

THE PS COLOUR

CONFIDENCE
BOOSTER
WITH
COLOURS

ISABELLE T. - THE PS COLOUR

Confidence Booster With Colours

Isabelle T. - The PS Colour

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Dedication

To my family,

To my mom, who has dressed me in every colour under the sun and has taught me to embrace joy and beauty in all its forms.

To my daddy, who has given me the freedom to explore, dream, and become who I am today.

To my sister, whose unwavering support has been a source of strength and love.

To my clients, who have trusted me to guide them on their journeys.

And to my friends, whose encouragement and belief in me have carried me through every step of this journey.

This book wouldn't exist without each of you. Thank you for being my foundation, my inspiration, and my greatest cheerleaders.

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Foreword

Colour is so much more than what meets the eye. While it helps us match outfits and look stylish, it also makes us feel good, lifts us up, gives us confidence and allows us to express our most authentic selves. Colour has brought immense joy into my life, helped me to be confident and has transformed me into the unique and authentic me.

As a colour analysis consultant, I've had the privilege of helping people discover their best colours. But my goal has never been simply to help someone look good. I want my clients – and now, my readers – to feel good, reconnect with who they truly are, and to embrace their unique beauty with confidence.

In this book, I share a collection of stories – mine and my clients' – that are personal and genuine. They're stories of self-discovery, courage, and joy. They reveal how colour has brightened my life and has transformed the lives of my clients. You will see how colour can be a bridge to confidence, a tool for transformation and a way to celebrate your unique beauty.

I hope you enjoy the stories and they inspire you to explore and uncover the colours that resonate with you and boost your confidence – those that bring out your unique beauty, amplify your glow, and make you feel truly alive.

Introduction

I've always believed that colours influence how we feel, how we show up in the world and how we connect with ourselves and others.

Let me share a small, personal moment with you. While writing this book, there was a time when I felt stuck. My mood was low, self esteem was shaky, doubts crept in. Things just didn't feel right. At that moment, I picked up a paintbrush and started painting with my favourite shade of pink – a colour that has always brought me comfort, brightness and joy.

As the brush moved across the canvas, I felt my mood lift. The heaviness began to melt away, replaced by a sense of lightness and calm. Stroke by stroke, I started to feel relieved and good. I got back the comfort and then the confidence to move on. I picked up the pen to write again and continue with life. That simple act of engaging with colour reminded me, once again, of how powerful colours can be. Colour is not just something we wear or see, but something that could help me to live with and brighten my life.

And I want you to have the great experience with colours: find the colours that bring you lightness, comfort, confidence and joy, even in the smallest ways.

What You'll Find in This Book

This book is about how colours can be a secret tool to make you shine and feel good, help you connect to yourself, and step into the confident and most authentic version of who you are.

This isn't a book of manuals for 'perfect colours' to tell you which exact colours to wear or to prescribe rules for boosting confidence. Instead, it is about how colour can be a tool for self-expression, a source of empowerment, and a way to connect with your authentic self.

Through these pages, you'll find stories and reflective questions, challenges and practical confidence boosters to guide you in discovering the colours that resonate with you. You will explore how colours affect your mood, boost your confidence, help you break out of your comfort zone, and become a key to unlocking the best version of yourself.

There will also be resources at the end of the book to support you in this discovery journey.

Whether you're looking for a confidence boost, a little inspiration, or a gentle nudge to bring more vibrance into your life, this book is for you.

An Invitation to Discover Your Glow

As you read through these pages, I hope you'll feel inspired to explore, experiment, and embrace the colours that light you up. Remember, this isn't about perfection, it's about authenticity. It's about finding what feels like you and letting it shine.

Confidence doesn't come from following trends or rules, it comes from connecting to yourself, trusting your intuition, and showing up as the best version of you.

Colour has the power to transform how you look, how you feel and how you live. My hope is that this book will guide you on a journey to discovering your unique glow that brings out the confident and authentic you.

Let's embark on this colourful journey together.

Chapter 1

Born to Shine in Colours

*Confidence isn't just something
you're born with – it's something
you discover. And sometimes, the
journey starts with a simple
splash of colour.*



CHAPTER 1

A Colourful Beginning

When I was a kid, I didn't know the first thing about confidence. I just knew what made me happy. And for me, happiness came in every colour my mom dressed me in – bright yellow, soft baby pink, and dark purple. You name it, I wore it. And I loved it (well, not every single colour she picked for me – I was still a kid, after all!). My mom had this fearless way of choosing outfits for me, turning every day into a little runway moment. Those outfits were a reflection of her belief in letting me shine.

My connection to colour went deeper than my wardrobe. One of my most cherished possessions in childhood was my favourite set of colouring pencils. The big set of dual-coloured pencils with endless shades that seemed to whisper possibilities every time I opened the box.

Among all those pencils, one stood out: the pink-and-green one. This wasn't just any pink-and-green – the pink was soft yet lively, and the green was light and fresh. I loved that pencil so much I hardly used it. I couldn't bear the thought of wearing it down. But every time I saw it, it made me happy.

Even now, that pencil feels like a symbol of everything I love about colour – the joy, the comfort, the inspiration, and the way it lights me up inside. The combination of pink and green still holds a special place in my heart. They remind me of simpler times, of pure joy, and of the emotional power of colour to inspire and uplift.

Your Childhood Colours Matter

Think about the colours you loved as a kid. They were pure, instinctive choices – before anyone told you what was ‘trendy’ or ‘appropriate’. Those colours are like breadcrumbs leading you back to your authentic self. When you reconnect with those colours, you’re not just revisiting happy memories; you’re reclaiming a piece of your identity, and that’s a huge confidence boost.

‘My mom always dressed me in this colour when I was little,’ said my client with a big smile when we discovered her best colour. It brought back beautiful memories and reminded her of who she truly was.

And sometimes childhood colours may not bring joy. One client shared that she has a strong aversion to a shade of light blue because her mom dressed her in it all the time. Now, just looking at that shade brings back feelings of discomfort.

It’s okay to have complicated feelings about certain colours. The key is to step back and understand why. Sometimes, reconciling with a colour can open new doors. It’s also okay to let it go and focus on the shades that you truly love and make you glow.

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The Confidence Connection

As a kid, I didn't think about why I loved those colours or what they said about me. I just knew they made me happy and feel good. Looking back, I realize that joy was my first taste of confidence.

Confidence isn't about being perfect or fitting into someone else's mold. It starts with how you feel. And when you feel good, you radiate confidence effortlessly.

Colours are like a shortcut to feeling amazing. When you're with the colour that resonates with you, it's like carrying a little piece of joy with you all day.

I see this every day in my work. When my clients discover the colours that suit them best, they feel good, their posture changes, and their eyes light up.

Their face glows, and they smile like they've rediscovered a part of themselves. Finding your colours isn't about changing who you are, it's about uncovering the best version of yourself and letting it shine.

Reflection: Rediscover Your True Self Through Colour

One of the most powerful things you can do is reconnect with the colours you loved as a kid. Kids simply choose colours that make them happy. As we grow older, we often lose touch with the simple joys we loved as kids. But those childhood connections are powerful. They're windows into who we truly are.

For me, rediscovering my love of pink and green wasn't just nostalgic – it was empowering. Every time I incorporate these colours into my life, whether through my wardrobe or my work, it's like reconnecting with the most authentic version of myself.

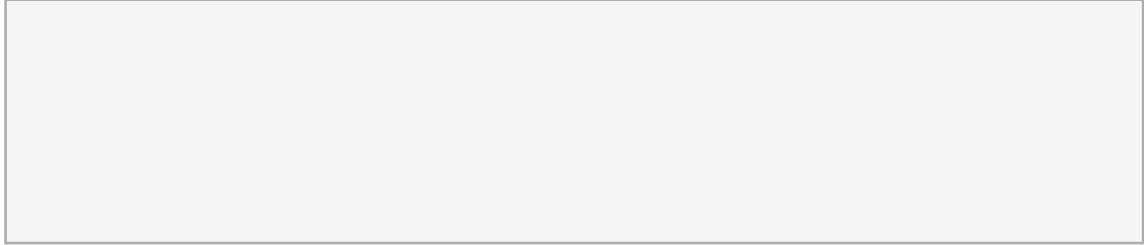
Take a moment to reflect:

- What were your favourite colours as a child?
- How did they make you feel?
- Why did you stop wearing them?
- How can you bring them back into your life today?

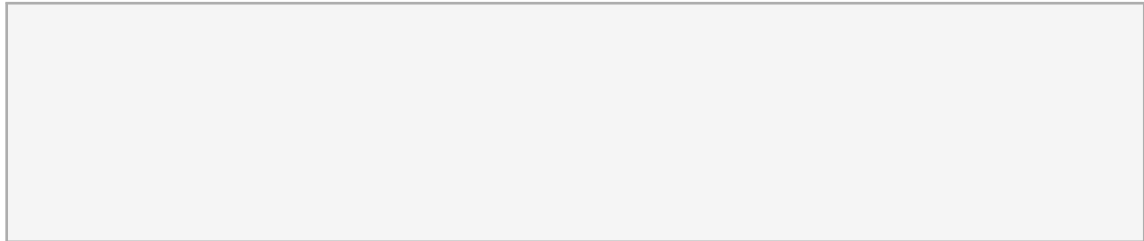
Write down your thoughts and let yourself reconnect with those memories. Your childhood colours are windows into your authentic self.

REFLECTIONS

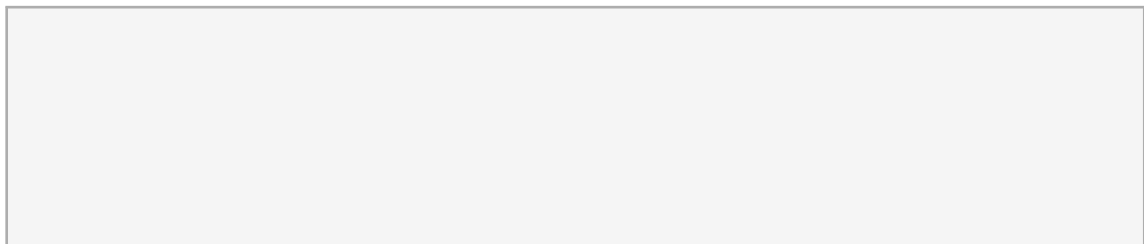
What were your favourite colours as a child?



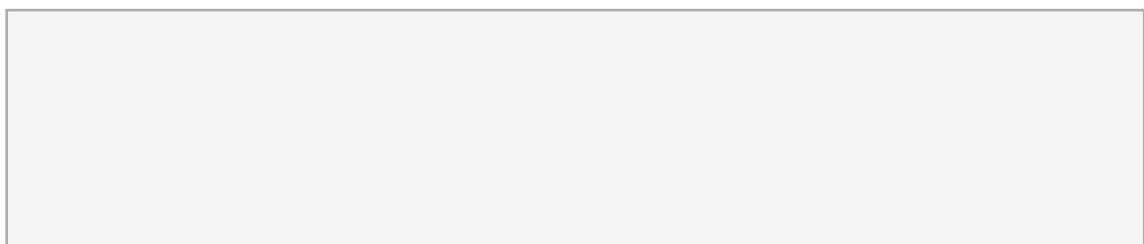
How did they make you feel?



Why did you stop wearing them?



How can you bring them back into your life today?



CHALLENGE

Find a way to incorporate one of your childhood colours into your life. It could be a piece of clothing, an accessory, or even just a splash of colour in your workspace. Notice how it makes you feel and let it remind you of the confident, vibrant person you've always been.



Embrace Your Radiance

Confidence starts with embracing what makes you happy. Sometimes, that's as simple as reaching for the colours that make your heart sing or wearing a colour that makes you feel alive. Start small. Revisit the colours that made you happy as a kid, and let them remind you of the vibrant, confident person you are.

You were born to shine in your colours. They're not just shades – they're a reflection of your personality, your energy and your confidence. When you reconnect with the colours that make you feel alive, you're not just dressing up, you're stepping into the best and most authentic version of yourself.

Practical Confidence Boosters

- Embrace the colours you loved as a child – they often reflect your truest self.
- Start small: Incorporate a favourite childhood colour into your daily life, even in subtle ways like accessories or stationery.

Chapter 2

Your Confidence Colours

*Confidence isn't about wearing
what's trendy – it's about wearing
what feels like you.*



CHAPTER 2

The Identity Colours Bring

Your colours are the truest expression of who you are. When you find the ones that resonate with your soul, they become more than shades – they become your identity.

As I grew older, colour became more than something I wore; it became a way of expressing who I was. Some colours made me feel vibrant and alive, while others felt calming and grounding. The right colours had a way of shifting my mood, lifting my energy and making me feel like the best version of myself.

For me, it's my favourites – pink and white. For you, it might be bold red, calming blue, or a surprising yellow. The trick is to figure out what feels like you. When you wear your power colours, you don't just look good, you feel good. And when you feel good, you walk into a room differently. You hold your head higher. You smile more.

My Lifelong Love Affair with Pink

If you've met me, you know one thing for sure: I'm obsessed with pink. It's not just my favourite colour, it's who I am and my happy place. It cheers me up just by looking at it.

Pink has always been my first love. Since the moment I could choose for myself, it was pink or nothing. As a child, pink was everywhere: pink clothes, pink toys, pink toothbrushes, and pink notebooks.

It wasn't just a colour I liked; it was my signature. It was how I expressed myself to the world. To me, pink was an extension of my personality. It made me feel loving, cheerful, and full of life.

When I started working, my desk became a sea of pink. Pink pens, pink folders, even a pink stapler. My colleagues caught on quickly and started gifting me anything they could find in pink – even pink file clippers.

Here's the thing: pink made me feel good. It made me feel like me. Pink is my power colour; it's my go-to when I want to feel vibrant and full of life.

Pink isn't just about looking pretty or matching my phone case. Pink is my confidence armour. When I am with it, I feel happy, warm and unapologetically me. It's like putting on a colour that says, 'Hey, I'm here, and I'm happy to be me.'

The Simplicity of White

Then there's white. White is clean, simple and timeless. Whenever I wear white, I feel a sense of ease, clarity and lightness, as if I can take on the world.

I feel instantly confident when I wear white because it reflects exactly how I want to feel – clear, light and comfortable. Even though I make it dirty within five minutes (because life happens), I'll never stop wearing it. Why? Because when I feel good in my clothes, it shows.

White makes me feel fresh, light and in control. It's the colour I reach for when I need clarity – when I want to feel calm and grounded – but also powerful in a quiet way. When I wear white, I feel like I'm stepping into a version of myself that's clear-headed, focused and ready to take on the world.

White has this amazing way of simplifying everything. Even on messy, chaotic days, when I don't know what to wear (not to do in life actually), putting on a white shirt feels like hitting the reset button. It just gives me so much ease and reminds me to slow down, breathe and focus on what matters.

Pink and white aren't just part of my wardrobe, they're part of my personality. Pink makes me feel alive, and white gives me confidence. Together, they remind me of who I am and what I'm capable of.

Reflections: The Confidence Boost of Power Colours

Everyone has colours that make them feel unstoppable.

When you wear colours that suit you and resonate with your soul, it's like the universe is giving you a little high-five. You feel good, look good, and radiate confidence.

I see it in my clients all the time. As we try different colours, we find the ones that make their eyes sparkle, their posture straighten and their smiles widen. I'll often hear them say, 'I feel... great'. That's what power colours do – they bring out the best in you.

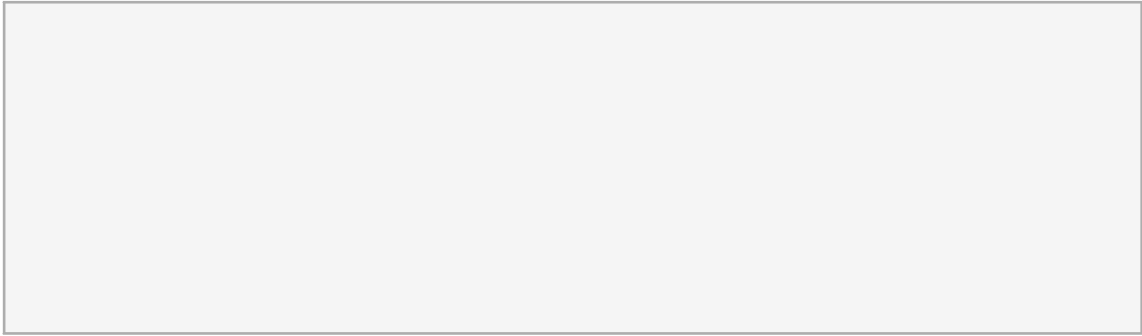
Take a moment to reflect on your relationship with colour:

- What's one item you love wearing over and over? What colour is it?
- What are the colours that make you feel great?
- If you could add one colour to your life right now, what would it be?

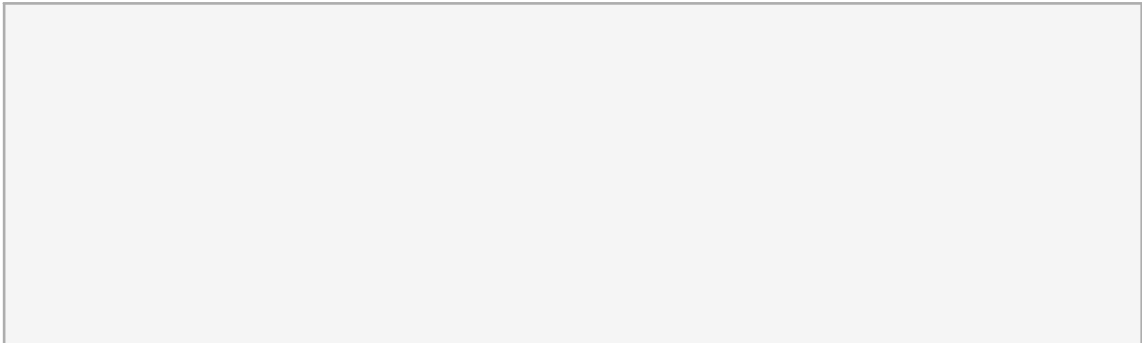
Write down your answers and think about how these colours make you feel. These aren't just shades, they're tools for building your confidence.

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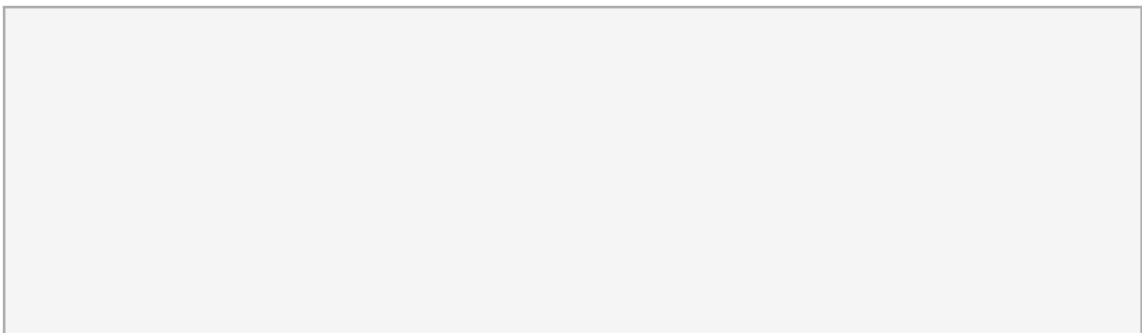
What's one item you love wearing over and over? What colour is it?



What are the colours that make you feel great?



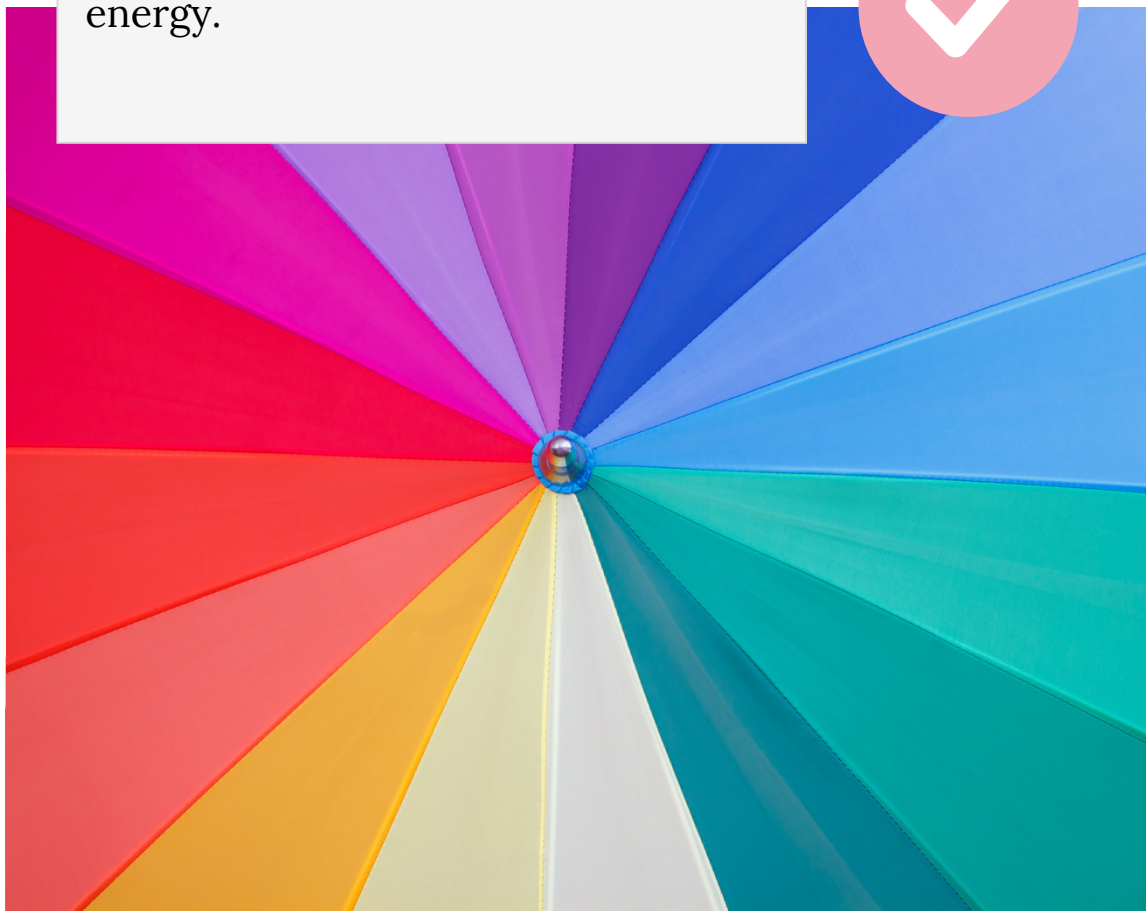
If you could add one colour to your life right now, what would it be?



CHALLENGE

Wear your power/confidence colours on days when you need a boost. Whether it's a bold outfit, a subtle accessory or a touch of colour in your workspace, let those shades remind you of your strength and individuality.

Pay attention to how they make you feel and how others respond to your energy.



Discovering Your Confidence Colours

Your confidence colours are more than just shades – they're expressions of your best self. They give you permission to show up as your authentic self, no apologies needed.

Your confidence colours are your secret weapon. They're not just about looking good; they're about feeling like the best version of yourself. So go ahead, find your pink, your white, or whatever colour makes you shine, and wear it with pride.

Pink and white are my colours. They make me feel happy, confident, and unapologetically me. But your colours are just as unique as your story. When you find the shades that make you feel alive, you're not just wearing them, you're embracing the best version of yourself. And that's where confidence begins.

Practical Confidence Boosters

- Identify the colours that make you feel your best – those that make you stand taller and smile brighter.
- Treat your confidence colours as tools for self-expression, not just decoration. They are your allies in feeling great.

Chapter 3

Colours That Lift, Colours That Weigh

*Colours don't just reflect how you
feel, they shape how you feel.*

*When you embrace them
intentionally, they can guide your
emotions and amplify your
confidence.*



CHAPTER 3

The Emotional Power of Colour

Have you ever noticed how colours can change your mood? A bright yellow can feel like a shot of sunshine on a gloomy day, while a soft blue can bring a sense of calm to a chaotic moment. Colours bypass logic and go straight to your feelings, lifting you up or grounding you in ways words can't.

For me, this realization came when I started paying attention to how I dressed on different days. When I was feeling good, I naturally gravitated towards light, happy shades – pastel pinks, mint greens, soft yellows. These colours amplified my energy, making me feel even better. But on days when I wasn't at my best, I instinctively reached for black. It wasn't just a colour; it was a mood. Black felt safe and instead of helping me, it often deepened the heaviness I was already feeling.

When Colours Weigh You Down

Let's be real: not every day is sunshine and rainbows. Some days, you wake up feeling like a rock – heavy, dull, and just... meh. For me, those are the days when I instinctively reach for black. And let me tell you, black doesn't just match my mood, it amplifies it.

When I was teaching yoga, my students always noticed when I wasn't my usual colourful self. 'Are you okay?' they'd ask, spotting my black leggings. It was like my outfit was shouting, 'She's not feeling it today!'

I once thought black was comforting, like a warm, familiar blanket. I told myself it was practical – black was easy, it matched everything and it didn't draw attention (just like 80% of my clients think). But the truth was, I didn't want to be seen. Black wasn't just a colour, it was a shield, a way to hide from the world.

Over time, I realized it wasn't helping. It was trapping me in those heavy feelings. Black reflected my sadness back at me, making it harder to break free.

One day, I decided to make a change. It wasn't anything dramatic, I just pulled out a pastel pink tee and wore it while I was feeling dull. It was a small act, but it felt monumental. When I looked in the mirror, I saw a flicker of the person I used to be – the one who loved colour, who loved life.

Colours That Lift You Up

That pink tee became my lifeline. It reminded me that even in the darkest times, there's always room for light. I am grateful that during my rough times – like going through the divorce – I didn't retreat to just wearing black. I still kept my colourful style, and I believe that's one of the ways that helped me overcome the challenges and sadness during that time.

Now I rarely wear black. It feels heavy, like it's pulling me down. Instead, I stick to the colours that make me feel light and alive. Pastels are my go-to: soft pinks, gentle greens, calming blues. They're like little bursts of joy I can carry with me, even on tough days.

When I'm having an off day, I reach for colours that make me feel alive – like a pastel pink yoga outfit or cheerful mint green pants. It's not about pretending everything's perfect, it's about giving myself a little nudge. It's like saying, 'Hey, it's okay to feel blah, but let's bring some light into the day'.

I've seen this same transformation in my clients. When they arrive at my studio, some have the saddest, most exhausted expressions, weighed down by life's challenges. But as we explore colours together, their energy shifts. They see themselves in shades that light up their faces and brighten their moods. By the time they leave with their personalized colour palette, it's as if they're wrapped in a renewed sense of confidence.

Reflection: Your Emotional Palette

Think of colours as tools in your emotional toolkit. Choose colours that brighten and cheer you up. Pick colours that are calming while you feel scattered. Create your colour palette to make a statement and lift you up.

Our favourite colours are like a secret weapon for the day, something I can put on and instantly feel stronger, lighter, and happier.

And here's the flip side. Just like the right colours can make you feel invincible, the wrong ones can make you feel invisible. There have been times in my life when I played it safe, choosing boring, muted tones because I didn't want to stand out.

It does not matter whether it is black, brown or neutrals that you choose. The thing is to embrace whatever works for you and be aware of what doesn't serve you. I hope that you wear black because you feel good, not just because you want to play safe or find it easy.

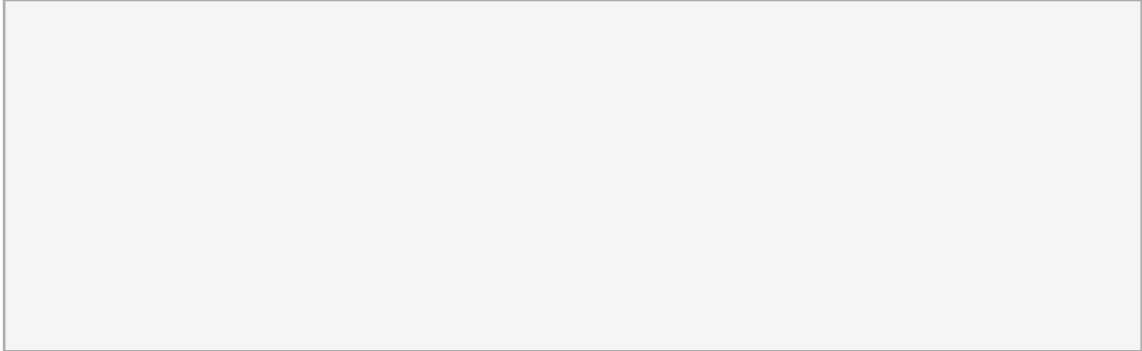
Take a moment to think about your go-to colour for:

- Lifting you up?
- Feeling grounded?
- Powering through a tough day?

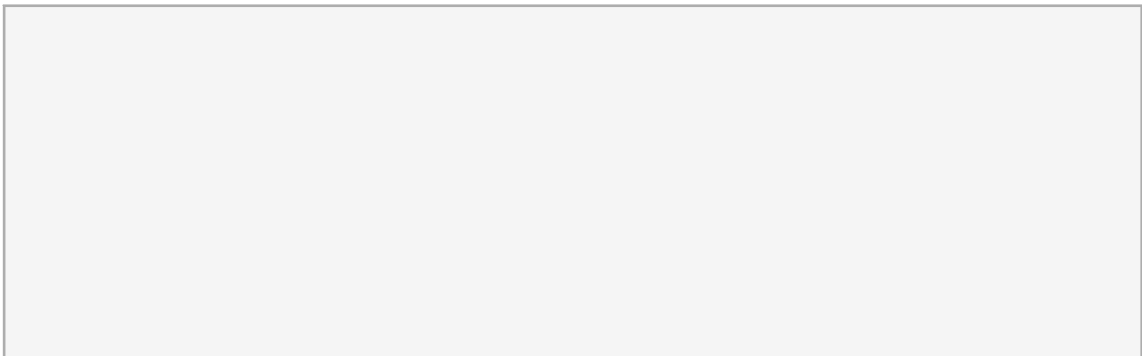
Write down your answers and consider how these colours influence your mood.

REFLECTIONS

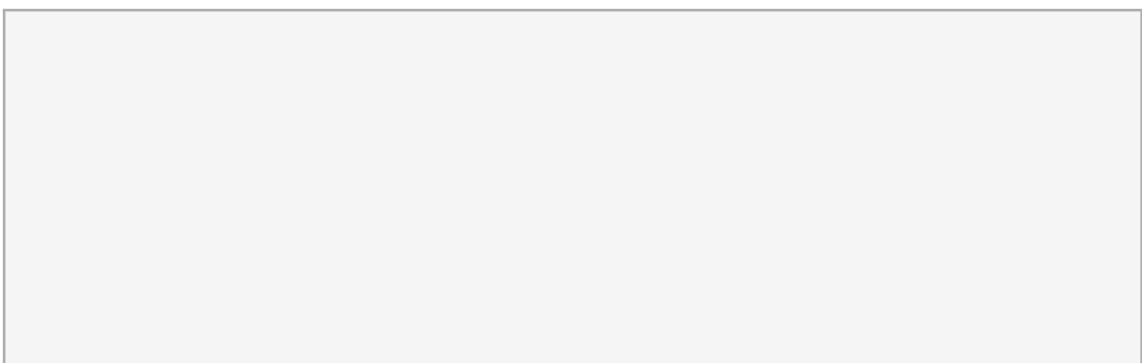
What's your go-to-colour for lifting you up?



What's your go-to-colour for feeling grounded?



What's your go-to-colour for powering through a tough day?



CHALLENGE

Notice how colours make you feel.

Keep a little journal and jot down what you wore, how you felt wearing them, and how people reacted to you. You might start to see some surprising patterns.



Colours as Emotional Shortcuts

Your emotional colour palette is unique to you. Maybe yellow makes you feel bold and unstoppable, or maybe it feels overwhelming. Maybe green calms you down, or maybe it makes you feel invisible. The key is to experiment and notice what resonates.

Choosing your colours intentionally is like setting the tone for your day. It's a way of saying, 'This is who I want to be today'.

Your colours are your emotional superpower. Use them to shape how you feel and how the world sees you. Your mood is not fixed and neither is your confidence. Use colours to shift your energy, brighten your day and remind yourself that you're in control. Even on your rainiest days, there's always a rainbow waiting.

Don't wait for confidence to find you. Use your colours to create it. When you choose shades that match the energy you want to bring into your life, you're not just changing how you look, you're changing how you feel.

Practical Confidence Boosters

- Use colours to set the mood: E.g. Bright shades like yellow or orange for energy, soft pastels for calm, and rich hues like emerald for power.
- Dress for the vibe you want to feel, not just the one you're in. A cheerful colour can flip a bad day around.

Chapter 4

Showing Up, No Matter What

*Confidence doesn't mean
you're never scared, it means
you show up anyway. And
sometimes, the right colour
can be your greatest ally.*



CHAPTER 4

The Power of Showing Up

We all have moments when fear threatens to hold us back, when the idea of failing, stumbling, or being judged feels overwhelming. In those moments, confidence doesn't mean the fear disappears. It means you decide to show up anyway.

I'll admit it – there are days when I don't feel confident at all. Days when everything feels too big, too hard, too much. And on those days, it's tempting to hide, to shrink myself down and disappear into the background. But here's the thing: that's exactly when I need my confidence colours the most.

I remember one of the first times I truly understood this. I was working as a consultant, and I had to give my first-ever presentation.

My Greatest Ally - White

The stakes were high and so were my nerves. I was terrified. What if I forgot my points? What if I stumbled over my words? What if everyone could see how scared I was? I didn't feel ready; I didn't feel good enough.

Instead of wallowing, I pulled out and wore my white suit that morning. It wasn't a magical fix, but something shifted. It made me feel grounded, capable, and put-together. The moment I saw myself in the mirror, I felt a spark of, 'Hey, I can do this'.

When I walked into the meeting room, I still felt the butterflies in my stomach, but I also felt a quiet confidence. My white suit made me feel composed, like I was stepping into a version of myself who could handle whatever came her way.

As I started my presentation, I could feel the fear fading with each word. My boss nodded along, my colleagues engaged, and when I finished, I received a round of applause. My boss even came up afterward and said, 'That was excellent'.

No one knew how scared I had been. All they saw was someone who showed up prepared and polished.

I'll let you in on a secret: there have been plenty of times in my life when I didn't feel confident at all. Days when I wanted to stay in bed, avoid people and hide from the world. But here's the thing – those are the days when I've learned the most about confidence.

Showing Up Matters

Here's the thing about showing up: it's rarely about being perfect. It's about taking the leap, even when you don't feel ready. Every time you show up, you prove to yourself that you're capable of more than you thought. And that builds confidence.

For me, wearing white on challenging days became my golden ticket. It was about looking good and also feeling good. White made me feel clear, grounded and ready to face whatever came my way.

Wearing your confidence colours is about reminding yourself of who you can be. When you put on something that makes you feel great or beautiful, it shifts your energy. You stand a little taller, smile a little more and the world starts to notice.

Confidence is something you can create, moment by moment, choice by choice. Wearing a bold colour on a day when you feel anything but bold might feel strange at first, but it sends a message to yourself and to the world – that you're here, and you're ready.

There's no magic formula for confidence. It's a practice. And one of the simplest ways to start is by showing up, putting on a colour that makes you feel just a little braver, a little stronger and a little more like the person you want to be.

Reflections: How Colours Help You Step Into Confidence

There's a common misconception that confidence is something you either have or don't have. But the truth is, confidence is something you can build over time.

When you dress in a colour that makes you feel confident, even if you don't fully believe it yet, you're sending a powerful signal to yourself and to the world. You're saying, 'I belong here. I'm ready'. And eventually, you start to believe it.

This happens to many of my clients. They don't feel confident at first. They want to come find the colours that help them to be more confident. They may not feel the most comfortable with the colours, but I am always thrilled to hear them say yes, they would start to wear these colours. That's when you showed up to yourself and to the world.

Think about the moments in your life when you've had to show up despite fear or uncertainty. Ask yourself:

- What colour did you wear?
- How did that colour make you feel?
- Is there a colour that consistently makes you feel strong, composed, or capable?

Write down your colours and reflect how you feel at those moments.

REFLECTIONS

During the moments when you've had to show up despite fear or uncertainty

What colour did you wear?

How did that colour make you feel?

Is there a colour that consistently makes you feel strong, composed, or capable?

CHALLENGE

Choose a colour that makes you feel powerful and wear it during a challenging moment. It could be a meeting, a conversation you've been dreading or even a workout you've been avoiding. Notice how the colour affects your mood and confidence. Let it remind you that showing up is always worth it, no matter how nervous you feel.



Show Up with Colour

Showing up isn't about eliminating fear, it's about carrying it with you and stepping forward anyway. And colours can help. They're more than just clothes or accessories; they're tools for shaping how you feel and how you present yourself to the world.

Colours are like an ultimate tool for those moments when you're not sure you can do it. The right shade can make you feel braver, stronger and more prepared to face whatever's ahead. It is not just fabric or dye, it's an extension of your energy, a signal to yourself and the world that you're ready to show up.

So the next time you're scared or uncertain, remember: you've done hard things before, and you'll do them again. Find your version of the white suit, the bold red dress, or the cobalt blue blazer. Let it remind you of your strength, your worth, and your ability to rise to the occasion. When you show up, you're not just wearing confidence, you're creating it.

Practical Confidence Boosters

- Choose Your Confidence Colour: Wear it the next time you face a challenge to remind yourself of your strength.
- Keep a 'go-to' colour item handy for tough days – something that always makes you feel strong and confident.

Chapter 5

Believe in Yourself, Trust Your Colours

*The colours you're drawn to are
no accident. They're little whispers
from your intuition, telling you
who you are and how you shine.
The key is to trust yourself.*



CHAPTER 5

The Voice of Doubt

Have you ever had a gut feeling about something but second-guessed yourself? Maybe you thought a particular colour suited you, but then you talked yourself out of it. 'What if it washes me out? What if it's too bold? What if it doesn't look as good as I think?'

I've seen this countless times with my clients. They instinctively know what colours suit them. They pick out a shade that makes their eyes sparkle or their skin glow. But instead of leaning into that instinct, doubt creeps in. They second-guess themselves, reaching for something 'safe' instead – neutrals, blacks, or shades they think will blend in.

Here's the truth: you often already know what works for you. Your intuition is powerful, and when you learn to trust it, it can be a game-changer for your confidence.

The Clients Who Already Knew

I can't tell you how many times I've heard a client say, 'Oh, I've always loved this colour, but I didn't think it suited me'. Or, 'I've avoided this shade for years because I thought it would make me look pale'.

Yet, as soon as we drape that colour on them, their face lights up. They smile at their reflection, and it's like they're seeing themselves for the first time. One client, in particular has always liked yellow, but was convinced it washed her out. During her session, we discovered a soft yellow that made her look radiant. She said, 'I always loved yellow, but I thought I couldn't pull it off. Now I feel like I've been holding myself back for no reason'.

The truth is, many of us know ourselves better than we think. But we get caught up in self-doubt, seeking external validation to confirm what we already feel deep down.

Believing in Yourself Through Colour

Doubt has a sneaky way of creeping in, especially when it comes to something as visible as our appearance. Maybe you have heard that a certain colour didn't suit you, and that stuck in your head. The thing is you don't need any validation to embrace what feels right for you. The colours you're drawn to are whispers from your intuition – trust them.

Confidence is about trusting yourself, even when doubt tries to hold you back. The same applies to colours. When you wear something that resonates with you, it's like carrying a little piece of joy with you all day.

I've learned to trust my own intuition when it comes to colours. There have been times when I doubted myself, wondering if a shade was 'too much' or if I should stick to something more understated. But every time I leaned into what felt right, it paid off.

For example, I've always loved pink. It's my happy colour, my confidence booster. But there were moments when I questioned if it was too soft, too playful, or too girly for professional settings. Still, I trusted my instincts, incorporating pink, like a pink suit. And you know what? It always felt right and everybody was so impressed, saying I looked not just great but fabulous.

On the other hand, I have seen gorgeous colours that I really want to get, however, I know it doesn't suit me as I feel embarrassed when I try it on. So, I trust myself and make the intentional choice.

The magic of trusting your intuition is that it opens the door to confidence. When you allow yourself to embrace the colours that feel right to you, you're owning them. And that confidence is contagious.

Reflections: Trust Your Colour Compass

Believing in yourself is about trusting that little voice inside you that knows what's right for you. Confidence doesn't mean you'll never doubt yourself. It means you'll feel the doubt and move forward anyway, trusting that your intuition will guide you.

When it comes to colours, your intuition is like a compass. If a colour makes you feel good, there's a reason for it. Trust that feeling. Your reflection in the mirror isn't lying, it's showing you exactly who you are and what suits you.

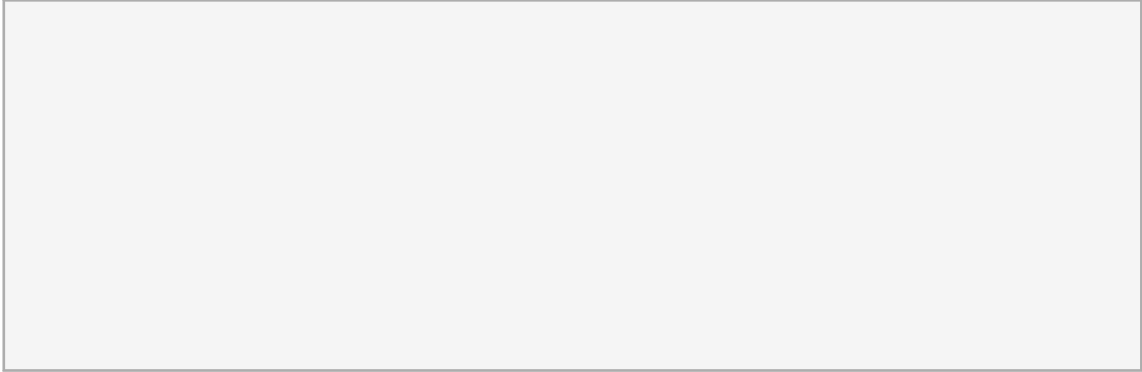
Take a moment to reflect on your relationship with colours:

- Is there a colour you love but avoid wearing because you're unsure if it suits you?
- What colours make you feel happy, even if you haven't worn them in a while?
- Think about a time when you wore a colour that made you feel amazing. What was it, and how did it affect your mood and confidence?

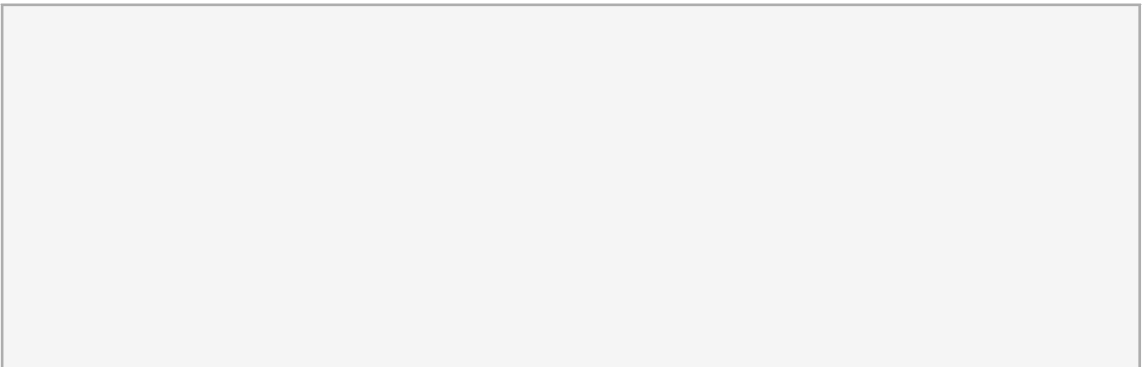
Write down your thoughts and look for patterns. Chances are your intuition already knows the answer.

REFLECTIONS

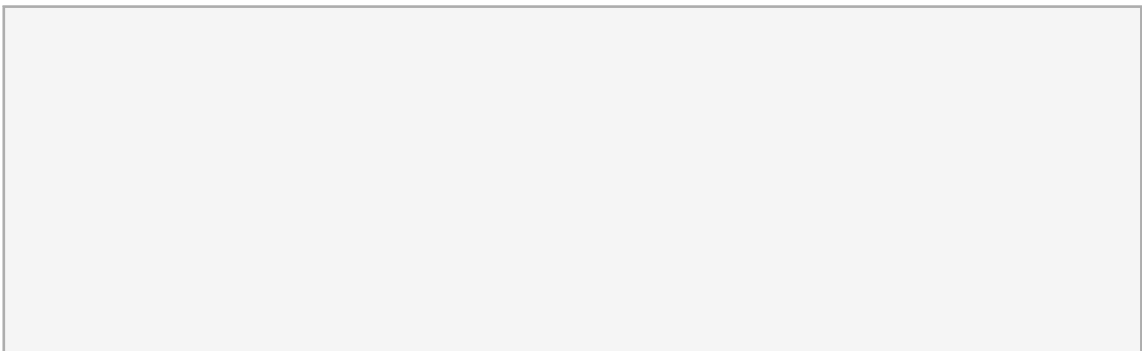
Is there a colour you love but avoid wearing because you're unsure if it suits you?



What colours make you feel happy, even if you haven't worn them in a while?



Think about a time when you wore a colour that made you feel amazing. What was it, and how did it affect your mood and confidence?

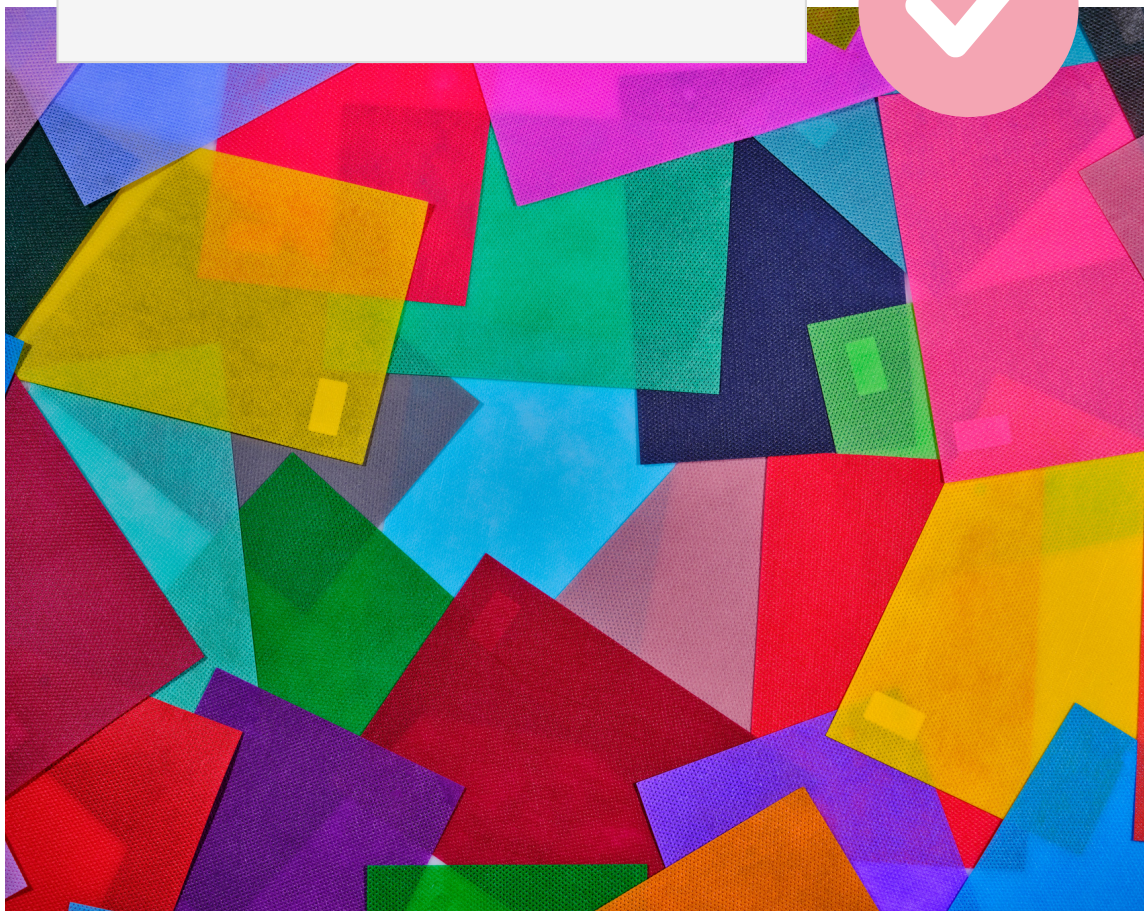


CHALLENGE

Choose a colour intuitively to wear.

Whatever colour pops out, trust your intuition and take it. Notice how it makes you feel and how the world responds to you.

Trust that your instincts are leading you towards something good.



Your Intuition Knows Best

Your intuition is one of your greatest tools for confidence. When you trust yourself – whether it's choosing a colour, making a decision or stepping into a new situation – you're giving yourself permission to shine.

You already know what works for you. You've always known. The colours that make your heart sing and your spirit feel alive? They're waiting for you to embrace them. No more second-guessing. No more doubting. Start believing in yourself.

Because when you trust your intuition, you're not just choosing colours, you're choosing confidence, authenticity and the best version of yourself.

Practical Confidence Boosters

- Don't overthink it, trust your instincts. If a colour feels good, go for it!
- Set a Confidence Intention: The next time you wear a colour you love, set the intention to wear it with pride. Remind yourself: 'I chose this because it makes me feel good, and that's enough'.

Chapter 6

Step Out Of Comfort Zone

Growth happens when you take a step into the unknown. Even a small change – like adding a new colour to your wardrobe – can ignite confidence and joy.



CHAPTER 6

The Safety of Black and Neutrals

When I ask my clients what they usually wear, the answers are often the same: black, navy or neutrals. ‘They’re safe’, they tell me. ‘They are easy and won’t go wrong’. And while it’s true that black and neutrals are versatile, they can also become a kind of safety net – a way to blend in and avoid standing out.

There’s nothing wrong with black and neutrals. They have their place, and they can be styled beautifully. But when they become your entire wardrobe, they can start to feel a little... predictable. Safe. Comfortable. And confidence doesn’t thrive in comfort zones; it grows when you step outside of them.

The Courage to Try Something New

One of my favourite moments during a colour analysis session is when a client sees themselves in a shade they never thought they could wear because they don't feel comfortable. Maybe it's a soft coral, a vibrant purple, or a sunny yellow. They look in the mirror, and suddenly, their face lights up.

I've had clients say, 'I've never worn this colour before, but now I can't wait to try it.' That moment of excitement – that willingness to try something new – is where the magic happens. When you have the courage to step out of your comfort zone, even in a small way, you're telling yourself, 'I am ready to grow, ready to shine, ready to embrace more of who I am'.

Orange has always been a colour that I would never choose. A few years ago, Mom and I were shopping, and Mom spotted a dress with multiple colours of orange, pink and blue. She loved it so much that she insisted to gift that dress to me. She kept saying I'd look good in it. However, my first thought was like, 'Mom, I don't like anything with orange'. Mom insisted and I tried it on, and it looked good! I told myself to step out of my comfort zone, and instead of just picking pink and white all the time, why not try orange this time? After all, there is a bit of pink there in the dress, too. And to be even more courageous, I added another orange tee to top it up on the dress in our shopping basket. These items are still in my wardrobe.

Small Steps, Big Impact

It's human nature to stick with what's comfortable. Black, navy and neutrals feel easy. They're reliable, and they don't draw too much attention. But sometimes, the very thing that feels safe can hold you back.

Wearing the same colours every day is like staying in the shallow end of the pool. It's comfortable, but you never get to experience the thrill of diving into the deep end. The truth is, stepping out of your comfort zone – even just a little – can open up a world of possibilities you didn't even know existed.

Stepping out of your comfort zone doesn't mean you have to overhaul your entire wardrobe overnight. It's about taking small, intentional steps.

Start with something simple:

- Swap your black top for one in a deep burgundy or emerald green.
- Add a pastel scarf to your usual neutral outfit.
- Experiment with a bold accessory, like a statement necklace or a vibrant handbag.

Every little change adds up. And as you start to embrace new colours, you'll notice something amazing: your confidence grows.

Reflection: What's Outside Your Comfort Zone?

Sometimes, the colours we cling to say more about our fears than our preferences. Sticking to black, navy or neutrals often feels like a way to blend in, avoid judgment or stay 'safe'. But confidence doesn't live in safety, it lives in the moments when you take a chance, even a small one, to step out and be seen.

Think about it this way: every time you add a new colour to your life, you're expanding your possibilities. You're telling yourself, 'I am brave enough to try something new'. And when you see how that colour lights you up, you'll start to realize that the magic isn't just in the colour, it's in you.

Take a moment to think about your own comfort zone when it comes to colour:

- What colours do you wear most often and why?
- Are there colours you love but avoid because they feel too bold or unfamiliar?
- What's one colour you've always wanted to try but haven't?

Write down your answers and reflect on how stepping out of your comfort zone could open up new possibilities for you.

REFLECTIONS

What colours do you wear most often and why?

Are there colours you love but avoid because they feel too bold or unfamiliar?

What's one colour you've always wanted to try but haven't?

CHALLENGE

Try wearing a colour that feels just a little outside of your comfort zone.

It doesn't have to be dramatic – anything like a scarf, or a top or a pair of shoes. Notice how it makes you feel. You might be surprised by the confidence it brings.



Confidence Grows Beyond Comfort

Confidence isn't about playing it safe, it's about taking risks, even small ones, and discovering new parts of yourself in the process.

When you step out of your comfort zone with colours, you're not just changing your wardrobe, you're changing the way you see yourself. You're giving yourself permission to be seen, to stand out and to embrace the vibrant, confident person you are meant to be.

Remember, it's not about perfection. It's about progress. Each little step you take with colour is a step towards greater confidence and self-expression. So take the leap – your glow is waiting.

Practical Confidence Boosters

- **Pair New with Familiar:** To ease into a new colour, pair it with something you're comfortable with. For example, add a colourful accessory to your go-to black outfit or layer a bright cardigan over a neutral dress.
- **Shop with Fresh Eyes:** The next time you're shopping, challenge yourself to try on one item in a colour you'd usually avoid. Even if you don't buy it, notice how it makes you feel.

Chapter 7

Expand Your Palette, Expand Your Confidence

*When you let go of limitations and
embrace the unexpected, you
unlock the colours – and
confidence – that have been
waiting for you all along.*



CHAPTER 7

The Power of an Open Mind

Sometimes, we don't realize how much we limit ourselves until we start asking 'Why?' Why do we avoid certain colours? Why do we believe some shades don't suit us? Why do we stick to rules about what's 'appropriate'?

For me, those limitations started when I was a teenager. In my society, black and white were the 'cool' colours. Bright, bold shades were seen as 'too much', something only old people or eccentric personalities would wear. And I believed it.

So, instead of embracing the vibrant colours that brought me joy, I hid under a navy cardigan vest, trying to blend in. I felt ashamed of my body and my outlook. Those limitations didn't just affect my wardrobe – they affected how I showed up in the world.

What Happens When You Let Go

It wasn't until later in life that I realized how much I had missed out on by clinging to those rules. When I finally started experimenting with colour – ignoring the 'shoulds' and 'shouldn'ts' – something shifted. I stood taller, smiled more and felt like me for the first time in a long time.

I see the same transformation in my clients all the time. They'll say things like, 'I like orange or yellow, but they're too bold for my personality', or, 'People say yellow washes people out, so I've never even tried it'.

But when we find a yellow-y shade, something amazing happens. They see themselves in the mirror and say, 'I never knew I could wear this colour'. That's the magic of keeping an open mind: it helps you discover the colours that bring out your best.

If there's one person who truly understood the power of an open mind, it's my mom. Remember, she dressed me in every colour imaginable, from the brightest yellow to the darkest purple.

Dark purple isn't a colour you'd expect to see on a little kid; it's often considered too mature or even for the 'elderly'. But my mom didn't care. She was fearless, and she believed I could shine in anything. And you know what? She was right.

When I think about those outfits now, I realize how much I owe to her boldness. She taught me that colours aren't about rules, they're about expression, joy and discovery.

Breaking Free from Limitations

The world loves to tell us what we can and can't wear. Certain colours are labeled as too loud, too bright, too bold, too soft, too something. And we internalize those messages, limiting ourselves without even realizing it.

But here's the truth: colour has no rules. It's not about what society says, what's trendy or what someone else thinks. It's about what makes you feel good, what brings out your glow and what helps you stand tall.

One client, who had always avoided red because she thought it was too bold, discovered a warm bright red during her session. She said, 'I always thought red would make me stand out too much, but now I feel like it's bringing out my best'.

Another client, hesitant about orange, was convinced it would clash with her skin tone. When we tried a soft peachy shade, her entire demeanor changed. 'I feel like I've been missing out', she said with a smile.

These moments remind me why I always tell my clients to keep an open mind. It's the first thing I include in my session reminder email because it's the foundation for discovering your best colours – and your best self.

Reflection: The Freedom of Letting Go

Think about the rules you've followed when it comes to colour. Were they your own, or were they handed to you by others – friends, family, society? Sometimes, these rules are so ingrained we don't even realize they're holding us back.

Maybe you've avoided a certain shade because someone once said it 'wasn't your colour'. Or perhaps you've stuck to a narrow range of tones, believing that stepping outside of them would draw too much attention.

But here's the thing: when you let go of the limitations you've placed on yourself, you open the door to discovering something new, something that could bring out the best in you.

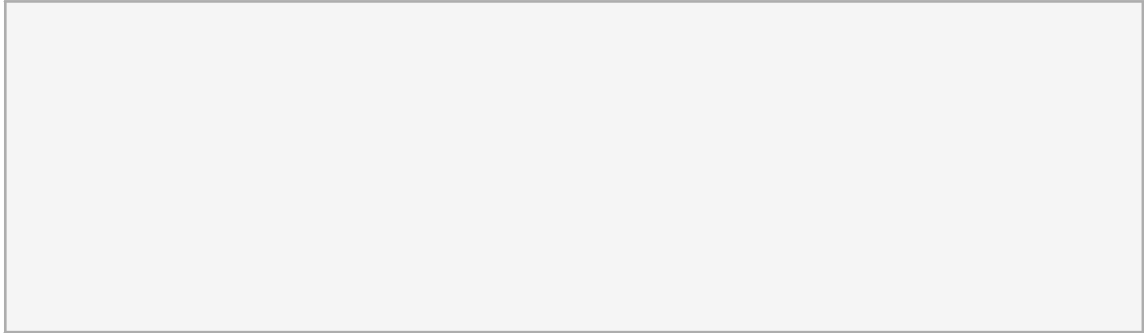
Think about the colours you avoid and ask yourself why.

- Are there colours you've been told don't suit you?
- Are there shades you love but think are 'too much' for your personality?
- What rules or beliefs about colour have been holding you back?

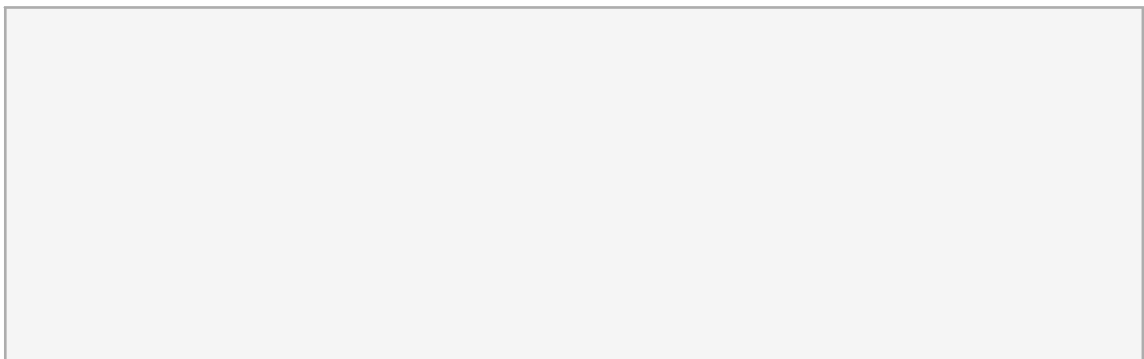
Write down your answers and challenge yourself to question those limits.

REFLECTIONS

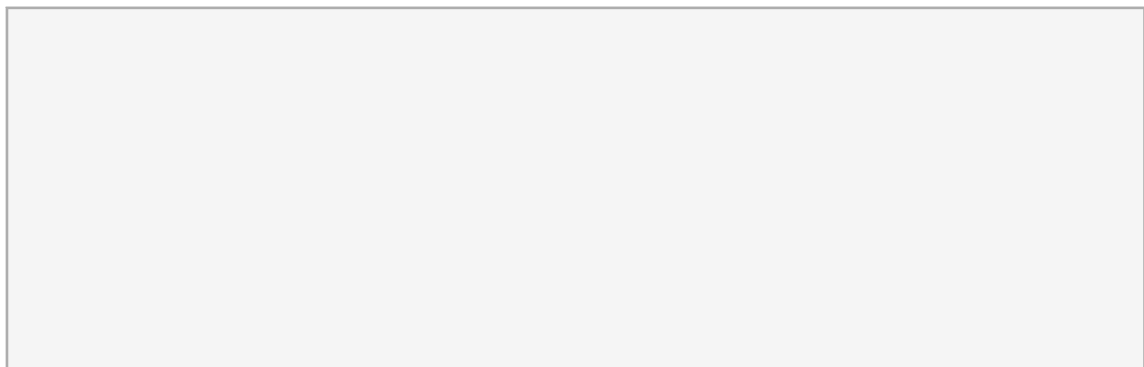
Are there colours you've been told don't suit you?



Are there shades you love but think are 'too much' for your personality?



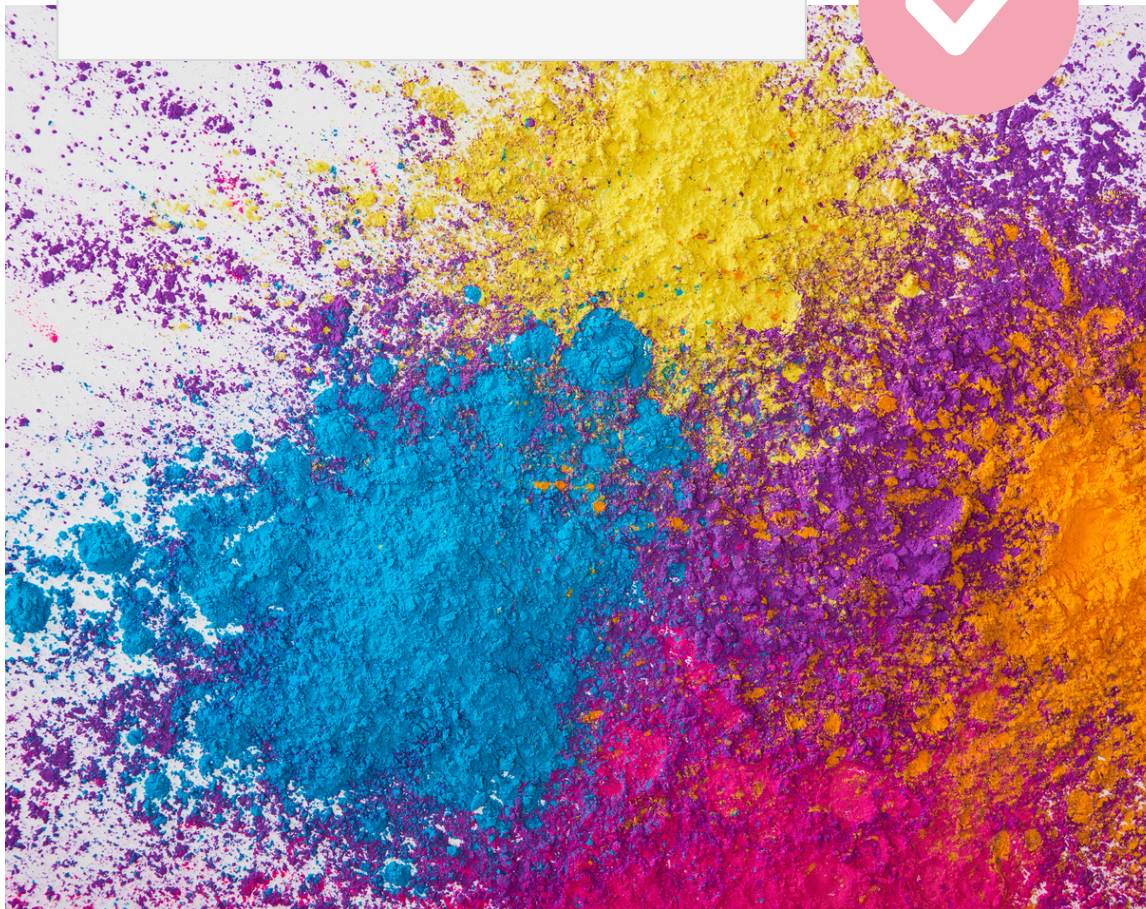
What rules or beliefs about colour have been holding you back?



CHALLENGE

Pick one colour you've always avoided – maybe it's a bold orange, a pastel purple, or even a bright yellow. Try incorporating it into your outfit.

Notice how it makes you feel. You might discover something you love that you never expected.



Open Minds, Open Possibilities

When you keep an open mind, you give yourself the freedom to explore, discover and grow. Colours are tools for self-expression, and there's no limit to what they can do for you when you let go of rules and embrace possibilities.

Stop holding yourself back. Stop listening to the world's rules about what you should or shouldn't wear. The colours that bring out your best are waiting for you – they've always been waiting.

Keep an open mind. Because when you do, you'll not only find the colours that light you up, you'll find more of yourself, too.

Practical Confidence Boosters

- **Reframe the Fear:** If you're nervous about trying a bold colour, reframe it. Instead of thinking, 'What if this doesn't suit me?' ask, 'What if this makes me stand out in the best way possible?' Wear the colour for one day and reflect on the experience.
- **Compliment Yourself Out Loud:** When trying on a new colour, look in the mirror and say something kind to yourself out loud. For example, 'This coral scarf really lights up my face', or, 'I love how confident I look in yellow'. Speaking positivity reinforces your belief in yourself.

Chapter 8

Be the Unique Confident You

*Your confidence is about
embracing your unique self, loving
everything that makes you you
and shining in your own light.*



CHAPTER 8

The Beauty of Being Unique

What if I told you that the most beautiful thing about you is your uniqueness? It's not about wearing what everyone else wears or following every trend, it's about discovering and embracing what makes you you.

When I work with clients, one of the things I love most is finding their unique colour. The one that's not just flattering but feels like them. It's not always an obvious choice. Sometimes, it's a colour they've avoided for years. But when we find it – when they see how it lights them up – it's a game-changer.

It's not about the colour itself, it's about what it represents: a moment of recognition, of seeing their own unique beauty reflected back at them.

Your Unique Colours, Your Unique Confidence

One of my clients shared how she used to fake tan because she didn't love her fair skin. She thought she needed to change herself to fit into a certain standard of beauty.

When she finally decided to embrace her natural skin tone, she felt lost. She didn't know how to dress or what colours to wear anymore. But as we worked together, we found shades that celebrated her fair complexion, colours that made her feel radiant and not hidden.

Her journey wasn't just about finding the right colours. It was about learning to love and accept herself as she was. When she saw herself glowing in those shades, her confidence returned, not because she was trying to be someone else, but because she had finally embraced who she was.

Her transformation wasn't just about colour. It was about learning to love and accept herself as she was and be the unique beautiful her.

My Yellow-Green Moment

For as long as I can remember, pink and white have been my favourite colours. They're my comfort, my confidence boosters, and my happy place.

But for years I avoided green. I loved the combination of pink and green as a child, but when it came to wearing green, I never felt comfortable. Something about it didn't feel right – it was out of my comfort zone.

That changed when I discovered a yellow-green shade that worked beautifully for me. It wasn't a colour I ever thought I'd wear, let alone love, but it lit me up and brought out a side of me that felt fresh, unique and confident.

At first, I was skeptical. Yellow-green isn't a 'popular' or 'pretty' colour, it's not one you'd see on the cover of a fashion magazine. When I saw myself in that yellow-green, something clicked. It didn't just look good, it felt like it brought out a unique side of me that I had never fully embraced. I trusted my instincts, leaned into my discovery, and embraced it. It made me feel uniquely me and is now one of my signature shades. It's a reminder that sometimes, the most unexpected colours can unlock a new level of confidence.

Wearing that colour wasn't just about stepping out of my comfort zone, it was about embracing the parts of me that were unique and allowing myself to shine in a way that felt authentic. And when I did, I felt more confident, more vibrant and more me than ever before.

Reflection: The Confidence in Being You

Every person has a unique palette of colours that bring out their best. It's not about blending in or following the crowd, it's about presenting in a way that feels authentic and true to who you are.

When you embrace your natural beauty – your skin tone, your personality, your preferences – you create space for confidence to grow.

It's not about what others say you should wear. It's about finding the colours that feel like you, the ones that highlight your unique features and make you stand tall.

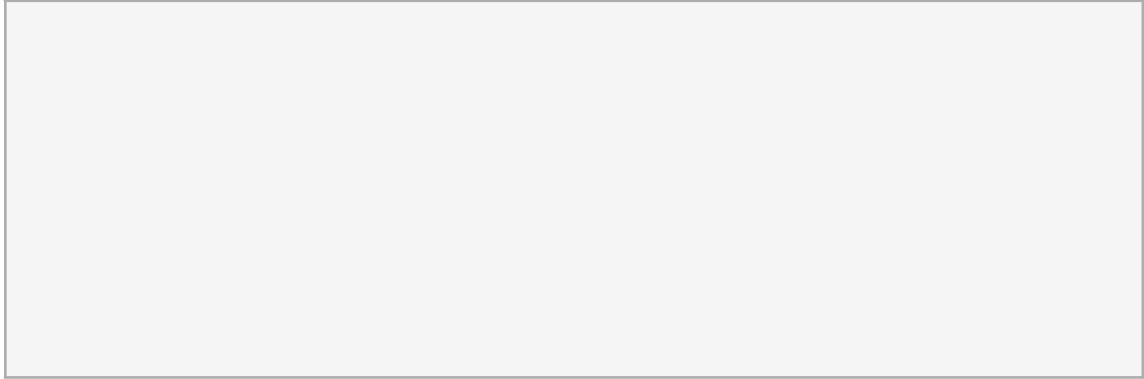
Take a moment to reflect on what makes you unique.

- What colours make you feel most like yourself?
- Are there any colours you've avoided because they didn't feel 'acceptable' or 'popular'?
- What's one thing about your natural beauty – your skin tone, your features or your personality – that you can celebrate today?

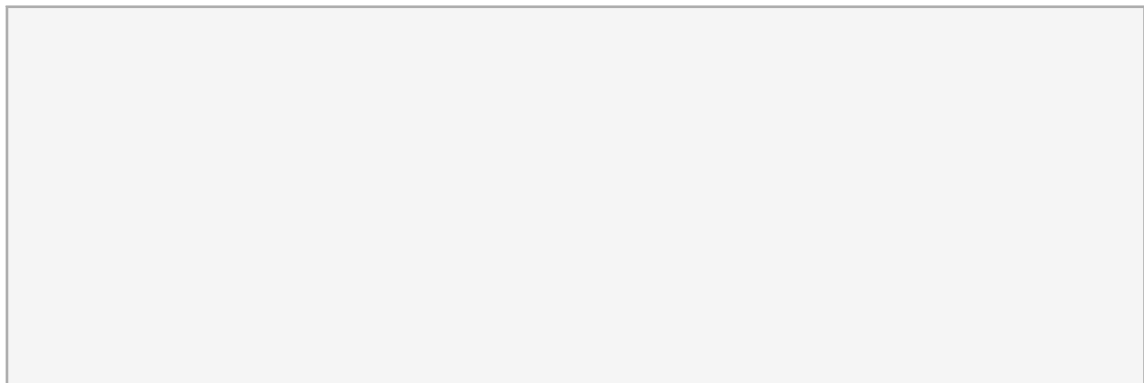
Write these reflections down and let them remind you of your unique beauty and strength.

REFLECTIONS

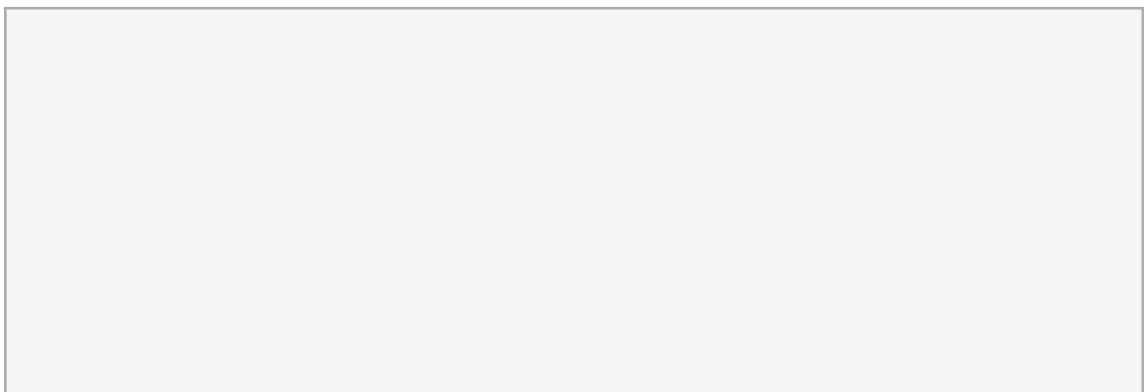
What colours make you feel most like yourself?



Are there any colours you've avoided because they didn't feel 'acceptable' or 'popular'?



What's one thing about your natural beauty that you can celebrate today?



CHALLENGE

Find a colour that feels uniquely you. It could be a shade you've recently discovered or one you've loved since childhood but haven't dared to wear. Incorporate it into your life and embrace it as part of your unique self-expression.



Confidence in Your Authenticity

True confidence doesn't come from following trends or meeting others' expectations. It comes from embracing what makes you unique – the colours, traits, and qualities that set you apart.

When you stop limiting yourself and start celebrating your individuality, you unlock a new kind of confidence. It's the kind of confidence that glows from within, making you not just look good but feel unstoppable.

Your unique colours are out there, waiting for you to embrace them. Trust yourself, love yourself and let those colours remind you of how amazing you truly are.

Be fearless. Be bold. Be the unique, confident you.

Practical Confidence Boosters

- **Celebrate Your Unique Trait:** Choose features about yourself – your skin tone, eye colour, hair, or even your personality – and dress to highlight it.
- **Create Your Signature Colour Moment:** Identify one colour that feels uniquely you – a shade that reflects your personality or energy.

Conclusion

Your Colourful Confidence Journey

As we reach the end of this journey together, I want to leave you with one important reflection: you don't need to change who you are to be confident. Everything you need – your glow, your confidence, your beauty – is already within you. It's just waiting for you to uncover it and let it shine.

Throughout these chapters, we've explored so much: your childhood connection to colour, the shades that make you feel alive, stepping out of your comfort zone, trusting your instincts and keeping an open mind. Each of these steps is a piece of the puzzle that leads to one powerful outcome: embracing the unique, confident you.

The Power of Your Colour Palette

Your colours are so much more than just shades, they're tools for self-expression, confidence and connection. When you build a palette that feels authentically yours, you're not just choosing colours. You're choosing to celebrate yourself, to embrace your individuality and to show up in the world as your most confident self.

And remember: colour is just a tool. True confidence doesn't come from what you wear, it comes from within. It's about loving who you are, quirks and all, and showing up unapologetically as your authentic self.

Your Colourful Confidence Blueprint

As you step forward from this book, I encourage you to build your own colour palette – a palette that feels uniquely you. Start with the shades that you like when you are a kid, the ones that make you feel alive and light you up when you wear them. Add the colours that challenge you to step outside your comfort zone, and don't be afraid to experiment with the unexpected.

Your palette doesn't have to follow rules or trends. It doesn't have to make sense to anyone but you. Because when you choose colours that resonate with your soul, you're telling the world, 'This is me, and I love who I am'.

A Final Reflection

What I've learned through my own journey – and through working with so many incredible clients – is that confidence isn't about perfection. It's not about wearing the 'right' colours or fitting into someone else's idea of beauty.

Confidence comes from within. It's about embracing what makes you unique, stepping out of your comfort zone and showing up for yourself every single day.

Your colours are just one way to express your authentic self. They're a way to amplify your glow, celebrate your individuality and remind yourself that you are enough exactly as you are.

An Invitation to Shine

So, here's my invitation to you: let your colours be a reflection of your true self. Let them remind you of your beauty, your strength and your ability to embrace everything that makes you unique.

You are radiant. You are confident. You are enough.

And as you step into the world with your unique colours and your authentic confidence, remember this: the world doesn't need you to fit in. It needs you to stand out.

Now go out there and shine.

RESOURCES

1. COURSES

- Your Confidence Colour Blueprint
- The Personal Image Mastery
- Effortless Mix & Match
- The Colour Identification Lab

2. COLOUR ANALYSIS

- In-Person Colour Analysis
- Online Colour Analysis
- DIY Colour Analysis Kit
- 'What is Colour Analysis' Guide

3. FREE RESOURCES

- Blogs
- The PS Colour Community
- Introduction to Colour Theory
- Seasonal Colour Wheels



Visit www.thepscolour.com for more ideas