

Timecolor

1. MY RESONANT IMAGE/FEELING

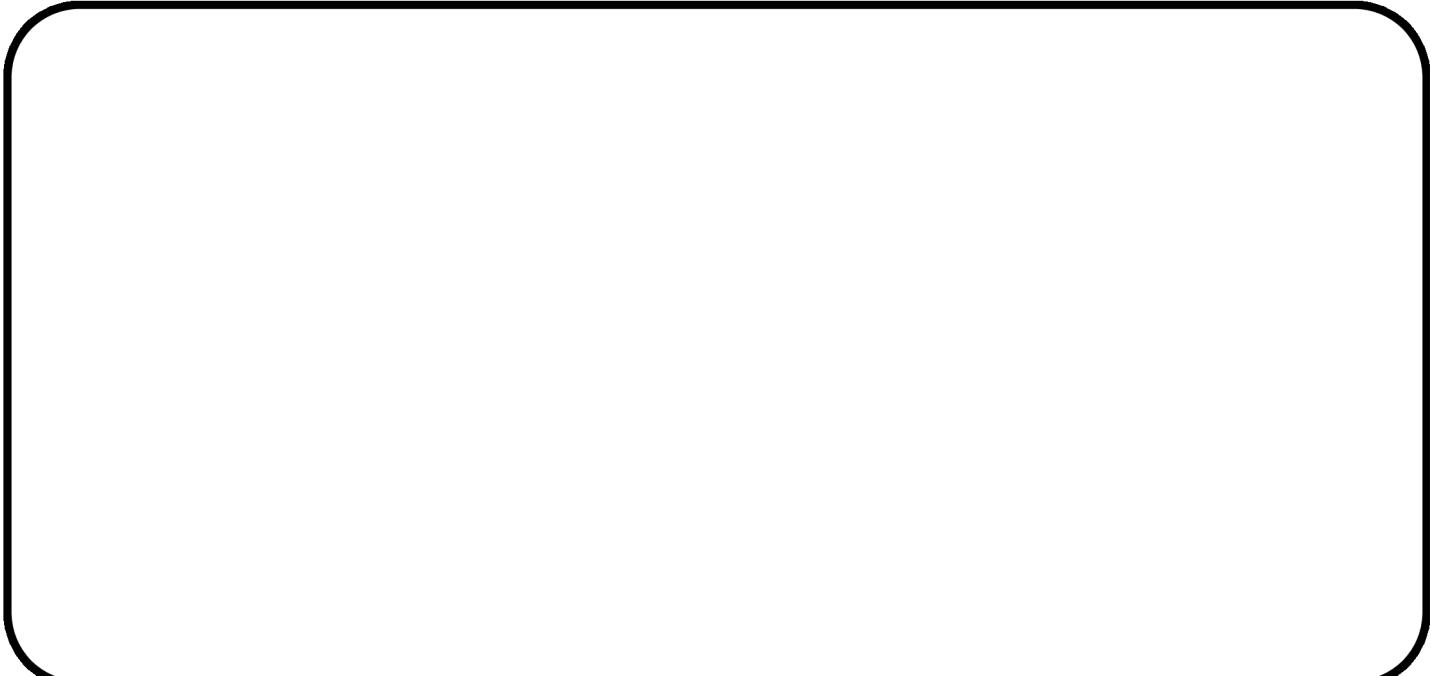
- **Prompt:** Describe or draw the strongest image, scene, texture, or overwhelming emotion that comes to mind when you focus on the energy of this timecolor.



Goal: Capture the intuitive, unfiltered impression of the timecolor through memory.

2. MY POETIC REFLECTION

- **Prompt:** Craft a short poem (e.g., Haiku, free verse) or lyrical reflection capturing the core essence and message of this timecolor's energy.

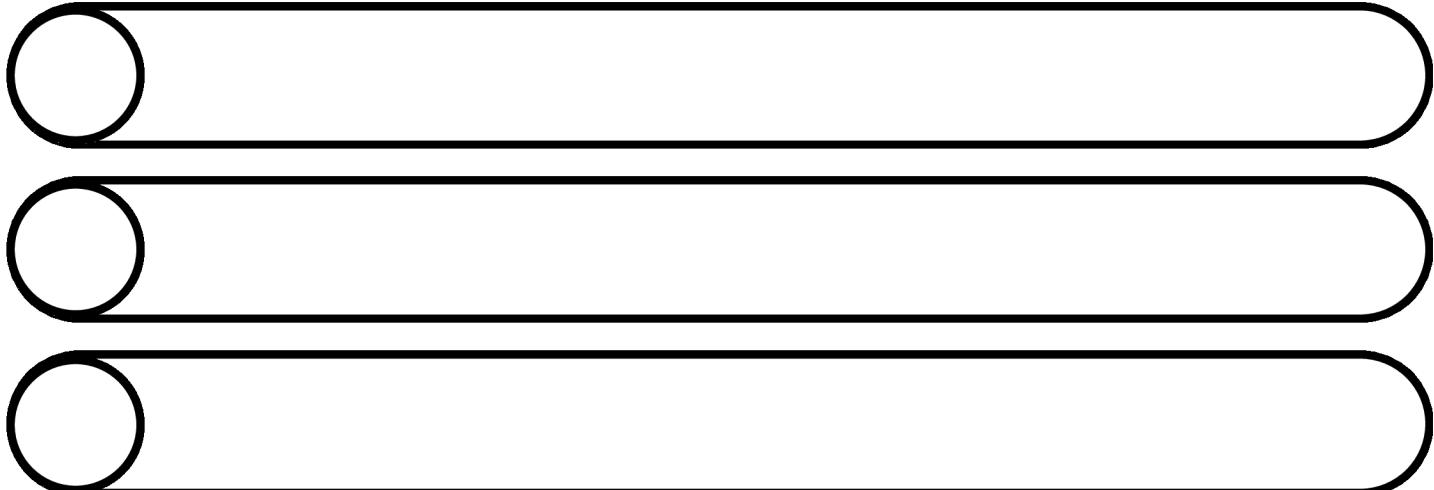


Goal: Create a concise, high-impact expression of the timecolor through poetry.

Timecolor

3. MY FAVORITE PRACTICES

- **Prompt:** Describe the three most important actions or task you need to complete today/during this time that is directly supported by the focused energy of this timecolor?



Three horizontal ovals, each with a small circle on the left side, intended for writing down three favorite practices.

Goal: Translate the timecolor's core energy into a practical, actionable tasks or intentions.

4. THOUGHTS & FEELINGS

- **Prompt:** Reflect on the application of this timecolor's energy (Prompts 1-3). Use this space to process your experience. Focus your thoughts here.



A large, rounded rectangular box intended for writing thoughts and feelings.

Goal: Capture the most valuable insight and necessary strategic adjustment gained from the application of the timecolor's energy.