

	Area of personality	I am/ prefer to be	Design ideas and thoughts			
Big Five	Highly open to experience, traditional, bit of both					
	Conscientious, easy-going, bit of both					
	Extrovert, introvert, bit of both					
	Agreeable, tough minded, bit of both					
	Emotionally stable or more sensitive					
Preferred moods	Write down your 5 words					
Values	Write down your key values					
Sensory dominance	Visual					
	Auditory					
	Taste/Smell					
	Kinaesthetic					
Colour palette preference	Brights	Mids	Darks	Pastel	Muddy	Neutral
Favourite colour combination is						
Style preferences are						
Family memories	Evocative design elements to include			Design elements to avoid		
Aha moments Further insights						
Actions/ideas: What might you do now at home and work? What are your short term and long term plans for improvement?						