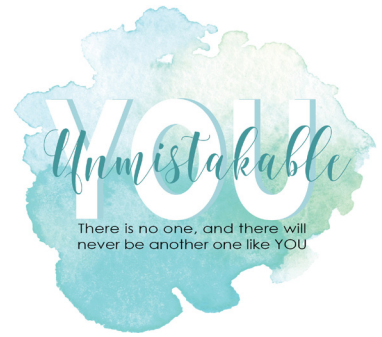


9. Let Your True Colours Shine

Favourite COLOUR.



*And I see your true colors shining through
And that's why I love you
So don't be afraid to let them show
Your true colors are beautiful - Like a rainbow*

Is there a colour that you tend to gravitate towards? One colour that just makes you feel good and smile.

Most of you know I'm a little partial to shades of blue/green. You only have to look around my house to see that. Whether it be aqua, turquoise or a good old fashioned duck egg - I'm a little partial. Maybe it has to do with my love of the water but it's my go-to colour. What is yours?

Colours and emotions are linked pretty closely and some can make us feel happy or sad. Even shades of them can affect your feelings. Some warm colours make us feel happy, other have an attention grabbing effect. If you want to draw attention to something - use red. And did you know that it can even increase your appetite.

Let's have a closer look at a few

RED - can make you feel passionate and energised. Often associated with passion, love as well as anger and danger.

ORANGE - makes you feel energized and happy. It's also an attention grabbing colour but not overpowering. Often portrays energy.

YELLOW - makes you feel happy and spontaneous. Associated with laughter, hope and sunshine and often makes you feel cheerful.

GREEN - makes you feel optimistic and refreshed. Associated with growth, health and even wealth, it's a colour to help you relax.

BLUE - makes you feel safe and calm. It is associated with security and trust and can have a calm relaxing effect.

PURPLE - can make you feel creative. Associated with creativity, royalty, wealth and mystery. Lighter shades can show mystery and romance.

PINK - is a playful and romantic colour - Represents femininity and romance.

BROWN - makes you feel down to earth - represents a sense of stability. But warm and practical. Dependable.

BLACK - Sophisticated, classic. Black is bold and powerful and can represent mystery as well as sadness.

WHITE - Minimalism. Represents a fresh simplicity and clean look. Associated with purity and innocence.

GRAY - Serious and professional. A more mature, subdued, conservative and reserved colour.

