

# Create your ULTIMATE VISION

If this was the ideal week for your creative practice, what would it look like?



## QUESTIONS TO KEEP IN MIND AS YOU WRITE YOUR ULTIMATE VISION

- What is your goal this week?
- Why is it important to you?
- What are you creating this week?
- How long are you creating each day?
- What time of day are you creating?
- Where are you creating?
- What art materials are you using?
- How do you feel while you are creating?
- What's inspiring you?
- What rituals are part of your practice?
- What kinds of results do you have each day?
- How do you relate to your work?
- How do you feel after you create?
- What do you learn?
- How do you progress?
- What feels fulfilling?
- What feels like a success?
- What have you achieved by the end of the week?
- Do you have any ideas about your direction beyond the 30 days that you are starting to be aware of?

# Ultimate Vision GUIDELINES



- Be detailed and specific.
- Write in the first person, in the present tense.
- Use positive language and word choices.
- Write with conviction.
- Review all the elements of your practice until now before starting to write.
- Include what you know you can achieve, what you're committed to accomplishing, and what you'd like to encourage yourself to do.
- Then, give yourself space to dream beyond what you think is possible.

# My Ultimate Vision

## My Ultimate Vision for Week 4 of Find Your Flow 2020

Each day of the week I show up first thing in the morning, with my cup of tea, seated at my art table. I feel excited to get started. I've been anticipating this moment since I went to sleep last night. I love my creative time and how fun it is to make something new each day. I am inspired to connect with the words of Rumi and challenge myself to capture the essence of the words visually. I love making fun colorful characters and revisiting the many I created in my recent sketchbooks. I love to hand letter. Drawing on the iPad is fun and joyful. I love the colors and texture the iPad give me. I love how I can move things around and create in layers. I love that it opens up possibilities for my artwork and let's me dream of turning my artwork into books, magazine illustrations, drawings, calendars, journals, or any of the other cool products out there. I am practicing and growing my illustration skills and having fun while I do it. I anticipate this moment and walk joyfully to my art space with my cup of tea in hand. My iPad and Apple pencil are fully charged. My art table is spacious and organized. I light a candle, and take a few deep breaths to get centered. I set the intention to connect with my joy and have fun, trust my instincts, and not worry about the results. I do a few neck rolls and shoulder stretches and then I open up my computer to look at my ideas list. I pick the next idea on my list without spending any time overthinking it. I have already pre-selected all the ideas and know that I like them all and want to illustrate them all so it makes no difference which one I pick today. I look through my sketches to locate the character that feels right for the quotation that is next on the list. I find it quickly and am excited to rework it and turn it into a digital illustration. I see what I would like to adjust and what I would like to add to the original drawings in this new version with ease and decisiveness. If I am in the mood I treat myself to an audiobook or podcast while I'm drawing and coloring. I listen to the story and let my mind gently take in the words I am hearing while my attention is fully focused on creating. I create with ease and curiosity. I follow my instincts and continue to play until I feel happy with my piece. I am willing to stretch and try new textures, new brushes. The process flows and I feel relaxed and joyful. I pause to take sips of my tea and stand up and stretch any time I start to feel stiff. I am in my flow, peaceful and content. When I feel complete, I feel satisfied with what I have created. It feels like me. I share my piece in the Facebook Group. This is my daily routine that I look forward to each day this week. My desire is to create 30 digital character illustrations inspired by Rumi quotes. This final week I am especially energized to reach my goal. I find extra time so I easily prioritize this project and complete two illustrations a day. I get quicker at doing them without feeling any pressure or stress. It is a joy and a luxury to be able to spend leisurely time drawing each day. By the time I reach Day 30 I happily exceeded my goal. My journey doesn't end here and I am feeling so inspired to keep going with this project. I am full of energy and motivation to draw another 30 characters, connect them to another 30 inspiring quotes, and let this collection grow as big as it wants to be. I trust I have enough ideas and inspiration to keep going and keep on having fun not only this last week, but also in the weeks to come. As the number of illustrations grow I get clarity around how I want to use these illustrations in the future. I celebrate my commitment. I celebrate my growing confidence creating digital character illustrations. I celebrate 30 days of creativity.