

**RED****Colour assessment*****Never worn the colour red (0)***

Your conditioning or upbringing has made you believe that you cannot just change the circumstances or situations in your life and that it is difficult or hard work to materialize your ideas and visions.

***Stopped wearing the colour red (0)***

Something happened making you feel frustrated, irritated and exhausted with the way your life was going. You need to take action by increasing personal exercise and/or relaxation and increasing healthy eating habits to regain enthusiasm and passion for life. You are not fully satisfied with your daily life.

***Started wearing the colour red***

You became more motivated and encouraged with a new sense of determination and strength. You experienced less negative thinking and feelings of rejection and therefore were able to materialize your ideas with renewed motivation and willpower. You began to express greater power and passion for life and you experienced renewed appreciation for your physical body. You became more motivated to look after yourself with a healthier and more balanced life style.

***Wearing the colour red regularly (4 – 6)***

You are an energetic person with a passion for life. Whenever you want to achieve something you display determination and willpower and therefore you can achieve anything you have in mind and make it happen.

You want to excel in everything you do, wanting to be the best mother, worker, partner etc. You thrive on attention and admiration and you will not shy away because you are courageous and outgoing; a great reformer and fighter for a cause. You are willing to try out new things and go in directions no-one has gone in before, a true leader.

***Wearing the colour red often (7 – 10)***

You are an energetic person with a passion for life. Whenever you want to achieve something you display determination and willpower and therefore you can achieve anything you have in mind and make it happen. **Just be aware not to waste your energy on materialistic and selfish behaviour.**

**Be constructive in the way that you use your energy and willpower. Using it in a destructive way may result in you becoming frustrated or angry. You can get very impatient when things are not going your way because you want it to happen quickly. One of the major lessons to learn in life is to have patience with others but also with yourself.**

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**Colour Goals*****Start wearing red***

Wearing the colour red will motivate and encourage you and give you a new sense of determination, willpower and strength. It counteracts negative thinking and feelings of rejection. This colour can help you to materialize your ideas with renewed motivation and willpower. If you are feeling disinterested, frustrated with life and suffering from an emotional burn-out, the colour red will assist you to express greater energy and power. The colour red will motivate you to look after your body with a healthy and balanced life style.

***You can wear or carry a red crystal in your pocket.***

Bloodstone, coral, fire opal, garnet, red jasper, rhodonite, rhodochrosite, rubellite, ruby, sardonyx.

***You can eat red food.***

Red meat, beetroot, radishes, red peppers, tomatoes, cherries, strawberries, kidney beans, chili peppers, clove, cumin, chili, cayenne pepper, raspberries.

***Decrease wearing red***

Wear less of the colour red when you are constantly busy and find you cannot relax, unwind or slow down.

Reduce wearing the colour red when you feel restless, frustrated, impatient, irritated or angry.