



Appendix – Color Resources

YELLOW

Current State	I am / Gem Statements	Summary
fear, worry, confusion, anxiety, unsafe, analysis paralysis from fear, "rational" fear, no joy, pessimistic, negative	<ul style="list-style-type: none"> • I'm always afraid. • I worry constantly. • I have so much anxiety. • I'm afraid to make decisions. • I have no joy. 	No joy or optimism

Future State	Mantras or Beliefs	Ideas for Using Yellow
<ul style="list-style-type: none"> • joy • optimism • bravery / courage • taking action in spite of fear • freedom from worry and anxiety • laughter 	<ul style="list-style-type: none"> • My joy is my strength. • I am braver than I knew. • Anxiety is just an emotion. • Worry pretends to be useful. • I am making the best decisions for me right now. • I choose to live my life _____. 	<ul style="list-style-type: none"> • Food: banana, lemon, egg, pepper, corn, apple, pineapple • Flowers: marigold, daisy, sunflower, rose • Spices: curry, mustard, turmeric • Scents: lemon, pineapple, banana • Crystals and Stones: amber, citrine, calcite • Energy Center: 3 / solar plexus • Clothing: worn anywhere



TheRainbowOnion.com™

Appendix – Color Resources

Questions

- What do I fear?
- What brings me joy?
- How are fear and joy related?
- Am I thinking a certain way because I'm afraid?
- How can I change the way I think?
- What is the worst that can happen?
- What if I chose optimism or joy?
- What if I decide fear won't stop me?
- How can I be brave?
- What if joy is contagious?
- How can I make a decision anyway?
- What am I making my fear mean about me?
- Where can I find more joy?
- How can I make more joy?
- How can I laugh more?
- What really makes me happy?
- How am I already brave?
- What evidence do I have that I have been brave?
- What life do I choose?
- How can I add adventure?

Additional Color Resource Ideas