

Colour yourself

Connect and explore using colour

Become aware of the colours that are present in your life. Use colour as a prompt to connect to your feelings. Find new ways to express yourself by using different colours in different ways.

Exercise these creative muscles:

Observation

When you pay attention to your surroundings, you feed your inspiration with new information that can bring about creative breakthroughs and new perspectives.

Emotional connection

When you practice making conscious decisions to connect with your emotions, you gain direct access to an unlimited creative resource.

How to...

1. **Stop.** Push the pause button for a moment and make a conscious decision to observe.
2. **Look around.** Notice the colours that are present in your life. Which colours have you chosen—your clothes, possessions, home, etc. ? And which colours do you find yourself adapting to—perhaps at the office, on public transport, or in nature?
3. **Feel color.** Pay attention to any emotions and sensations connected to the colours in your life. How do the colours that surround you make you feel? Why?
4. **Reflect.** Are there any colours missing from your life? Which ones? Why? Are there any colours that are overly present, or colours that disrupt your life?
5. **Play with colour.** Practice playing with different colours. Explore colours that don't normally resonate with you. Use crayons, markers, and fingerpaints in different shades to experience the new and unexpected feelings that can arise from colours you don't usually interact with.
6. **Colour yourself.** Choose to bring colours into your life with the intention of connecting with how you are feeling or how you would like to express yourself. It can feel invigorating to wear a colour that communicates the emotions you wish you could convey with words. Take risks with colors to “try on” new ways of being or discover new parts of yourself. Or simply gain deeper self-knowledge by paying attention to the colours you choose.