READY-TO-COPY PROMPT TEXT

Use Nano Banana Pro model. Thinking mode enabled.

Create a warm, approachable horizontal illustration (16:9 aspect ratio, landscape orientation, approximately 2048×1152 pixels / 2K resolution) for a blog post about productivity and mental health, targeted at young professionals and freelancers aged 25–40. The image explains daily "energy levels" visually and will be embedded in blog articles and repurposed for LinkedIn posts.

The composition flows left-to-right, symbolizing the passage of time, with four small circular landscape scenes connected by a hand-drawn dotted line featuring small doodles (bird, cloud, star). Keep the layout spacious with plenty of breathing room on a soft warm cream background (#FFFDD0 or slightly warmer).

Four phases:

- MORNING (6–10 AM) — PEAK ☀️ "Complex tasks, creativity, strategy. Use your maximum."
- DAY (10 AM–4 PM) — PLATEAU ⛰️ "Routine, meetings, communication. Maintain your flow."
- EVENING (4–8 PM) — DECLINE 🌆 "Light tasks, planning, rest. Restore your energy."
- NIGHT (8 PM–6 AM) — REST 🌙 "Sleep, disconnect, reboot. Non-negotiable."

Style: naïve hand-drawn illustration inspired by gentle, kind illustrations in Flow magazine and modern self-help books. Use rough pencil contours, slightly wobbly lines, pastel and chalk textures that intentionally bleed slightly outside the lines for a charming handmade feel. Visible paper grain and pencil marks throughout. Soft, even diffused lighting.

Color palette: highlights in warm orange (#FF6B35) and peach (#FFB347); balance with cool deep blue (#004E89) and turquoise (#00B8D9); background warm cream (#FFFDD0).

Typography: rounded sans-serif or neat handwritten font, naturally integrated and perfectly legible (title "Your Energy Level: Listen to Your Rhythm" at top if fits). Non-photographic illustration style only.

Follow-up refinements (use after first generation):

- "Make the pencil lines more visible and wobbly."
- "Add more chalk texture to the fills and let colors bleed slightly outside contours."
- "Make the dotted connecting line more prominent and hand-drawn."
- "Warm up the background color slightly toward a cozier cream."
- "Ensure all text is crisp, sharp, and highly readable."