

COLOR PLAN

THE VIBRATION OF SILVER & GOLD

For the week of: _____

Ideas for Integrating Silver & Gold

To See/Do/Practice

To Create

To Place in Home & Office

Gemstones to Try

Meditation/Visualization

To Wear

To Eat

Color Activity Plan

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

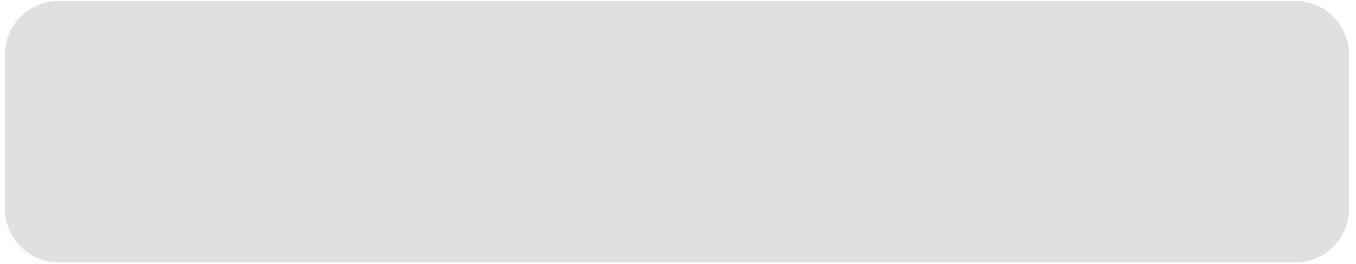
Friday _____

Saturday/Sunday _____

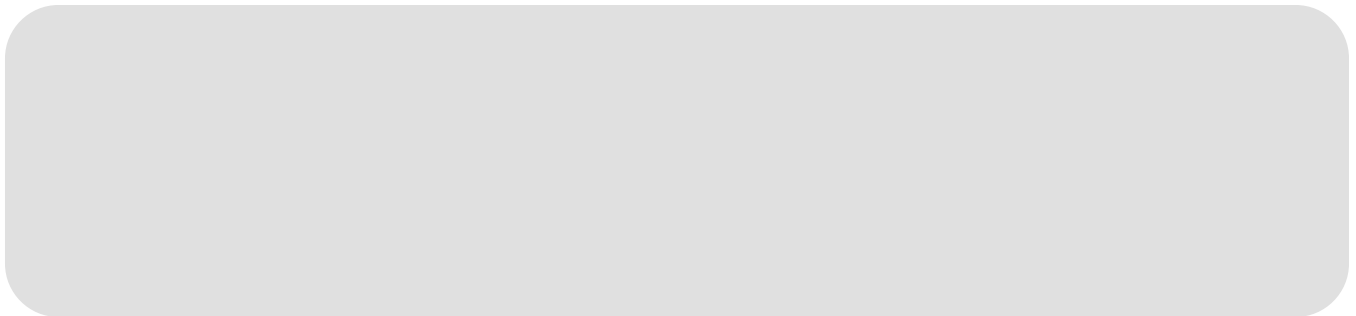
COLOR PLAN

My Thoughts on the Souls of Silver & Gold

INITIAL THOUGHTS: How do I feel about these colors? WHY do I feel this way?

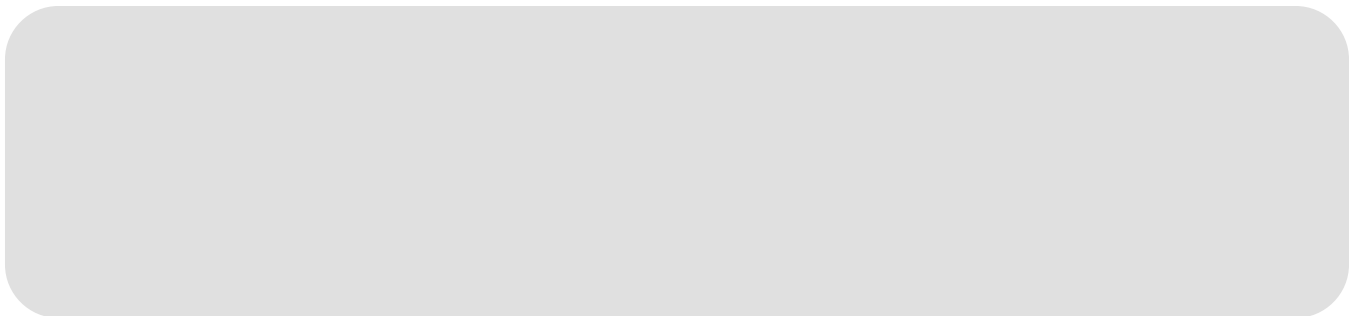


END OF WEEK THOUGHTS: How do I now feel about Silver & Gold? What feedback and behaviors did I notice?



Silver & Gold for Manifesting & Healing

What do I want to experience with Silver & Gold this week?



My Partner for the Week

What practice will we support each other on or do together?

