

What's Your Colour Personality?

COLOUR PSYCHOLOGY
IN INTERIOR DESIGN

PERSONALITY
QUIZ

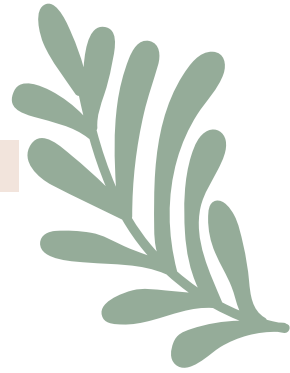
Ready to discover the colours that reflect your personality?

Colour psychology taps into the personalities and characteristics of the seasons: Spring, Summer, Autumn, and Winter. Just as each season has its own distinct energy and mood, our personalities align with specific colour palettes that reflect our inner traits, preferences, and style.

This quiz will help you uncover which seasonal palette best matches your personality and how different colours impact your emotions. With this insight, you'll be one step closer to creating a space that truly reflects you! You'll also discover how to incorporate these colours into your interior design to enhance the mood of your space—I'd love to hear how you do!

Leisha x

What's Your Colour Personality?



Q1. Which of these feels the most 'you'?

- ☐ A) Fun, friendly, and super sociable.
- ☐ B) Calm, chilled, and easy-going.
- ☐ C) Outgoing, adventurous, and passionate.
- ☐ D) Disciplined, ambitious and confident.

Q2. What's your favourite type of music to play at home?

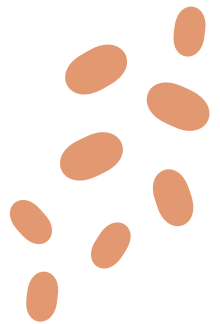
- ☐ A) Upbeat and lively – music that makes you want to move and have fun with friends.
- ☐ B) Relaxed and mellow – acoustic or folk tunes that help you unwind.
- ☐ C) Bold and energetic – music that gets your heart racing, like rock or indie.
- ☐ D) Smooth yet strong beats – think atmospheric synths or a dramatic piano piece.

Q3. Pick the perfect outfit for a casual day out.

- ☐ A) A graphic tee with jeans or a vibrant dress for a fun, effortless vibe.
- ☐ B) A floaty skirt or soft blouse for an elegant, laid-back look.
- ☐ C) A jacket over a T-shirt or a chunky sweater with boots for a comfy, stylish feel.
- ☐ D) A neutral top, structured jacket and some well fitted dark jeans– clean cut & sophisticated.

Q4. It's your birthday. What would your ideal celebration look like?

- ☐ A) A lively gathering with friends, music, and laughter.
- ☐ B) A laid-back evening with close friends, great food, and cosy vibes.
- ☐ C) An adventure-filled day – maybe a big walk exploring somewhere new.
- ☐ D) A stylish soirée – a luxurious night out with fine dining and champagne.



Q5. Pick a plant to place in your home.

- ☐ A) Bright, flowering plants like daisies or sunflowers that brighten up any space.
- ☐ B) Low-maintenance, calming plants like ferns or succulents that don't need much attention.
- ☐ C) Large, leafy plants that bring a bit of nature indoors, like a big fiddle leaf fig or a palm tree.
- ☐ D) An exotic, well structured plant – like an orchid or bird of paradise.



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Q6. How would you like to feel when you walk into your home?

- ☐ A) Excited and imaginative.
- ☐ B) Balanced and calm.
- ☐ C) Cosy and loved.
- ☐ D) Inspired and driven.

Q7. How would you describe your ideal weekend getaway?

- ☐ A) A bustling city break – buzzing streets, trendy spots, and endless things to do.
- ☐ B) A peaceful retreat – a beach house by the sea or countryside manor to unwind.
- ☐ C) An outdoor adventure – camping or a nature escape for long walks and exploring.
- ☐ D) A refined escape – a luxury hotel or chic resort with stunning views, a spa, and shopping!

Q8. Imagine you're an artist; what medium would you work in?

- ☐ A) Bright pastels or paints – creating lively, energetic and abstract canvases that draw people in.
- ☐ B) Photography – thoughtful and introspective shots that are full of quiet beauty.
- ☐ C) Mixed media – using materials from nature or found objects to create textured, emotional art.
- ☐ D) Sculpting – shaping minimalist, timeless pieces that are timeless and powerful.

Q9. When you need a pick-me-up, which of these colours do you gravitate toward?

- ☐ A) Bright yellow.
- ☐ B) Cool blue.
- ☐ C) Fresh green.
- ☐ D) Rich red.



Q10. What type of furniture style do you prefer?

- ☐ A) Comfy, functional pieces with plenty of character and quirky details.
- ☐ B) Shabby chic or antiques pieces, that are understated, elegant and charming.
- ☐ C) Practical and rustic, vintage woods and natural fibres.
- ☐ D) Refined, modern pieces with clean lines and stylish accents.



*Seasonal Colour
Personalities
& Results
this way...*

Results!

What's Your Colour Personality?

If you answered mostly **a)**, you are Spring – vibrant, energetic, and full of life!

If you answered mostly **b)**, you are Summer – calm, balanced, and gracefully elegant.

If you answered mostly **c)**, you're Autumn – grounded, expressive, and full of warmth.

If you answered mostly **d)**, you are Winter – strong, sophisticated, and striking.

Now that you know your seasonal personality type, head to the next pages for personalised recommendations on how to bring your ideal colour palette into your home!

you answered mostly a)

You are Spring.

Spring personality type

Spring is the season of youthfulness, optimism, and vitality. It symbolises the renewal of life after the cold winter months, with nature bursting back into colour and activity. Like Spring, you're full of energy and positivity, always looking for ways to brighten your surroundings. Your personality mirrors the season's freshness, vitality, and zest for life, making you a natural force of energy wherever you go.

You're fun, spontaneous, and always ready for an adventure, eager to fill your days with excitement and joy.

Your approachable and uplifting presence makes you the perfect host, and you thrive in social settings where you can entertain and connect with others. You love being in environments that feel lively, dynamic, and full of potential.

A natural communicator, you excel in team environments and enjoy bouncing ideas around, always finding new ways to engage and motivate those around you.

Spring's colours

As a Spring personality, you're naturally drawn to bright, cheerful colours that reflect the vibrancy of the season. You thrive on external energy and enjoy environments that are dynamic and full of life, where you can engage, socialise, and spark creativity.

Energising and optimistic colours that are light, warm, and fresh help elevate your mood and inspire action.

joyful & vibrant colour palette

The colours that best suit you are... sunshine yellows, sky blue, peach, light greens, watermelon, and pastels. These uplifting hues bring a sense of vitality and fun to your space. They not only reflect your youthful and energetic personality but also encourage you to stay connected, creative, and excited about new experiences.

Using colour in your interiors

Your Spring colour palette is best used in lively environments, perfect for social spaces, creative work areas, and anywhere you want to engage with others and spark new ideas. Your ideal space is bright, fresh, and full of life. Opt for open, airy layouts that encourage movement and connection. Modern, light furniture with clean lines will create an inviting, fresh feel. Incorporate bold, fun prints in your textiles—think vibrant cushions or patterned rugs. Maximise natural light with sheer curtains or glass furniture, and bring nature indoors with fresh plants and bright flowers in colourful vases. Your space should feel connected to the outdoors, open and bright, and full of youthful energy. Avoid dark or heavy contrasts to keep the environment light, fresh, and energising.



the social butterfly

Are you ready to infuse your space with vibrant energy? Let's work together to create an exciting, dynamic atmosphere in your home with a tailored colour palette that speaks to your joyful nature!

Leisha x

you answered mostly b)

You are Summer.

Summer personality type

Summer is the season of relaxation, quiet energy, and peaceful elegance. It represents a slower, more balanced pace of life, where everything feels calm and serene. Like Summer, you are cool, calm, and collected. Your energy is subtle and measured, and you value the simplicity of refined, classic design. You have a graceful, elegant, and reserved nature, thriving in environments where everything feels balanced and harmonious.

You're intuitive, kind, and a perfectionist at heart, with no desire for the limelight—your satisfaction comes from creating order and clarity in a quiet, understated way.

You excel behind the scenes, working in fields where precision, thoughtfulness, and attention to detail are valued.

Summer's colours

As a Summer personality, you are internally motivated and naturally gravitate towards soft, cool colours with a gentle, faded quality. Think of the subtle beauty of summer flowers like roses and wisteria, which are softer and more muted than their Spring counterparts. The energy is calm and restrained, with mid-tone shades and very few darks. Summer is all about tranquility and balance, and the colours that suit you are understated, delicate, and refined.

harmonious & balanced colour palette

The colours that best suit you are... soft cool tones like gentle blues, calming lavenders, light greys, muted pinks, and earthy greens. These hues are soothing and understated, bringing a sense of peaceful elegance to your space. They reflect your need for balance, creating an environment that fosters relaxation and clarity. These colours not only reflect your inner calm but also help maintain a serene atmosphere, encouraging you to feel grounded and at peace.

Using colour in your interiors

Your Summer colour palette is perfect for creating calm, harmonious spaces. Embrace clean, symmetrical designs that create order and flow throughout your home. Choose light, neutral furniture in soft tones like muted blues, soft greys, and earthy greens. The furniture should feature simple, flowing shapes that reflect your love for balance and calm. Incorporate elegant flowers and romantic florals to add a soft, feminine touch to your space. Delicate textures like silk curtains, fluffy throws, and soft wool rugs will enhance the calming atmosphere. Minimalist décor, with subtle artwork or small, calming sculptures, will help maintain the serene vibe. Your space should be organised, calm, and perfectly balanced, allowing you to feel at ease and inspired in your surroundings.



Are you ready to create a tranquil, harmonious space? Book your One-Off Colour Advice Session, and let's design a peaceful retreat with soothing, balanced tones.

Leisha x

you answered mostly c)

You are Autumn.

Autumn personality type

Autumn is a season marked by warmth, connection, and vitality. As the leaves change to rich, earthy tones, it's a time for slowing down and reflecting, while still embracing activity and growth. The air becomes crisp, inviting you to enjoy the simple pleasures of nature, like long walks through the woods or relaxing by the fire. Much like the season, you're full of robust energy and a deep connection to the natural world. You balance a love for action with a need for grounding, and you find comfort in spaces that reflect these qualities.

As an Autumn personality, you bring passion, energy, and enthusiasm to everything you do, yet you are rooted in authenticity and the organic aspects of life. You are warm, loyal, and down-to-earth, always embracing the past while staying focused on the future. You love making memories, and your space often reflects your vibrant, yet grounded nature—full of meaningful objects that bring comfort, nostalgia, and connection.

Autumn's colours

As an Autumn personality, you are naturally drawn to colours that evoke connection, warmth, and stability. Autumn is a season marked by rich, earthy tones and the beauty of transition. The deep, fiery hues of the season resonate with your energetic yet grounded nature. You gravitate towards earthy, rich colours that reflect your love for nature and your passion for life. These colours give you a sense of security and support your dynamic energy.

grounded & earthy colour palette

You are drawn to rich, earthy colours like mustard, chocolate, olive greens, terracotta, and rich oranges. These intense tones create a grounded atmosphere while still allowing you to express your vibrant, energetic personality. Reflecting your love for nature and connection, these colours provide warmth and comfort, creating a secure environment perfect for living rooms, kitchens, and family areas.

Using colour in your interiors

Your ideal space embraces texture, pattern, and natural materials that connect you to the earth. Choose furniture made from rustic, organic materials like wood and cotton, and incorporate deep earthy tones such as rich brown leather chairs or rustic wooden tables. Layer textures like woven baskets, jute rugs, and chunky knits to add warmth and depth. Add natural elements such as stone, clay décor, and vintage furniture to bring authenticity to your space. Your home should feel cosy and full of character, with personal treasures like a heaving bookshelf or vintage vinyl collection that reflect your love for the past. Incorporate large houseplants to bring the outdoors in, creating a homely, welcoming space where you feel grounded and connected.



the energiser

Let's create a grounded, comforting atmosphere in your home! With earthy tones that provide warmth and security, your space will become a true sanctuary. Book a One-Off Colour Advice Session with me today.

Leisha x

you answered mostly d)

You are Winter.

Winter personality type

Winter represents strength, sophistication, and boldness. Like the season, you have a quiet, yet undeniable presence—akin to a star that doesn't seek the spotlight but still shines brightly. You are internally motivated, strong, and always focused on creating clear, impactful results. You appreciate timeless beauty and enjoy spaces that convey refinement, but you are also unafraid to make a statement. You value order and space, and only surround yourself with what is beautiful or useful.

Winter personalities are powerful, discerning, and have a strong sense of self. While you don't seek attention, your elegance and confidence speak for themselves. You thrive in minimalist environments where everything has a purpose and nothing is superfluous. You are a visionary, perfectionist, and a natural born leader, whether in fashion, business, or the arts. Your space should reflect your clarity and vision, with a bold, yet refined atmosphere.

Winter's colours

You are drawn to sharp, high-contrast colours that make a bold statement. Winter thrives on extremes—black and white, deep blues, striking metallics, and jewel tones like emerald and sapphire. These colours are dramatic, sophisticated, and evoke a sense of luxury and power. They are perfect for creating a chic, confident environment that matches your bold, refined personality.

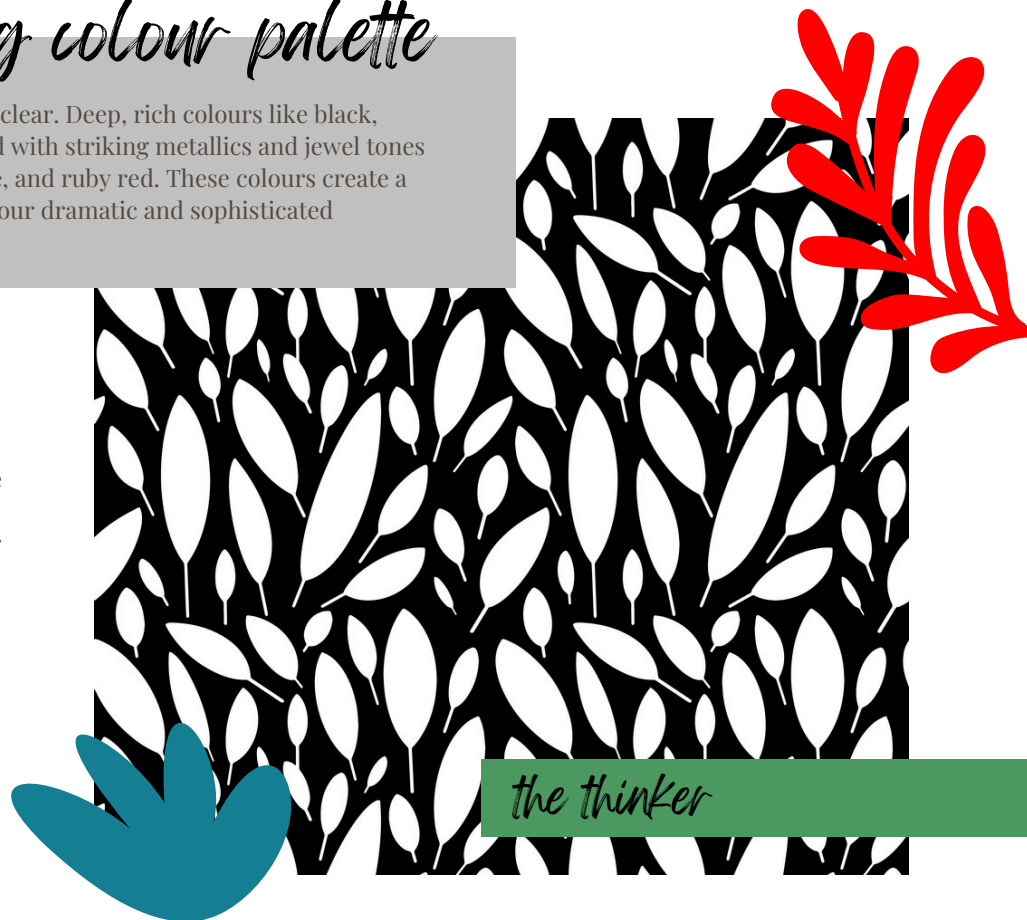
bold & striking colour palette

Your ideal palette is cool, strong and clear. Deep, rich colours like black, white, navy, and dark greys, accented with striking metallics and jewel tones such as emerald green, sapphire blue, and ruby red. These colours create a sharp, dynamic contrast, reflecting your dramatic and sophisticated personality.

Using colour in your interiors

Your space should be minimalist and striking, with each piece serving a purpose and making a statement. Use luxurious materials like velvet, silk, leather, and polished marble, or their high-quality faux counterparts like composite, glass, and chrome. These sleek finishes add modern sophistication.

Incorporate bold geometric patterns on rugs, wall art, or accent pieces for visual impact. Stick to sharp lines, minimal styling, and carefully chosen pieces that command attention. For a timeless effect, blend classic neutrals like black, white, and grey with deep blues and emerald greens. Add metallic accents in gold or silver for extra glamour. Your space should feel sleek, confident and luxurious.



the thinker

Want to bring timeless elegance and striking beauty to your space? Let's work together to design a sophisticated environment with bold, powerful hues that bring luxury and personality to your everyday life.

Leisha x



Leisha Norman
INTERIOR DESIGNS

Hey! Leisha here.
I hope you had fun taking the colour quiz!

I'm an interior designer and project manager based in
not-so-sunny Southampton, Hampshire, England and
I'm on a mission to ban the beige for good!

I've had the pleasure of helping over 70 homeowners and
business owners transform their spaces by bringing in
bold colours and creating designs that reflect their
personality and bring them joy. I love helping people
create spaces that feel like *them*, where they can relax,
entertain, and feel completely at home.

**I'd love to hear how you got on with the quiz and what
you think about your results!**
Head to my site & let me know?

[www.lndesigns.co.uk](http://www.lndesigns.co.uk/colour-personality-quiz)
[/colour-personality-quiz](http://www.lndesigns.co.uk/colour-personality-quiz)