

--- 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.

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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?

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.

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