



Discover Your Colour Personality

COLOUR PSYCHOLOGY
IN INTERIOR DESIGN

AUTUMN

You are Autumn.



Autumn personality type

Autumn is the season of depth, warmth, and natural connection. As the leaves turn to rich, earthy hues, the world slows down, inviting moments of reflection while still embracing energy and movement. Autumn is about finding comfort in the familiar, treasuring traditions, and surrounding yourself with the textures and tones of nature. Much like the season, you are grounded yet full of vibrancy, drawn to meaningful experiences that create lasting memories.

As an Autumn personality, you are warm, passionate, and deeply authentic. You thrive in spaces that feel inviting, layered, and rich with history—places that tell a story and hold a sense of nostalgia. You embrace earthy textures and organic beauty, creating environments that reflect your love of nature and your appreciation for the past, all while staying open to the possibilities of the future.

grounded & earthy colour palette

Your colour palette is warm, rich, and deeply grounding. Earthy tones such as mustard, chocolate, olive green, terracotta, and deep burnt oranges bring a sense of warmth and connection, creating a space that feels both inviting and authentic. These hues reflect your vibrant personality while maintaining a cosy, secure atmosphere—perfect for fostering a sense of nostalgia, storytelling, and comfort in your home. Whether used in living rooms, kitchens, or family spaces, these colours cultivate a space that feels layered, dynamic, and full of character.

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.

Warm, grounded,
and full of energy.
You bring passion,
authenticity, and
depth to everything
you do.



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.



Want to bring your space to life with a cosy 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)