



Week Two

Overall aims this week:

- Continue with your daily meditation and movement/dance before you begin painting. Consciously let go of the outcome before you do each exercise. This would be a good time to repeat an affirmation that is true for you - such as "I allow myself creative freedom and delight in experimentation" or "I know that everything I create today will teach me something valuable"
- Read through the course content and decide which exercises are relevant for you. It could be that you want to home in on just one aspect or want to explore each. In all cases - if you haven't experimented with your brushes and alternative tools I would suggest incorporating this into whatever you decide to focus on.
- After each painting session get into the habit of evaluating what you've just done that worked well and you'd like to do more of. How did you feel during each exercise? Journal on this daily.
- By the end of the week I hope you will have clarity over what your approach to intuitive or abstract work is and you will have prepared your surfaces to work on this way in week 3 and 4

Journal Prompts for the end of the week

What does abstract work mean to me now? What does intuitive work mean to me?
Can they be one and the same? (Only your views matter here)
How important to me is emotion in your painting?
Is it important to me to have recognisable (figurative) elements in my work?
What was I thinking about when I worked only with marks and shape?
Which was my preferred exercise? Why? Did I resist an exercise - why?
Anything else that seems important to me?
Overall what colour relationships seem to be the most important to me?
What do I feel I MUST retain when I start to create my collection?

**BRAVE
IN PAINT**

