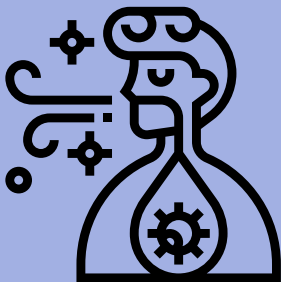


AFFIRMATION AND GRATITUDE ART PROCESS

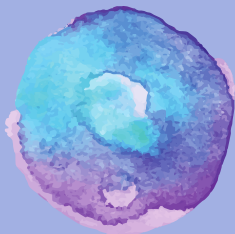
created by Jessica Waters



FOCUS ON AN AFFIRMATION AND WRITE

Focus on an affirmation that is already created or create your own through internal listening.

Use mark making materials like markers, colored pencils, Sharpies, charcoal sticks, etc to write your affirmation in a variety of colors and ways on your canvas or paper (140lb0



MARK MAKING AND VISUAL TEXTURE

Use your mark making supplies for visual texture play.

Take the mark making materials, any that you are drawn or called to create with and explore your painting by adding color blocks, smudges, lines, shapes, patterns, repetition, or even rewriting your affirmation or gratitude statement.



ENGAGE IN YOUR MINDFULNESS PRACTICE

Breathe, grounding and mindfulness.

Ground yourself by becoming aware of your body or surroundings. Find 3 shapes, 2 lines, 1 sound. Rub your hands together. take a big breath and sign or hum as you exhale long. Then start a 4-4-4 breathing cycle. Inhale 4, exhale 4 and hold for 4. Listen to a Loving Kindness meditation or a Progressive Muscle Relaxation .

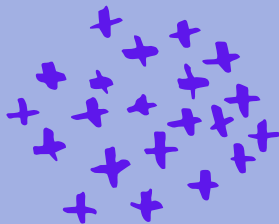


WATERCOLOR LAYER

Intuitive painting with watercolors - color field

Explore watercolor pans, liquids or tubes and apply your paint. Take a deep breath and return to the 4-4-4 breathing practice if you find your inner critic voice too loud. Explore.

Play. Forget elements and principles of art, just go with what you are being drawn to explore.



ACRYLIC LAYER AND FINAL MARKS

Explore your work with texture making with acrylic paint then make your final marks.

Use a random palette of acrylic paint (you don't need much. Use bubble wrap, corrugated board, a business card edge, a bottle cap, to stamp textures onto the work if you feel called to do so. After drying apply your final marks or writing with your mark making tools.