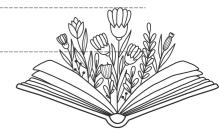
Paint names are wonderful aren't they. What colour is 'pursuit of happiness'? Turns out it's a sort of light lemon. 'Perennial pleasure' is green, which sounds about right to be fair; if I wanted to be in perennial pleasure it would be somewhere green and vibrant - woodland perhaps. For your journal 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.



Journal Prompt Two

- 1. Collect some paint cards, or raid the batch of the ones you have, which will be wrapped with an elastic band and kept in one of those plastic takeaway boxes if you are like me.
- 2. Find the ones that are similar to the colours you are being right now, at the end of August.
- 3. For each of those paint names, think of at least three places or times when you have seen the colour, or one similar before. What colours are hospital corridors, what colours are cemetery paths, what colour was your grandmother's skin, is there a colour you are seeing now that relates? Don't force it, only capture the colours that mean something to you.

Bonus Journal Question

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