods as much as they can on their own. They may work one-on-one with a fitness trainer, or research a nutrition plan online. They tend to put what they learn into practice by exercising on their own and cooking healthy and nutritious meals at home.

Challenges & Tips for Improvements

Inquiring Greens may not prioritize taking care of themselves physically. They care about being intellectuals; this is often more important to them than their bodies. They need to understand that for their mind to function optimally they also need to be physically fit.

Because Inquiring Greens have the need to be seen as competent, they may initially put off fitness and nutrition because it is just too daunting to learn all they need to know before they get started. They need to take a step back and tackle one thing at a time. Instead of trying to understand all there is to know about fitness they should think about what programs they are attracted to and choose just one. Then start slowly and recognize that just because they are not perfect they if they stick with it the easier it will get. A good approach is to learn a couple of things and build from there.

Once an Inquiring Green feels they have the level of expertise necessary to make their plan work they have to be careful that they don't become too preachy; telling people that their way is the best and only way to succeed. This can be very off-putting to others. It would be much better if the Inquiring Green shares their knowledge by explaining their reasoning, presenting it in a way that is helpful so that others understand it and make their own decisions.

SAMPLE

Intellectual Wellness



Keeping our minds stimulated and engaged

The Inquiring Green Approach

This is a factor that Inquiring Greens are naturally drawn to as they want to be knowledgeable and competent in all that they do, and they believe in lifelong learning. They are curious about many things and they are usually open to new ideas, intellectual insights, and wisdom. They will use many sources to gain knowledge, ranging from Internet searches and courses to lectures and readings. They also like to be with others who challenge them intellectually and they are usually up for a good debate. Because of their belief in lifelong learning, they more than the other dimensions, will continue to research and obtain qualifications in their profession or area of intellectual interest. They may also be drawn to teaching in their field or areas of interest as a way of passing on their knowledge and research and demonstrating their competence.

They are systems thinkers and will look for ways to continuously improve. For example, if they take up a hobby such as golf, they will continuously analyze their game and determine ways to improve. Generally, they enjoy hobbies that challenge them intellectually such as chess, learning a language, or playing complex video games. Once they have mastered a sport or hobby, they may want to move on or dig even deeper as they are drawn to the new and get bored by repetitiveness or redundancy.

As they like to look at the big picture, Inquiring Greens generally like to be aware of current events and news. Some can become news junkies—scouring newspapers and the Internet as well as listening to their favourite news shows and podcasts to ensure that they are up to date with what is happening in the world.

How Introverts & Extraverts May Differ

Inquiring Greens may have different ways of meeting their intellectual needs based on whether they are Introverts or Extraverts. Introverts may prefer to do their learning online, read, or learn in a smaller group situation. They may enjoy debating one-on-one with a like-minded person that they respect. However, Extraverts are happy to attend classes and will enjoy working in study groups to discuss ideas. They will often relish having a debate with others—especially if they respect the people that they are debating with.

Challenges & Tips for Improvements

Inquiring Greens naturally shine in this area and are very drawn to activities within it. They may have a tendency to spend too much time in this factor and ignore some of the other factors. They need to understand that “having all of your eggs in one basket” may be a self-limiting approach and not good for their overall wellness. It is important to make healthy choices in the other factors in order to have a balanced wellness outlook. We need to make healthy choices in all aspects of our mind and body to achieve wellness.

As Inquiring Greens naturally think logically and can critique ideas and concepts, they can intellectually challenge people and be formidable debaters. While this serves them well in many situations, their approach can be seen as arrogant and it can push some people away. It’s helpful to realize that others may not like to be critiqued, or to debate issues, and that it is safer to save this approach to use with like-minded people or when that approach is required.

SAMPLE

Spiritual Wellness

Staying in tune with our spiritual selves

The Inquiring Green Approach

Inquiring Greens bring their intellectual rigour and excellent research skills to spiritual matters. In their spiritual search, they may research many religions, looking for one that meets their spiritual needs. They will feel most comfortable when they find a path that gives them the opportunity to research deeply and often debate with other knowledgeable people regarding universal truths, core beliefs, and even religious contradictions.

Some Inquiring Greens may find it difficult to believe in a higher power or take the leap of faith that is required in many religions. Also, they may find the repetitive rituals, narrow beliefs, or incongruities associated with a faith too confining. However, as long as they can believe in the universal truths behind a faith, they may still be able to embrace it by tolerating the specifics that they do not agree with. Conversely, the search for meaning within is the basis of religious scholarship and a basic Inquiring Green need and value.

As Inquiring Greens search for meaning and purpose in their spiritual lives, they may meet their spiritual needs by embracing a cause that makes logical sense to them. For example, they may help protect the environment, focus on the plight of the homeless, or work to reduce disease in the world. Their ability to see the big picture, think logically, and systematically apply critical thinking will often enable them to take on leadership roles in their chosen causes.

How Introverts & Extraverts May Differ

As Extraverts gain energy from the world around them and enjoy being with people, they are more likely to want to be with others in order to worship, debate universal truths, discuss spiritual inconsistencies, or celebrate religious events. Introverts, on the other hand, will need solitude so that they can find time to research core religious beliefs as well as have time for self-reflection. They may learn best when they study, read on their own, or in discussion with one or two close friends or a spiritual advisor. Additionally, Introverts may be drawn to meditation as an individual way of meeting their spiritual needs.

Challenges & Tips for Improvements

By nature, Inquiring Greens like to critically analyze information and look for inconsistencies and flaws. If they solely apply their intellect to analyzing different faiths, they will always find inconsistencies and flaws, and it will be harder to commit to any religion. Looking for universal truths rather than focusing on specifics and finding flaws might help them identify which faith best suits their needs.

It is important that Inquiring Greens search for meaning and purpose in their lives. This will lead them to find a way to contribute to society and the world as a whole.

SAMPLE

Work Wellness



Finding fulfilling and meaningful work

The Inquiring Green Approach

Inquiring Greens are future-focused, and they like to think abstractly and approach things from an intellectual point of view. They are natural systems thinkers who really enjoy analyzing complex patterns and problems. They tend to shine in jobs where they can use these skills such as financial analysis, the aerospace industry, or law. They are also drawn to formal or informal positions of leadership and authority. They can be very instrumental in times of change and uncertainty and like to be in a position where they can make things happen. They can look at a situation from a strategic point of view and come up with inventive ways to overcome obstacles and develop innovative solutions.

They live up to their name in the workplace because they are very curious and like to analyze how things work. Whether it is a mechanical problem or a process or structure that needs to be designed, they are the right person for the job. They need the freedom to figure things out for themselves and then to act on what they have discovered. Given this freedom, they can be major contributors to any workplace.

How Introverts & Extraverts May Differ

Introverted Inquiring Greens will often find happiness in different professions than Extraverted Inquiring Greens. They may feel more fulfilled in positions where they work on their own, perhaps doing research, accounting, or systems analysis. They often prefer to present their ideas in a written report rather than having to present them verbally. On the other hand, Extraverted Inquiring Greens prefer situations where they are working with people. They still take a very systematic approach and are data-driven but they are more likely to be attracted to positions such as a Corporate Vision Consultant, Project Manager, or Strategic Planner. They are likely to prefer positions where they work with other people and have the opportunity to present their ideas verbally more often than in a written format.

Challenges & Tips for Improvements

Inquiring Greens need to have work that is challenging and stimulating. If they don't, they will quickly lose interest and leave the position. Or, they may stay and not feel good about themselves because they feel their contribution isn't valued and possibly not do a good job because they are bored.

They also prefer to work in an environment that is as drama-free as possible. Inquiring Greens prefer to know the facts first. They tend to be uncomfortable when people show strong emotions and can become stressed. They are better suited to work that involves research, innovation, and big-picture thinking.

SAMPLE

Emotional Wellness

Effectively managing and dealing with our emotions

The Inquiring Green Approach

Inquiring Greens tend to approach the world with a logical lens and will not generally get caught up in emotional arguments, which is an asset in many situations. They work to project a calm and even-keel approach, even when issues may not be going as planned. One of their strengths is that they will often come across as the voice of reason when others become highly emotional. They generally base their own decisions on logical reasoning rather than their emotions.

However, as logical, rational thinking comes naturally to them, they may have difficulty identifying their own emotions or sharing their feelings with others. They may be less experienced at naming the emotion that they are experiencing or in understanding what has caused them to feel that way. Also, they may not feel as comfortable sharing their feelings with others. This may provide challenges to them in close relationships where being able to share feelings may be important.

Inquiring Greens may not feel as comfortable as other dimensions when dealing with highly emotional people or in emotionally charged situations. Because they work hard to manage their emotions and appear cool, calm, and collected, they can feel perplexed when dealing with these situations.

How Introverts & Extraverts May Differ

While it is true that Inquiring Greens in general do not like to deal with emotionally charged situations or emotional people, the way an Introvert and an Extravert deal with them may be different. The Introverted Inquiring Green is more likely to retreat from the situation or person because it exhausts them and stresses them out. The Extraverted Inquiring Green may be more vocal when dealing with the situation. They will be more likely to try to talk through a highly charged emotional situation in a logical manner.

Challenges & Tips for Improvements

There are definitely times when it is important to clarify our own feelings in addition to our thoughts and this may not come naturally to some Inquiring Greens. For example, if an Inquiring Green is experiencing anxiety or depression, they might find it useful to identify their specific emotions as well as the events that are causing these emotions as a way to move forward constructively.

There are also times when it is important to share our emotions with others—especially with close relationships such as a family member or friend. Inquiring Greens may need to identify when they should share their emotions as it can help all parties understand the whole picture and help them work towards mutual problem solving. Because they come across as the voice of reason when others become highly emotional, they may also be perceived as cold or uncaring.

Finally, while it is wise to avoid some emotionally charged situations, it might be important for Inquiring Greens to deal with others. They have much to offer in these situations as they generally will remain calm themselves and can be the voice of reason when others are reacting emotionally. If they are able to learn how to listen empathetically, they may be able to calm others down so that a more logical conversation can occur.

SAMPLE

Social Wellness



Nurturing the important relationships in our lives

The Inquiring Green Approach

Inquiring Greens are often seen as having a cool, calm, and collected exterior, and may be perceived as not liking small talk. Because of this, they are sometimes seen as unfriendly, arrogant and/or hard to get to know. They don't always see the need for superficial relationships, especially Introverted Inquiring Greens, and don't necessarily see them as an important factor in their wellness. Nonetheless, Inquiring Greens deeply value close personal relationships.

They prefer spending time with people who take a rational or logical approach to life. Inquiring Greens are more comfortable when they meet someone who is as knowledgeable as they are on topics of mutual interest or from whom they can learn something. They are glad to spend time with that person and enjoy long conversations. To an outsider, those conversations may look a bit like a debate as Inquiring Greens may appear to be picking holes in things when they are actually either learning something or exploring new ideas in a detailed way. Inquiring Greens find this type of interaction very stimulating and enjoyable.

How Introverts & Extraverts May Differ

Introverted Inquiring Greens are likely to be considerably less social than Extraverts. The Introverted Inquiring Greens are quite often happy spending time in solitary pursuits, reading, listening to podcasts, and researching. However, Extraverted Inquiring Greens may enjoy spending time with people with whom they have common interests or from whom they can learn something. They like debating and having in-depth discussions about topics that interest them as well as doing activities that they both enjoy and find stimulating.

Challenges & Tips for Improvements

Because Inquiring Greens make up a smaller percentage of the population, they may find it more difficult to find people like themselves. As a result, they need to recognize the strengths that the other dimensions bring to the table and try to find things they have in common. Inquiring Greens can get so caught up in being perfectionists and needing to be the expert in what they do that they sometimes forget or discount the value other dimensions can add. This can be damaging to important relationships.

It has often been said that Inquiring Greens are not overly romantic. Once they have told their spouse or partner that they love them, they do not feel the need to say it again. They need to put themselves in the shoes of the other colours, especially if their spouse or partner is an Authentic Blue or Organized Gold. Both of those dimensions appreciate being reminded that they are loved and appreciated.

SAMPLE

Organized Gold

Needs and Values

An Organized Gold's sense of self-worth comes from belonging, whether it is to their family, work, or social group. They embrace duty and responsibility, believing that if everyone contributes their fair share, then the world will be a better place. They value security and tend to take on the role of safety and security protector both for themselves and for others. Institutions such as the monarchy and the military are often admired by Organized Golds because these institutions are hierarchical in nature and rules and procedures are clearly laid out. They value traditions and don't believe that things should be changed without a good reason.

Strengths

Planning and organizing skills are great strengths of Organized Golds. They set goals, prioritize, and develop action plans. Common sense thinking is another strength that they bring to the table - they use sound judgment and logical thinking based on the facts of the situation. They are dependable, reliable, hard-working, and live by the saying "work now, play later." Believing in excellence, they have high standards for themselves and others. Because they have a strong need to belong, they are cooperative and willing team members. Lastly, they provide cultural stability by maintaining the traditions of their family, work, and community.

Organized Golds & Wellness

Organized Golds tend to be very down to earth, realistic people and as a result their approach to wellness tends to be the same. They often look at wellness from a logical perspective and believe that it should be undertaken with a well-organized and structured plan. However, they do not value the process over people; they value procedures that support people.

Feeling a sense of belonging, whether it is at home, at work, or in their community, is of utmost importance to an Organized Gold. They usually like to be part of whatever the group is doing, as long as it is being done in an orderly way that makes sense to them. If the group is disorganized, Organized Golds may find it difficult to participate and may try to step in and bring more organization and structure to the group.

Change is often difficult for Organized Golds, and they don't usually like to move too far out of their comfort zone or make too many changes at once. If they decide to make changes to have a more balanced life, it is important that they fully understand what the change is and why it is necessary. Sometimes they find that change is easier to embrace if they can pull from something in their past that helps them understand why making a change is necessary and what positive benefit they will gain.

SAMPLE

Physical Wellness

Keeping our bodies healthy

The Organized Gold Approach

As Organized Golds focus on the details, they generally believe in having a fitness and nutrition program that is well defined and organized. They will do best when they have a program that is well structured. As they like to draw on the past to make their decisions, they are usually more attracted to and comfortable with programs that have a history of proven results. They are less likely to jump on the bandwagon of new programs, which in the Organized Gold's mind have not been proven over time.

Because of their need for structure and their comfort with rules, Organized Golds tend to like programs that outline exactly what they should eat and when to eat. They prefer exercise programs that specify what they should be doing, including the number of repetitions, length of time and the intensity they should be working at. They will enjoy tracking what they have done and the results they are achieving. Also, because they tend to be rule bound, they are less likely to abuse drugs and alcohol.

Additionally, because of their need for belonging and community, they often do well in programs that are group oriented, where individuals support each other either in person or through online chats etc. They will try to get their families and friends involved in whatever they are doing and will, for example, be happy to cook for them and enjoy using and sharing family favourite recipes.

How Introverts & Extraverts May Differ

The way that Organized Golds embrace fitness and nutrition may differ based on whether they are Extraverts or Introverts. Extraverts, for example, may look for programs where they have weekly check-in meetings with a group who are all following the same program. They will enjoy going to fitness classes where they can meet with their friends and have an instructor who tells them exactly what to do. Introverts, on the other hand, may prefer programs where they work one-on-one with a fitness trainer. Once they have a defined fitness program, they may prefer to have a home gym where they can practice their fitness routines on their own.

Challenges & Tips for Improvements

Organized Golds don't generally embrace change and that may make it difficult for them to embrace a new wellness routine. It will help if they think about how much better they will feel once they have a fitness program that will work for them. Also, they need to give the program time and not be too critical of themselves if they don't see results right away. It always takes time when it comes to getting fit.

Once they have found a routine that works for them and they are seeing results, Organized Golds need to be careful not to try to convert their friends and families to what they are doing. While some may be happy to embrace a new program recommended by an Organized Gold, they may not want to follow it as strictly or as specifically as the Organized Gold would like. Organized Golds need to be willing to let others figure things out for themselves.

SAMPLE

Intellectual Wellness

Keeping our minds stimulated and engaged

The Organized Gold Approach

Organized Golds do many things to keep their minds stimulated and engaged. They will put their planning, organizing and decision-making skills and their attention to detail to good use in a variety of different environments. They often value a home that is clean, meals that are prepared on time, and when everything runs smoothly. Equally, they apply their skills in their work environment to ensure that they achieve excellent results in an orderly and timely way. They will also lend their organizational skills to community endeavours, ensuring that there is order and structure, and that plans are implemented efficiently. To the Organized Gold, this is a way that they know they can provide support, often in an unseen, but needed and appreciated, manner.

They are diligent learners, and generally prefer to learn skills that they can apply in the real world. They are therefore drawn to learn concrete skills such as accounting, gardening, cooking, or carpentry. In these areas, they often learn quickly because they are skilled at following instructions and remembering facts and specific details. They learn in an organized and orderly way. They can gain satisfaction from learning, especially when they are positively recognized for their achievements.

Organized Golds are also adept at making decisions based on common sense and experience. Once they have analyzed a situation and weighed the pros and cons, they make sound decisions and either implement them immediately or make recommendations to put them into place efficiently.

How Introverts & Extraverts May Differ

Based on whether they are Introverts or Extraverts, Organized Golds may have different ways of meeting their intellectual needs. Extraverts are often happy to attend classes with others and will enjoy working in study groups to discuss ideas. When using their intellectual skills, Extraverts will often enjoy working with others or even leading others. Introverts may prefer to do their learning online, reading, or learning in a smaller class situation. When using their intellectual skills, they may prefer to work on their own or behind the scenes.

Challenges & Tips for Improvements

Organized Golds might need to overcome some challenges when pursuing intellectual pursuits. As Organized Golds tend to focus on the here and now as well as past experiences, they can get caught up in the details. This can make it hard to capitalize on the big picture and the opportunity that presents. So, at times, it might be useful if they stand back and look at where things are going in the future. Once they have a sense of the future, they will be able to develop a vision for themselves and then use their excellent planning and organizational skills to reach their goal. Also, because of their focus on making things work now, they can be resistant to change as it seems disruptive and they know how much work it takes to implement a change smoothly. What will be helpful when a change is suggested is to find out why people think this change needs to be implemented, and once they understand the rationale, they can use their skills to ensure that it is implemented smoothly.

Finally, Organized Golds can be hard on themselves and others. So, when learning something new, they might find it healthier if they give themselves leeway to make mistakes as they learn, because mistakes can be a great source of learning. They can also be highly critical of co-learners, and it helps if they understand that others may not have the same high standards as they do, and sometimes the relationship is more important than having things perfect.

SAMPLE

Spiritual Wellness

Staying in tune with our spiritual selves

The Organized Gold Approach

As Organized Golds value tradition, they may be comfortable staying with the religion that they were brought up in. They are loyal to traditions because of who and what they represent. They often enjoy the sense of belonging they feel and the relationships they have as part of their religious community. Within their religious community, they will often enjoy the clearly defined roles and responsibilities and appreciate the ceremonies and rituals that they are familiar with. Organized Golds are often drawn to take on leadership or other roles as they are good organizers and follow through on commitments. They may, at least initially, struggle with changes to practices, ceremonies, or rituals out of respect for who and what they represent. They want to feel useful and helpful and will work tirelessly to help worthwhile causes.

Some Organized Golds may not have grown up within a specific religious community or may not see a fit between their own spiritual needs and the religious tradition they grew up in. They may seek to find a community that has a sense of history and tradition, a well-defined hierarchy, clear roles and responsibilities, and special ceremonies and rituals.

Others may not see the need to belong to a formal religion; rather, they meet their spiritual needs by helping those within their community or society in general. They will work tirelessly for causes they believe in by, for example, volunteering at a food bank or a shelter, or helping the homeless. They may also support causes that improve the lives of others in practical ways such as sponsoring children in impoverished nations or improving literacy throughout the world.

As belonging is important to Organized Golds, some of their spiritual needs will be met by nurturing the important relationships in their lives. They sometimes put family or work before themselves and are conscientious about being a good partner, parent, friend and colleague. Organized Golds may struggle with their desire to help everyone, which can cause stress or anxiety. They need to give themselves permission to prioritize those things which are important and only do what they can.

How Introverts & Extraverts May Differ

Paths may differ depending on their preference for Extraversion or Introversion. As Extraverts gain energy from the world around them and enjoy being with people, they are more likely to want to be with others to worship or discuss spiritual matters. They will also enjoy working on committees for causes they support. As Introverts are energized by being on their own, they need time for contemplation and self-reflection. They may learn best when they study or read on their own or in discussion with one or two close friends. While they are equally committed to helping in practical ways, they may prefer to do more behind-the-scenes work such as organizing or scheduling events.

Challenges & Tips for Improvements

Organized Golds may find it difficult to deal with change. One thing that can help an Organized Gold is for them to explore the rationale behind any change, share their thoughts if it is different and if the change does go through, lend their planning and organizational skills to make sure that it is implemented properly.

Because they frequently have a definite sense of right or wrong they can come across as being self-righteous and critical to others. Consequently, other dimensions can sometimes feel judged. It is helpful if Organized Golds recognize this tendency and decide when it is useful to pass on criticisms and when it will do more harm than good.

SAMPLE

Work Wellness



Finding fulfilling and meaningful work

The Organized Gold Approach

Organized Golds feel most comfortable in organizations that have a formal hierarchical structure - ones that have clear boundaries, expectations, and timelines. Being part of a hierarchical structure makes it easier for them to know where they fit in and helps them meet their need for belonging.

Doing a job well and being recognized for it is important to Organized Golds. As belonging is important to them, they strive to be successful and productive members of their organization. One of their strengths is in ensuring that an organization runs efficiently by clarifying goals for themselves and others. They do this by either developing or living by a clear set of procedures and rules. These guidelines give them a sense of comfort and stability. They are often effective administrators, who are good at taking on tasks that have a defined process, milestones and a specific time frame. Once the task is clearly laid out, they will go above and beyond to make sure they complete it effectively, on time and within budget.

As realists, Organized Golds know that at any time anything can go wrong and they like to have security measures and contingency plans in place to protect everyone and bring stability to the workplace. They tend to be decisive and practical, possess common sense and weigh consequences before acting.

Because of their strong sense of community and tradition, they often act as a stabilizing force in their workplace. They weigh the consequences before acting and follow through once they have decided to act.

How Introverts & Extraverts May Differ

Introverted Organized Golds may feel happier in positions where they can make use of their planning and organizing skills but be able to work independently and not as part of a large team. Extraverted Organized Golds, on the other hand, may enjoy jobs where they still make use of their planning and organizing skills but also have high interaction with others.

Challenges & Tips for Improvements

Like the other dimensions, Organized Golds have some challenges. Because they tend to focus on the specifics, the here and now, and on past experiences, they can sometimes lack vision. They need to look not only at the details but also the big picture and try to see the impact things will have on the future.

They can sometimes seem resistant to change because they want to hold onto what has worked well in the past and only implement changes that they believe will improve a situation. Organized Golds need to try to be more open to change and willing to look at how things can improve if a change is implemented.

In the workplace, Organized Golds are sometimes viewed as pessimistic or negative; because of their focus on excellence, they can be very hard on themselves and others. They can be perceived as rigid and resistant to change, especially if they have been successfully doing the same job for a long time because they prefer stability and they know what has worked well in the past. They need to be easier on themselves and others and realize that there are times when it isn't necessary to be perfect. They need to understand that sometimes good enough is OK and that change can be a good thing.

Organized Golds need to know when to say NO at work. They can tend to become overloaded by taking on too much and this can have a negative impact on their wellbeing. If an Organized Gold find themselves becoming overloaded on an ongoing basis they need to be comfortable speaking up to rectify the situation otherwise their life is going to be very unbalanced and this will have an impact on their wellbeing.

SAMPLE

Emotional Wellness

Effectively managing and dealing with our emotions

The Organized Gold Approach

The key to the Organized Gold's self-worth is a sense of belonging, whether it is to their family, work, friends or social group. Most Organized Golds are aware of this emotional need and they work to build a strong sense of connection with the important people in their lives, taking time to be with their family and friends. If for some reason, they do not have this sense of connection with others they may feel isolated or abandoned.

Organized Golds have a strong need for security, and many have learned that if they can be very well organized and have contingency plans for what might go wrong they can experience less anxiety. Organized Golds can also experience anxiety when there is a sudden unplanned or unexpected change in their lives, especially if it is something they have not previously considered.

They tend to have high standards for themselves and others which makes them excel in many areas, however, they may have a tendency to be critical. They can be highly self-critical and experience guilt and stress if they do not feel that they have measured up to their own high standards. Equally, they can feel angry or hurt if others do not do what they said they were going to do, or do not measure up to an Organized Gold's standards.

One of the things that can bring joy to an Organized Gold is receiving genuine recognition for all the work they do for others. Beware, they will see through an attempt to "butter them up" so any appreciation needs to be genuine.

How Introverts & Extraverts May Differ

Organized Gold Extraverts and Introverts may differ in the ways they take care of their emotional needs. Organized Gold Introverts may prefer to do more solitary activities, talking one on one with a friend, family member, coach, or counsellor. They often find meditating in a peaceful, quiet setting or journaling helpful in achieving inner tranquillity. Organized Gold Extraverts may prefer to involve more people in their emotional well-being. They will prefer to use their time getting out and spending time with friends, joining a support group where they can talk to others with similar needs or working with others to achieve a specific goal.

Challenges & Tips for Improvements

Organized Golds often focus on what could go wrong (so that they can be prepared), and may live in a state of anxiety. Certainly, making contingency plans can help reduce their anxiety. Also, it can be helpful for Organized Golds to learn how to relax by using techniques such as meditation and exercise.

Change can also be extremely hard on Organized Golds as they feel more comfortable when they are in control of what is happening. However, they can gain emotional equilibrium if they can find out the reasons why change needs to occur and then use their excellent planning and implementation skills to make the change happen efficiently.

The high standards they set for themselves can also cause them a lot of distress. It will help if they can be kind to themselves if they don't reach their own high standards.

Organized Golds also have a tendency to take on too much, which can increase their anxiety and may lead to burnout. It will help if they monitor themselves to ensure they do not get overloaded and know when to ask for help or delegate tasks to others.

SAMPLE

Social Wellness



Nurturing the important relationships in our lives

The Organized Gold Approach

For an Organized Gold, life is all about having a sense of belonging and being part of a community. That community can come in many forms, for example, their family, circle of friends, being part of the PTA or being on the social committee at work. They enjoy working on committees where they can help organize events and really feel a part of things.

Organized Golds tend to embrace tradition so if they participate in an annual event it can be very comforting for them. For example, they may enjoy an annual cottage weekend with a group of friends, returning to the same cottage each year, and playing the same games or eating the same food. Many Organized Golds love branded items that reflect membership in groups. They will proudly display Team X merchandise or wear logoed hats or shirts.

Friends and family are very important to Organized Golds and they tend to take good care of them from a practical perspective. An Organized Gold will be the one who brings over chicken soup when a friend has a cold. Or they will offer to help their friend organize their closet. They will also make sure that the person they are helping stays on task and that together they get the job done.

How Introverts & Extraverts May Differ

Social patterns may differ based on whether they are Introverts or Extraverts. Introverted Organized Golds may prefer to have a small community of friends or close relationships. When they get involved with groups they will often be on the smaller side and they are likely to keep the number of groups they are involved with to a minimum. However, the Extraverts may belong to more groups. They are quite happy being part of a large community of people as long as they feel a sense of belonging.

Challenges & Tips for Improvements

Sometimes Organized Golds can have very high expectations for both themselves and those around them. Because of this, they can come across as being rigid or prone to critiquing others. When this happens others may not want to be around them or to have the Organized Gold as part of their social circle. They need to realize that not everyone has the same standards as they do and if they want to remain part of the social circle they may need to be a bit more flexible.

Because of their high standards Organized Golds can sometimes come across as being rather pessimistic or negative. However, as community is so important to Organized Golds, they need to be careful not to be overly so. They need to try and look at life from the perspective that the glass is half full instead of it being half empty.

Finally, they need to give people the benefit of the doubt. Organized Golds can sometimes be too quick to cut ties with someone if they don't feel this person is living up to their expectations. This can sometimes backfire on the Organized Gold as they can be the one who is left out and they can find this upsetting because being part of a community and social circle is very important to them.

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Conclusion

Important things to remember

Now may be the perfect time for you to discover more about yourself – your true, inner self – and embrace change. Finding balance in all aspects of our lives can mean making a few intentional lifestyle changes. It means different things to everyone and doesn't have to just be about completing a project or checking items off a 'to do' list.

Your Personality Dimensions® Wellness Report identifies which of the four different personality dimensions, or colours, best describes you – your personal colour spectrum – based on how you responded to the Personality Dimensions® assessment. Not only will you gain a better understanding of yourself, you will also be encouraged to add a strategic plan for Wellness, or self-care; one that's tailored to your colour preference, so that your body and mind are being refreshed, into your life. And remember, we are all a blend of the four colours so be sure to check out each section of this report to discover more about yourself.

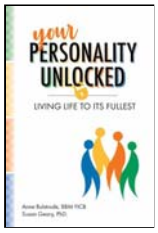
Wellness is "A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." It is about creating balance and well-being in our lives by looking at six factors: Physical, Social, Emotional, Intellectual, Spiritual and Work, for each of the dimensions. You will also find tips to help you find the balance that's right for you. And remember that setting boundaries and establishing a positive approach is a form of self-care that shows up in every aspect of your life.

The information on each of the other colours will also serve to increase your understanding of those who identify more strongly with a colour that is different from your own and help you gain an appreciation for them. Use this report as a reference to help you incorporate Wellness into all aspects of your life.

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Resources

Grow your Personality Dimensions®

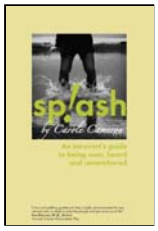


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By: Anne Bulstrode, BBM FCIB & Susan Geary, PhD

ISBN# 978-1-89-442260-4

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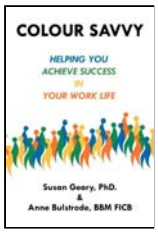


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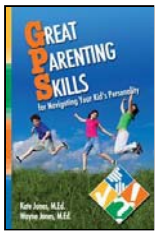


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