Project Thrive — Traffic Light System

Match your practice to your capacity

RED DAYS — Crisis, High Stress, Exhaustion

De-escalation, emotional safety, survival, basic recovery

A	**A – Rest & Restore** — Burned out, low energy → Rest, restore, rejuvenate to reduce exhaustion.
H	**H – Emotional Regulation** — Overwhelmed or reactive → Stay present and self-regulate to reduce chaos.
I	**I – Perseverance** — Hard season / major setback → Endure, overcome, and hold on.
J	**J – Mindset & Healing** — Negative thoughts / distress → Address distortions and cultivate calm.

AMBER DAYS — Unsettled, Low Direction, Friction

Realignment, grounding, boundary-setting, and structure

B	**B – Focus & Time Management** — Drowning in tasks → Prioritise and manage time to ease overwhelm.
C	**C – Conflict Resolution** — Tension with others → Face tension directly to build emotional safety.
D	**D – Connection** — Alone / misunderstood → Build trust and practice empathy to lower loneliness.
E	**E – Personal Growth** — Behind / unsure of path → Contemplate and align to regain momentum.
F	**F – Purpose & Values** — Disconnected or lost → Reconnect to core values for inner peace.

GREEN DAYS — Thriving, Energised, High Capacity

Proactive growth, leadership, creative output, and contribution

G	**G – Express & Innovate** — Ready to explore → Express creativity, open new doors, build fulfilment.
K	**K – Contribution & Legacy** — Wanting to serve / lead → Support others and build meaningful impact.
L	**L – Action & Agency** — Ready to move forward → Initiate, take responsibility, drive progress.



31 DAY TRACKER

Mark ONE colour per day | Write A–L inside if you want

RED DAYS

1	2	3	4	5	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	31				

AMBER DAYS

1	2	3	4	5	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	31				

GREEN DAYS

1	2	3	4	5	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	31				