

## Week 7 – Vision Forward

**Intention:** To gently imagine growth without pressure.

### Materials

- Paper
- Any medium

### The Practice

- Instead of focusing on goals, ask:
- How do I want to feel six months from now?
- Begin with color first — before form.
- Let shapes emerge from that feeling. Don't overdefine it. Keep it open.

### Reflection

- Did the colors feel expansive or contained?
- What emotion did they carry?

### Integration

- Place this image somewhere visible. Let it act as a quiet reminder of direction.
- If this practice stirred something in you

In my book, I explore the emotional language of color and how our creative choices can mirror the subconscious in quiet but meaningful ways. These weekly exercises are small openings into that deeper conversation. If you feel curious, the fuller framework and guidance live there.