

30-DAYS OF ENERGISING COLOUR THERAPY RITUALS TO ELEVATE YOUR MONTH



DAY 1 <input type="checkbox"/> Start a colour mood tracker	DAY 2 <input type="checkbox"/> Observe your favourite colour	DAY 3 <input type="checkbox"/> Eat colour consciously	DAY 4 <input type="checkbox"/> Break a colour rule	DAY 5 <input type="checkbox"/> Go on a rainbow hunt	DAY 6 <input type="checkbox"/> Create a colour palette	DAY 7 <input type="checkbox"/> Admire Art
DAY 8 <input type="checkbox"/> Make a tablecloth	DAY 9 <input type="checkbox"/> Create a personal rainbow	DAY 10 <input type="checkbox"/> Do a sunray meditation	DAY 11 <input type="checkbox"/> Do some colouring in	DAY 12 <input type="checkbox"/> Choose the colourful option	DAY 13 <input type="checkbox"/> Create a temporary tattoo	DAY 14 <input type="checkbox"/> Discover your colour aura
DAY 15 <input type="checkbox"/> Soothe your senses with an 'Eye Rest' day	DAY 16 <input type="checkbox"/> Use colour affirmations	DAY 17 <input type="checkbox"/> Drink colour	DAY 18 <input type="checkbox"/> Strike up a conversation about colour	DAY 19 <input type="checkbox"/> Immerse yourself in an audio experience	DAY 20 <input type="checkbox"/> Make a colour survival kit	DAY 21 <input type="checkbox"/> Subscribe to Hello Colour Podcast
DAY 22 <input type="checkbox"/> Make a rainbow reflection	DAY 23 <input type="checkbox"/> Play with digital colour	DAY 24 <input type="checkbox"/> Accessorise differently	DAY 25 <input type="checkbox"/> Compliment someone's outfit	DAY 26 <input type="checkbox"/> Go into nature	DAY 27 <input type="checkbox"/> Watch sunrise or sunset	DAY 28 <input type="checkbox"/> Do a colour meditation
DAY 29 <input type="checkbox"/> Get to know your skin	DAY 30 <input type="checkbox"/> Treat yourself to a copy of Hello Rainbow	JOIN IN! EVERY MORNING IN MARCH I'LL BE DIVING INTO EACH RITUAL TO HELP YOU EXPERIENCE THE POWERFUL, MOOD-BOOSTING IMPACT COLOUR CAN HAVE ON YOUR LIFE. WATCH MY SHORT, HANDY VIDEOS IN THESE PLACES @MOMTAZBH INSTAGRAM, TWITTER, TIKTOK OR LINKEDIN				

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RITUALS TO ELEVATE YOUR MONTH

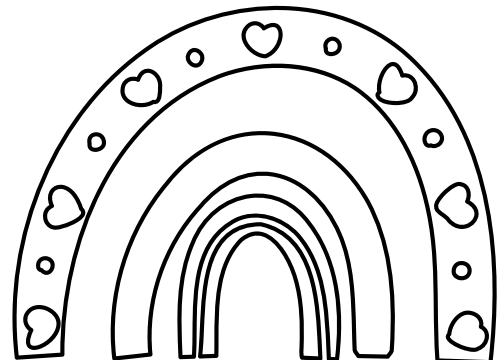
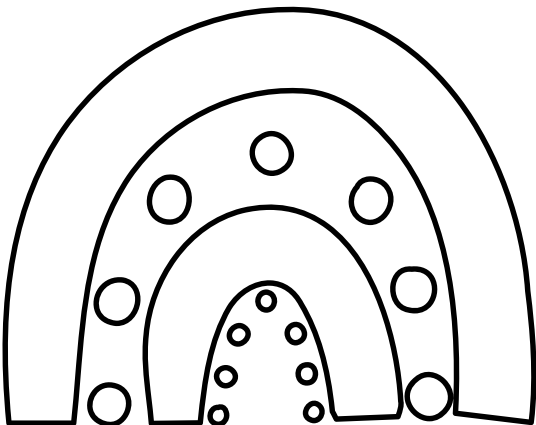
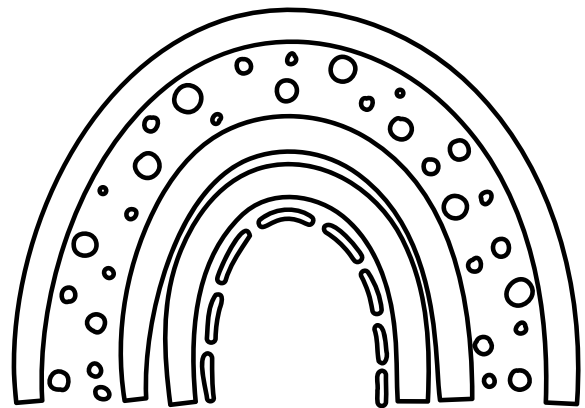
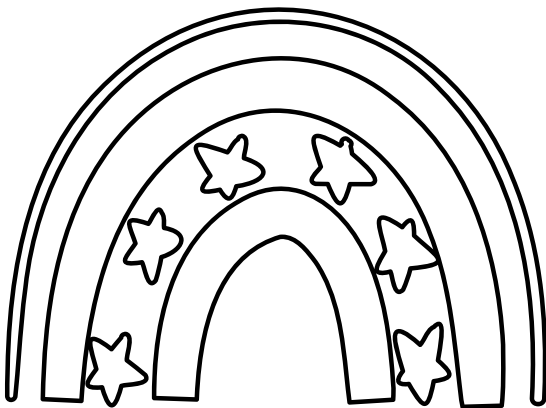
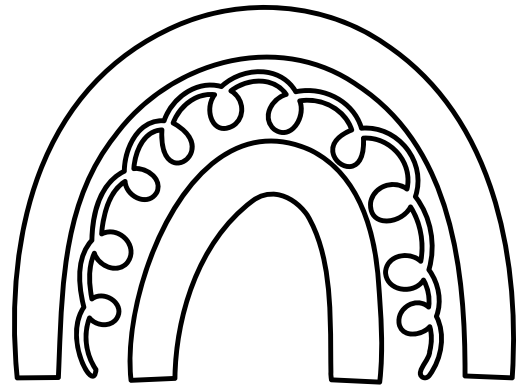
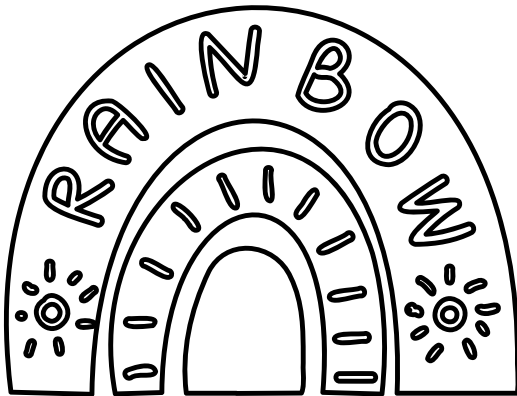
DAY 1: START A MOOD TRACKER



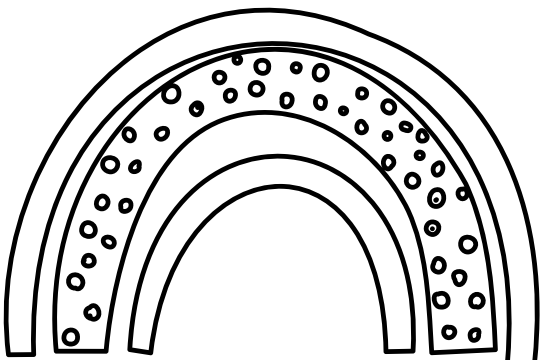
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6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

Colour in a splodge every day for a month using the colour that best sums up your mood that day

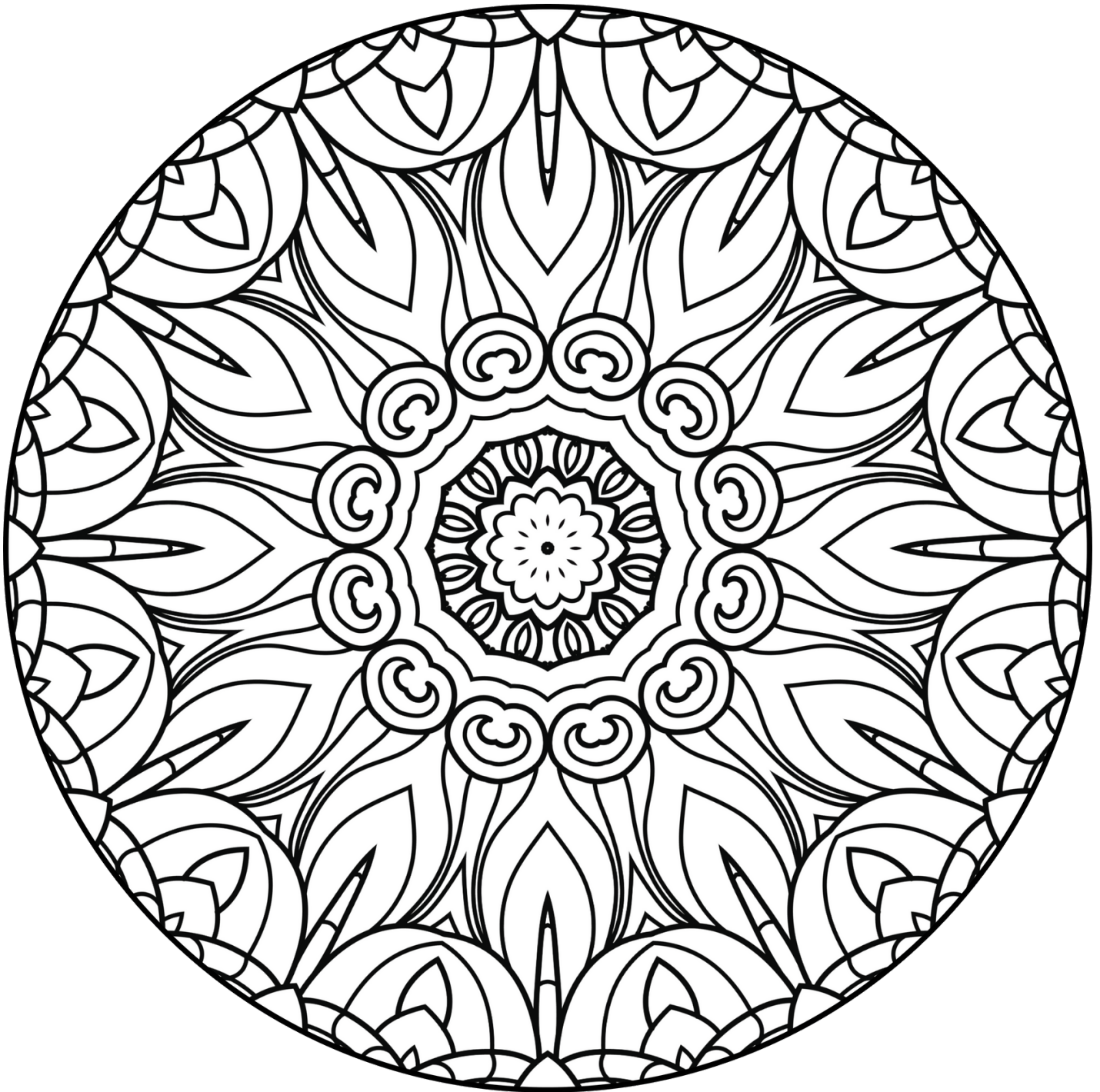
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DAY 9: MAKE A PERSONAL RAINBOW



Draw and colour your own rainbow in this space



**30-DAYS OF ENERGISING COLOUR THERAPY
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DAY 11: DO SOME COLOURING IN**



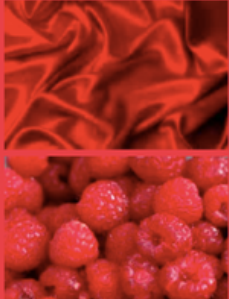
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RITUALS TO ELEVATE YOUR MONTH

DAY 14 : DISCOVER YOUR COLOUR AURA



RED



PROPERTIES:

ENERGETIC
MOTIVATED
ENTHUSIAST
DARING
BOLD
CONFIDENT
SENSUAL
INTENSE
IMPATIENT/SHORT-
TEMPERED
AMBITIOUS

ORANGE



PROPERTIES:

CREATIVE
PLAYFUL
WARM
BIG-HEARTED
INDEPENDENT
EXPLORER
SEEKS KNOWLEDGE
EXPERIENCE LOVER

YELLOW



PROPERTIES:

POSITIVE
HAS CLARITY
SOCIABLE
JOYFUL
ATTRACTS GOOD VIBES
EARLY RISER
ENTHUSIASTIC

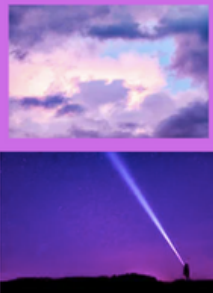
GREEN



PROPERTIES:

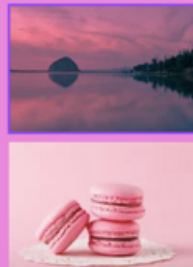
BALANCED
CALM
NURTURING
EMPATHIC
TRUSTING
DOWN-TO-EARTH
MATERNAL
SENSITIVE
LOVING

PURPLE



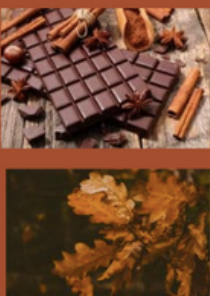
PROPERTIES:
CONTEMPLATIVE
IMAGINATIVE
SPIRITUAL
ENCOURAGING
WISDOM
OPEN
CARING

PINK



PROPERTIES:
NURTURING
LOVING
FRIENDLY
CARING
VOLUNTEERING
OPTIMIST
DREAMER

BROWN



PROPERTIES:

GROUNDING
AUTHENTIC
HONEST
COMFORTABLE
TRAVELLER
OUTDOOR LOVER

WHITE



PROPERTIES:

SPIRITUAL
GENEROUS
NATURE LOVERS
CONTENT
SIMPLE PLEASURES
WISDOM
HEALER

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NOTES PAGES

A large rectangular area with a decorative, wavy top border, resembling a spiral-bound notebook. It contains ten horizontal lines for writing notes.

*Jot down any notes, thoughts and observations you've made
while completing these challenges*

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