



Green Supercharger

One Color. One Practice. Feel the Difference.

Right now, somewhere within 30 seconds of where you're sitting, there's something green. A tree, a sign, a stripe on a wall. You've walked past it a thousand times without a second thought.

That changes today.

Know It

Green is oxygen. An oxygen mask delivering pure mountain air straight into your lungs. Trees, grass, bushes — your body is engineered to respond to green because it signals life, safety, abundance. When you focus on green, your chest opens, your breathing deepens. You feel this surge of *I am alive*.

Feel It

Close your eyes for a moment. Imagine you're breathing pure mountain air — richer, thicker, more alive than anything you've taken in today. Your chest opens. Your breathing deepens. Energy surges through your body. That's what green does.

I've been coaching athletes for over a decade — elite competitors, weekend warriors, people who just want to feel better when they move. This is one tool from the Color Flow system, developed over 20 years in the field.

See It

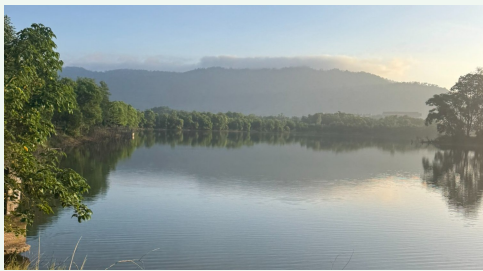
Now look at anything green around you — a plant, a tree outside the window, the grass across the street. Lock your eyes on it. Link the feelings you just created to what you see. That's the connection: the color and the feeling, wired together.

You already respond to color every day — you're just doing it unconsciously. Your brain processes visual input faster than conscious thought. Color Flow makes those connections intentional instead of accidental. That's the whole game.

Try It

On your next workout, run, or walk: find three green targets on your route. A tree, a hedge, a painted wall, a road sign. Lock your eyes on each one. Breathe. Notice what changes in your chest, your breathing, your energy.

That's it. That's the whole practice. No app, no subscription, no equipment. The tool was already there.



FROM THE FIELD

Six months after shoulder surgery, I had my first run back. Around a lake here on Koh Samui. Hot, heavy, completely out of flow — I was ten minutes in and already negotiating with myself to stop.

Then I remembered: green.

I focused on the mountains surrounding the lake. Within a few breaths, something shifted. The air felt different — thicker, richer. Like oxygen arriving from somewhere I hadn't been tapping. The fatigue didn't disappear. But I felt fuelled. And I kept running.

That first run back lasted less than thirty minutes. By the end, I was a different person than I was at the start.

I've used the same switch mid-set at the gym, on hard walks, on harder days. The tool doesn't care what you're doing.

— Jeff

Turn the page for something different — a coloring page. Yes, really.



Color Flow — Forest Trail

- GREEN — Supercharger (energy, euphoria)**
- BROWN — Roots (grounding, purpose)
- ORANGE — Slow Burn (sustained, relentless)

Your 10-Minute Supercharger Practice

This works on a run, a walk, in the gym, or at your desk. The tool doesn't care what you're doing.

1. Choose your moment

Your next workout, walk, commute, or break from your desk. Any setting where you can see the world around you.

2. Scan for green

Before you start, look around. Find at least three green targets — a tree, a bush, a painted wall, a sign. If you can't see three, walk until you can.

3. Lock and breathe

When you reach each target, lock your eyes on it. Breathe. Let your chest open. Feel the oxygen arrive — richer, thicker, alive.

4. Hold for a moment

Stay on each target for 15–30 seconds. Don't rush it. Let the feeling build. This is where the anchor forms — color linked to sensation.

5. Move on

Continue to the next green target. Repeat. By the third one, the shift happens faster. The anchor is building itself.

6. Notice what changed

At the end of your session, check in: what's different in your energy, your chest, your breathing? You'll likely feel something shift within the first target.

What Happens Next

Here's the thing about this tool — it builds. The first time, you're scanning. By the third time, green finds you. Your eyes start doing the work without being told.

It's like deciding to buy a car in a specific color — suddenly you see that color everywhere. Same thing. Once your awareness switches on, green starts showing up in places you never noticed.

And green is one of eight.

The Color Flow system gives you eight tools — each one built for a different moment. There's a tool for when you need to cool down and focus. One for when you need to go quiet and just endure. One for when you need heart, will, and fire all at once. Eight colors, eight shifts, and they're all already in your environment.

This is one free tool from a system I've spent 20 years building. When it clicks — and it will — turn the page.

Green Is One of Eight

The Color Flow system is a mental coaching toolkit for every situation you'll face — on the trail, in the gym, at the starting line, or just getting through a hard day.

● **GREEN — Supercharger (energy, euphoria)**

Use when you need a surge of life force — energy feels flat, legs feel heavy, motivation is low.

● **BLUE — Cool Clarity (focus, cooling)**

Use when your mind is scattered or you're overheating — need to cut through noise and sharpen.

● **WHITE — Wings (peace, release)**

Use when tension is building and you need to let go — shoulders tight, jaw clenched, overthinking.

● **BROWN — Roots (grounding, purpose)**

Use when you feel disconnected or purposeless — floating, unsure why you're doing this.

● **BLACK/GRAY — Mute Button (silence, stillness)**

Use when the world is too loud — doubt, commentary, mental noise won't stop.

● **RED — Kokoro (Heart-Spirit)**

Use when you need to connect to something primal — the will to push, the people you love, the fire inside.

● **ORANGE — Slow Burn (sustained, relentless)**

Use when the finish is far away — you need to endure, not explode. The ember that won't go out.

● **YELLOW — Lightning Bolt (spark, reset)**

Use when attitude goes south or energy sags — need an instant jolt, a reset, a snap-back.



Get out and practice this. If this one tool changes something for you — and green is just one of eight — there's more coming.

Two ways to keep going.

The Green audio that came with this is one track from the Color Flow Visualization Pack — eyes-closed practice for every color in the system. And if you want the eyes-open side too — how to spot your colors in training, racing, and everyday life — that's the full Color Flow course.

→ **Visualization Pack: hillseeker.com/cfvp**

→ **Color Flow course: hillseeker.com/colorflow**

Coach Jeff Grant · 20 years in the field · @hillseeker · hillseeker.com

Know someone who could use this? Send them this PDF.

A free tool from the Color Flow system, developed through the Flow State Runner methodology.

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