

# 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 2022

I am feeling so delighted for this opportunity to focus on my art practice in community this month. It has been such a joy and this final week I envision that level of joy to increase even more as I continue to focus on honing my drawing skills while stylizing new subjects that interest and delight me - animals. Focusing on drawing animals feels like a whole new world to discover and continues to hold my interest and make me feel inspired this last week. What I love most is that each day that I get to draw a new animal, I also get to connect with my inner playful child and approach the subject with curiosity and interest. I am here to discover! The discovery process begins by picking the animal I get to draw each day. It is so fun to close my eyes and randomly pick a page to find which animal I get to draw that day. It is always a surprise and the element of discovery is so fun. Each day I trust that the animal I pick will be the perfect subject to explore for that day. No questions asked! Before starting to draw, I make sure I have my fresh cup of tea. I choose some music or a podcast episode to listen to (The jealous curator podcast and FYF playlist are currently filling me with a lot of joy). Clear off my table of anything left over from the previous day. Grab a fresh stack of plain paper for sketching and sit down to get started. I quickly find a page of reference photos on the internet so I can get started right away sketching the animal with ease and focus. This process goes quickly and I freely capture the forms and lines I observe and practice drawing numerous poses inspired by different images. I spend time playing and experimenting with my favourite poses to discover if more imaginative elements want to be added to the drawing. This week this process really flows and through playful experimentation I create many fun sketches that bring me joy. I feel calm and in the flow. When the first phase feels complete I use the rough sketches to inspire a more finalized, clean version of the drawings that I draw right into my sketchbook without hesitation. There are no limits here and I choose whichever drawing tools are calling to me the most that day to create these cleaned up sketches. I take my time and relax into the process and whole heartedly enjoy the creative process and the satisfaction that comes with filling up another page. Once complete I jot my thoughts in my studio diary so I can take note of the learnings and take aways from the creative time. I feel complete and the feeling of having accomplished what I set out to do stays with me and gives me good energy for the rest of the day. I am already looking forward to tomorrow's creative session and am starting to dream about future directions drawing these animals might take me as I move forward not just this final week, but beyond. Whatever ideas pop into my head I make sure to jot down in my idea book and before I know it I have filled up a whole page with all of the ideas that come. Each day this final week is filled with creative joy, inspiration and motivation. Reaching Day 30 feels huge and I recognize just how wonderful this achievement is. I also trust that day 30 is not the end but a milestone to celebrate. I create something special in honor of day 30 and find the perfect next idea on my list that will support me to continue what I started with more joy, ease, confidence and delight than ever before!