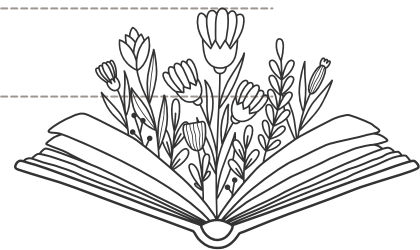


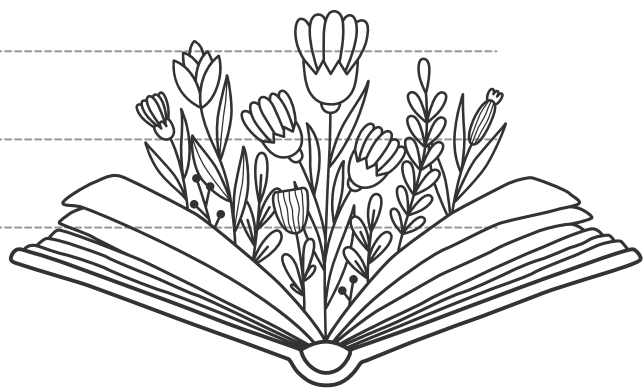
Paint names are wonderful aren't they. What colour is 'pursuit of happiness'? Turns out it's a sort of light lemon. 'Perennial pleasure' is green, which sounds about right to be fair; if I wanted to be in perennial pleasure it would be somewhere green and vibrant - woodland perhaps. For your journal prompt this week, your last prompt, you actually have a choice of two, but of course you can do both if you want to.

Journal Prompt One

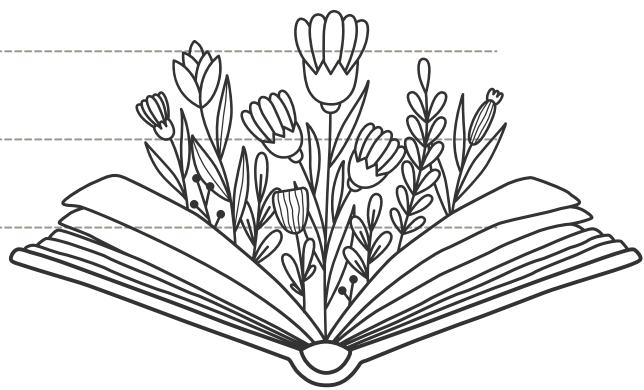
1. Make a conscious effort to notice the colours around you. If you are able to, step outside, find a place where nature exists (and don't forget that nature exists in all sorts of areas, urban included) and jot down the colours as you know them - brown, green, dark brown, light gold etc.
2. Now rename those colours as if they are paint colours. Try to tune into emotional reactions and memories that you might have that would lead you to some more abstract names for the colours. For example, the colour of ripened wheat is the exact same shade as my husband's hair. I would call that colour 'silk touch of my fingers in your hair.'
3. You could explore further here, naming the colours then expanding on those images, those memories. Start thinking how you might draw this down into creative writing, how might these names and images and abstract associations work in a poem? You might want to try creating a list poem, weaving those experiences into it.



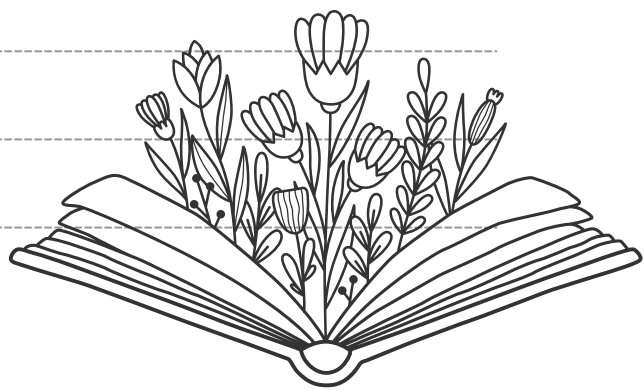
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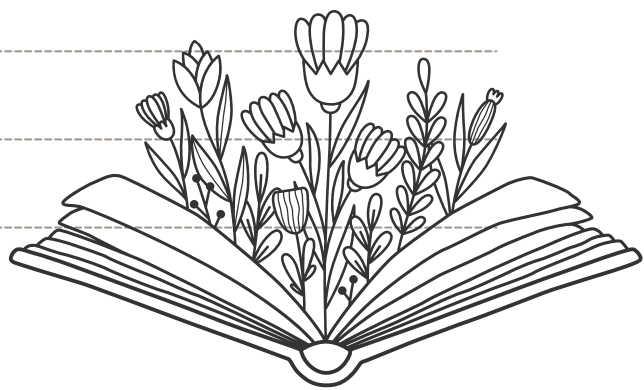
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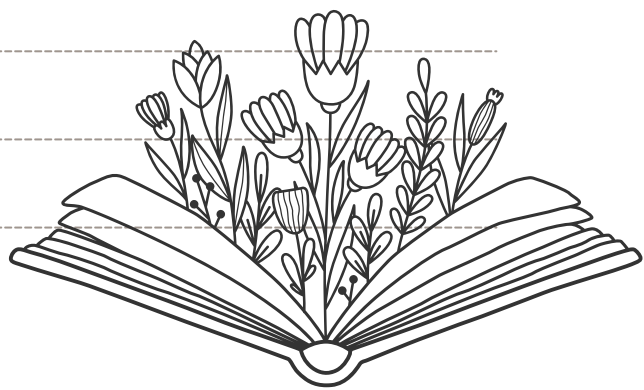
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