

JOURNAL SHEET - Claiming Your Strength as an Artist

WEEK 5, TRANSFORM YOUR ART with Kellie Day, kelliedayart.com

SELF CARE CHECK IN:

Rate how well you are doing on each of these. Make a note of what you are doing the best at, and what you can improve in. Make another note of how your self care routine is improving your life and your art.

Quiet Time/ Meditation – 5-20 minutes per day

Moving your body/ 3-5 times per week –

Brag Book/writing at least 3 brags about yourself per day –

Gratitude/writing at least 3 gratitudes per day –

Journaling to cleanse your mind –

WHAT HAVE YOU LEARNED:

Think about the things that you learned about yourself and your style in our self discovery week 3. Write down these things about you that you believe can go into your style as an artist. Next write down HOW they will show up in your painting. **For example:** *I am a messy person, this might show up in my art as drips and going out of the line. OR, I am a joyful person, this might show up in my art as bright colors and upbeat subject matter. OR, I am uptight and like things perfectly in line so I might exaggerate this in my art by having all of my shapes lined up and see how that works.* Write as many things as you can, big or small, that are YOU and contribute to your style.

CLAIMING YOUR CONFIDENCE:

Write down how you are coming along on your confidence. Re-watch the first two videos in week 2 if you need help. If you are feeling underconfident, try to “Fake it ‘til you Make it”.

List the things you are feeling confident about:

List the “bold moves” you have practiced making, where you have realized some of your artistic traits and really painted those strongly.

List the things you are feeling underconfident about, and make a note to talk with me about these in our Q&A call this week.

In what ways are you feeling more empowered since you started this program?
Celebrate those!

CLAIMING YOUR STRENGTH IN THE STUDIO:

List three ways to start a painting, that you feel you can do. Or more if you can think of more. What are your favorites?

List three ways you know you have worked through stuck places in your paintings.

What are some tools you can use for working through challenges or stuck place in your art, next time it happens?

CELEBRATIONS:

Share your biggest brags right here, and tell me on your next Q&A call what they are, so we can celebrate together!