BROWN

Colour Assessment

Never worn the colour brown (0)

Your conditioning and upbringing has made you believe that life is boring and dull when traditional, structured and secure.

Stopped wearing the colour brown (0)

You were ready for something new and refreshing instead of the usual conservative, traditional or safe path. You may have had the feeling that you had to work too hard or may have experienced feelings of being too dependent on others. Or maybe the weight of others depending on you was getting too heavy?

Started wearing the colour brown

You felt that you needed to increase a sense of stability, security and structure in your life. You were re-focusing your life with a down-to-earth practical attitude.

Wearing the colour brown regularly (4 – 6)

You are an honest and down-to-earth person who likes to have a secure and structured lifestyle. You are reliable, and you approach life and its problems with practicality and logic. A well-grounded and stable person on whom others can depend, you like to hold on to the known routine instead of embracing change. This structure makes you feel in control and subsequently content.

Indications are that you are a sensuous person who appreciates good wholemeal food, drink and company, and the occasional chocolate!

Wearing brown indicates that you need your life to be structured because this gives you a sense of security and protection and makes you focused. Therefore maintaining traditions is important to you.

Wearing the colour brown often (7 – 10)

You are an honest and down-to-earth person who likes to have a secure and structured lifestyle. You are reliable and approach life and its problems with practicality and logic.

A well-grounded and stable person on whom others can depend, you like to hold on to the known routine instead of embracing change. This structure makes you feel in control

and subsequently content. You are a hard working person who believes that without pain and hard labour, there is no gain and no reward.

Indications are that you are a sensuous person who appreciates good wholemeal food, drink and company, and the occasional chocolate!

Usually your approach to life can be quite conservative because you do not want to rock the boat. However, this is also the reason that you do not express your true emotions as it is important to you to be accepted by others. Wearing brown indicates that you need your life to be structured because this gives you a sense of security and protection and makes you focused. Therefore, maintaining traditions is very important to you.

Colour Goals

Start wearing brown

The colour brown will bring more structure and stability into your life, especially into your home and family. This colour will help you to stay grounded. The colour brown will assist you to express more reliability in a down to earth manner. Brown is a safe colour and allows you to be more approachable and non-threatening to others.

You can wear or carry brown crystals in your pocket.
Tiger's eye, amber.

You can eat brown food.
Chocolate, wholemeal products, nuts.

Decrease wearing brown

Decrease wearing the colour brown whenever you feel bored or fearful of letting go of your structured lifestyle or whenever you want to break out of your comfort zone to do something new, innovative, fun or spontaneous.