

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 2021

I am feeling so joyful and grateful for my daily creativity this month. This last week I am focused on continuing my explorations. Honing my drawing skills. Feeling comfortable drawing from life. While embracing the joy, playfulness and discovery available to me each time I show up. It's about the process. Going outside, feeling good inside and out, finding a flower, spending time observing its unique beauty and drawing with ease. It feels natural for me to draw what I see and I enjoy it so much. I then use my sketches as a starting point for an imaginative drawing. I am in it for the fun, learning and growth, but I am also in to make art that feels like me, that expresses my own unique style. Each time I create something is an opportunity to develop those skills and be pleasantly surprised by the results. Today and each day of this final week I start my day with a morning ritual. A hot cup of tea. A few deep breaths or movement. I feel centered, grounded, and already in my flow. I go out side with some pencil and paper and enjoy the fresh air and sunshine. I locate a new flower that catches my attention and sit down to draw it. The drawing is how I learn and become familiar with the contours. I go for the essence and let myself enjoy being quick and sketchy. My mind is quiet. As I draw and observe I quickly feel like I know this new flower. I am excited for the next step. I take my sketches and go into my studio. Turn on my favourite music. Pick an inspiration card and follow the cue if needed. Now I'm ready to refine the sketches and make some cleaner drawings. I do this with ease and confidence while having fun making the drawings and enjoy how they look on the page in pencil and pen. Now I get to use what I learned and use my flowers in fun ways. A landscape, a pattern, an embellishment, a background. Each day a new idea sprouts up intuitively. I trust the inspiration and follow its lead with curiosity and confidence. I complete the second drawing with ease with pen and pencil and feel delighted and pleased with the results and my daily commitment. My book is getting full. By the end of the week I will have reached more than 30 new drawings. I am so energized and have plenty of time to create without feeling rushed. My 30 minutes becomes an hour and half. I am already envisioning what I want to do next. It is a natural evolution from what has come before. I am going to experiment with different colouring approaches, take a few classes that have been on my bucket list and dedicate some time to a fresh start with color. As I am leaning I get to practice on my drawings. I get to try out different approaches to using color. It is a moment of discovery and experimentation and I see myself already finding my new favourite ways to use color. I see a new sketchbook book full of whimsical colourful work using everything I've been learning and practicing this year come together in exciting new ways. I trust my journey will continue to be full of magical surprises that bring me continued joy, well-being and growth.