

How to Get the Most from this course

Starting anything new can be a whole mixed bag of excitement and overwhelm.

I know the artist mind can sometimes be slightly scattered and distracted by shiny objects (I know mine can!), so I have made a few notes below to help you keep to task.

Below are a few suggestions on how to work through this material.

- This program is designed to build on itself. Work your way through each chapter starting with chapter 1 until the end. After you have finished a chapter, hit the 'complete and continue' button to unlock the next session.
- Heads up! If you binge watch all the videos and then go back and do the exercises out of order, you may not get the best learning results that way.
- Do each section. Even if you think you might know the information already, do the attached exercise anyway. When you take the time to do this, it opens you up to a deeper understanding or perhaps a new angle to something you thought you knew already. This is the key to mastery.
- To get the most of this program YOU must put in the work. Go through each Chapter, watch the video, physically do the painting exercises, and read all the attachments.
- How quickly you go through the program is up to you and your schedule. The benefit of taking this online is you can do everything at your own pace. Feel free to speed through this with a daily routine or take your time doing a weekly or monthly practice. Make a schedule that fits for you and stick to it.
- That being said, I would recommend a weekly practice. Set aside the same day and time (like a regular in-person class) and create a routine so you can stay on top and accountable for finishing this program. This will also give you time to absorb each lesson before moving to the next.
- I also recommend watching the video in the section you are working on first, then do the exercises and read over any written material. Write down any personal notes or questions in a note pad or journal dedicated to this course.
- Take your time mixing your colors. This course is all about awareness in observing colour changes AND learning techniques. Don't speed through this.
- Don't worry about trying to match the exact color that I have. If you can see the subtle influence and changes of colour, along with how much paint you're adding, that's the skillset we are looking for. Different brands and quality of paint are a huge factor here. Get to know the colours and palette you're working with.
- Remember, this program will not work unless you do. So, roll up your sleeves and let's get painting!

I wish you the best of luck with this journey. Know that I'm right here with you, your personal cheerleader, along the way! Have fun!