

YELLOW

Colour Assessment

Never worn the colour yellow (0)

Your condition or upbringing has made you believe that others can make decisions for you, trusting them more than yourself. Life is not to be enjoyed but to be endured.

Stopped wearing the colour yellow (0)

You experienced a lack of self-confidence that resulted in nervousness, anxiety and or frustration. You doubted yourself and the direction you wanted to take because there was no clarity in your mind. You were inarticulate with your life's purpose and this made you sad and sometimes pessimistic.

Started wearing the colour yellow

You overcame feelings of anxiety and fear which allowed you to regain trust in yourself and life in general. You experience greater clarity of mind, focus and optimism which gave you confidence to deal with life's challenges.

Wearing the colour yellow regularly (4 – 6)

You have a warm and joyous personality with an optimistic approach to life. You have the ability to think rationally and clearly. You are inquisitive and interested in knowledge because you love to be mentally stimulated. You are broad-minded and blessed with intelligence.

You need your life to be orderly and optimistic. You are a good communicator who is articulate and has the confidence to express your viewpoints. Life is interesting for you and you want to be active and involved, which in turn makes you an inspiring and stimulating person.

You have found emotional happiness and stability, which gives you a sense of fulfilment. With your cheerful and happy disposition you have the potential to enliven a party.

Wearing the colour yellow often (7 – 10)

You have a warm and joyous personality with an optimistic approach to life. You have the ability to think rationally and clearly. You are inquisitive and interested in knowledge because you love to be mentally stimulated. You are broad minded and blessed with intelligence.

You need your life to be orderly and optimistic otherwise you have the tendency to become nervous and restless.

You are a good communicator who is articulate and has the confidence to express your viewpoints. Life is interesting for you and you want to be active and involved, which in turn makes you an inspiring and stimulating person.

You have found emotional happiness and stability, which gives you a sense of fulfillment. With your cheerful and happy disposition you have the potential to enliven a party.

Be aware that not everyone has your intelligence and quickness of mind. Do not become cynical or overly critical.

Colour Goals

Start wearing yellow

You can start wearing the colour yellow when you want to experience more focus, concentration, joy and optimism. The colour yellow can help you to overcome feelings of anxiety, inner fatigue, fear and confusion. Wear yellow to obtain more focus and clarity of mind, discovering and understanding your true identity. Whenever you need concentration and focus, for example during exams, study, presentations, you can use this mind-stimulating colour.

You can wear or carry a yellow crystal in your pocket. Citrine, topaz, tiger's eye, yellow sapphire, yellow zircon, gold, gold topaz.

You can eat yellow food.

Pepper, corn, grapefruit, melon, banana, lemon, pineapple, egg, cheese, yellow lentil, chickpea, turmeric, mace, mustard, saffron, butter, whole grains, rice, lemon grass, bergamot, anise, dill, marigold, evening primrose.

Decrease wearing yellow

Reduce wearing the colour yellow whenever you have a tendency to be cynical, sarcastic or critical of others. Your need for constant knowledge can make it difficult for you to switch off mentally so reduce wearing yellow when you want to relax your mind.