

# Discover Your Colour Personality

---

COLOUR PSYCHOLOGY  
IN INTERIOR DESIGN

SPRING

# You are Spring.

## Spring personality type

Spring is the season of renewal, optimism, and boundless energy. It symbolises new beginnings, fresh ideas, and a sense of adventure—just like you! Bursting with life and colour, Spring personalities are full of enthusiasm, always looking for ways to brighten their surroundings. You thrive in lively, dynamic spaces that inspire creativity and social connection.

As a Spring personality, you are naturally joyful, spontaneous, and full of vitality. You love environments that feel light, bright, and full of possibility—places that match your vibrant energy and inspire new ideas. Social at heart, you excel in team settings, always finding ways to engage and uplift those around you.

## *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

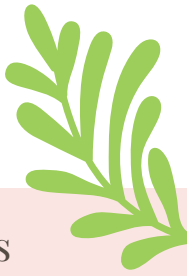
Your Spring colour palette is best used in lively environments, perfect for social spaces, creative work areas, and anywhere you want to engage with others and spark new ideas.

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, so void dark or heavy contrasts to keep the environment fresh and energising!

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



## 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.



*the social butterfly*



Want to bring your space to life with a vibrant colour scheme tailored to you? Let's work together to create a home that reflects your personality and energy.

*Leisha x*



Leisha Norman  
INTERIOR DESIGNS

*Hey! it's me- Leisha!*

I hope you had fun taking the colour quiz and reading about your ideal palette!

I'm an interior designer and project manager based in not-so-sunny Southampton, Hampshire, England and I help my clients be brave, not beige when it comes to introducing colours in their home!

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.

If you'd like help choosing colours for your home, I offer one-off Colour & Design Advice sessions which we can do over zoom or at your home. Find out more here:

[www.lndesigns.co.uk  
/colour-advice-session](http://www.lndesigns.co.uk/colour-advice-session)