Design tokens and exchanging them

I keep hearing about design tokens and their use in design systems but I didn't really become interested in design tokens until I started seeing them in Gutenberg.

The idea for this post is to take the styles that make up a site and perform the following tasks

1. Take CSS file and convert it to Javascript objects
2. Convert them to JSON following the Design Tokens Format draft document
3. Use the JSON file as the basis of our CSS custom properties either the original version or the Houdini version.

- Design Tokens
    - Design Tokens Format Module
- Design System Tools
    - Theo
    - Style Dictionary