

THE ART SHERPA PRESENTS:

Crafting Your Art **CREATURE** *Identity*



Lifebook 2023

“Crafting Your Art Creature Identity”

COURSE OVERVIEW:

Venture into a captivating realm where introspection intertwines with artistic expression! This class offers more than just a lesson in crafting; it's a transformative journey into self-discovery. Through our meticulously crafted questionnaire and an enlightening instructional video, students will fuse their unique identities into enchanting moss-ball forest creatures or channel their distinct inspirations into other personalized creations.

STEP 1: SELF-REFLECTION:

Embark on our personalized questionnaire journey, meticulously designed to evoke reflection and provide insights into your personality, values, and experiences. Each prompt isn't merely a question; it's an invitation to delve deeper into your essence.

STEP 2: GUIDED CREATION:

After unveiling the layers of your identity, immerse yourself in an hour-long step-by-step video tutorial where I, your guide, unravel the process of crafting my own moss ball forest creature inspired by my questionnaire insights. Witness the transformation of abstract concepts into tangible art, serving as your beacon of inspiration.

STEP 3: CRAFT YOUR IDENTITY:

Harnessing insights from the questionnaire and drawing inspiration from the video, embark on the delightful endeavor of shaping your moss ball forest creature or channeling your personal inspirations. This isn't just another art project; it's a tangible manifestation of your unique essence, brimming with memories, dreams, and individual quirks.

OUTCOMES:

By the end of our journey, not only will you possess a one-of-a-kind forest keepsake, but you'll also cultivate a deeper connection and appreciation for your unique identity. This crafted companion is a poignant reminder and emblem of your personal journey and essence. Join our artistic expedition and sculpt a tangible token of your unique spirit and story!

MATERIALS LIST FOR WATERCOLOR & DRAWING WORKSHOP:

PAPER:

- 9 x 12 Fabriano, cold press watercolor paper block

SKETCHING:

- Pencil for sketching

INKING:

- Faber-Castell Pitt Artist Pen SB or any waterproof black ink pen with a brush nip

PENS:

- White gel pen
- Posca Pens:
 - 1 mm & 3 mm in black and white
 - 1 mm in yellow, orange, and green

PAINTS & PENCILS:

- Assorted Derwent Ink Intense Pencils
- Watercolor by Sennelier:
 - Opera pink*
 - Payne's gray*
 - Indian yellow*
 - Lemon yellow*
 - Ultramarine blue*
 - Phthalo blue*

ACRYLICS:

- Golden acrylic: Titanium white fluid paint

BRUSHES:

- EsCoda, Le Perla, round brush, number 12
- Raphaël, bright brush, number 10
- Raphaël, precision round, number 4
- Filbert grainer brush, 3/8 inch

Lifebook Quiz 2023

WHEN YOU GET A CREATIVE BLOCK:

- a) You meditate with your cat, Mr. Whiskers.
- b) You throw glitter in the air and hope inspiration strikes.
- c) You binge-watch DIY videos until your eyes glaze over.

YOUR GO-TO ART SUPPLY:

- a) A classic pencil - simple and versatile.
- b) Anything messy and colorful!
- c) Organic, ethically sourced, recycled materials only.

YOUR APPROACH TO A NEW CRAFT PROJECT:

- a) Plan meticulously with mood boards and sketches.
- b) "Winging it" is your middle name.
- c) Watch the Video first, attend three workshops, read two books, then start.

DURING SELF-IMPROVEMENT SESSIONS:

- a) You journal by candlelight.
- b) Dance like nobody's watching (because they're not).
- c) Reflect on that one inspirational podcast episode.

YOUR ARTISTIC WORKSPACE:

- a) A serene zen garden.
- b) A glitter bomb exploded.
- c) A cozy cafe corner with a plant named "Buddy".

YOUR ENERGY AND STYLE:

- a) Timeless and Clean. You are cool and collected even in the heat
- b) Earth Mother energy. You are all 4 seasons and as free as a breeze
- d) A seeker of wisdom and truth. You love the questions and finding the answers

YOUR COLOR PALETTE :

- a) Neutrals and Harmonies - You know what works and how to balance it out
- b) Rainbow and Neons - it can never be too loud or colorful
- c) Primary colors you mix as you go adapting the the world around you



Results:

MOSTLY A'S:

The Thoughtful Traditionalist. You appreciate the classics and have a calm, methodical approach to your crafts. Meditation and mindfulness might be your best pals, along with Mr. Whiskers, of course.

MOSTLY B'S:

The Spontaneous Sparkler. Your energy is infectious, and your art probably has some sparkle to it. You believe life (and art) is too short for plans. Glitter is your spirit animal.

MOSTLY C'S:

The Ever-learning Ethical Enthusiast. You're the conscious crafter who seeks depth in your art and actions. Buddy, your plant, is proud. Keep on being the wise owl in the world of parrots!

EQUAL A'S & B'S:

The Balanced Bohemian. You know when to light the candles and when to throw the glitter. Your art might be a blend of traditional techniques with unexpected twists!

EQUAL A'S & C'S:

The Mindful Maverick. You balance age-old wisdom with modern insights. You probably have a workshop for every week and a journal entry for every thought.

EQUAL B'S & C'S:

The Vibrant Visionary. Your artwork is fresh, bold, and always evolving. Glitter meets wisdom in a dance of color and consciousness.

MIX OF ALL THREE:

The Universal Creator. You're a blend of all artistic worlds, making you unpredictable and unparalleled. Keep surprising the world (and yourself) with your multifaceted brilliance!

Crafting Your Forest Spirit: *A Journey into Self-Discovery*

Drawing from the results of our quiz, let's birth a whimsical forest creature inspired by your unique personality! Infuse it with quirks and qualities from your life experiences, sprinkling in those moments that truly define you. This isn't just any character; it's a covert self-portrait, a reflection of you in the world of enchanted woods.

While I've provided a guiding path, I encourage you to go off the trail and design a character that feels genuinely 'you'. Remember, in this magical realm, there's no right or wrong.

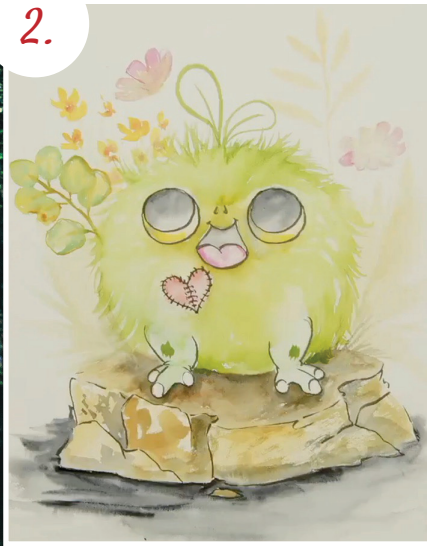
Give this endearing being a secret name, one that resonates with who you truly are. Think of it as naming yourself anew, now armed with the wisdom of self-awareness. This woodland spirit can serve as your alter ego or avatar, embodying aspects of you that perhaps even words cannot capture.

Revisit and reshape your forest companion whenever you're navigating life's complexities or seeking clarity. Allow it to be your anchor and guide. And as you embark on this delightful journey of self-exploration and creativity, know that every brushstroke, every detail, is a testament to your unique existence.

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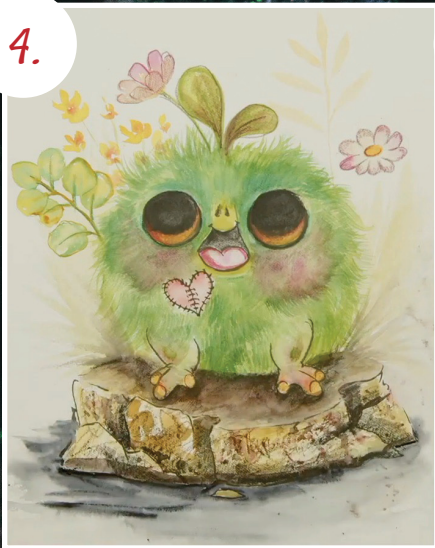
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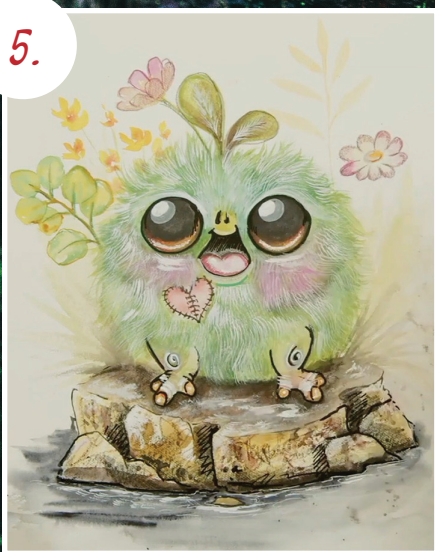
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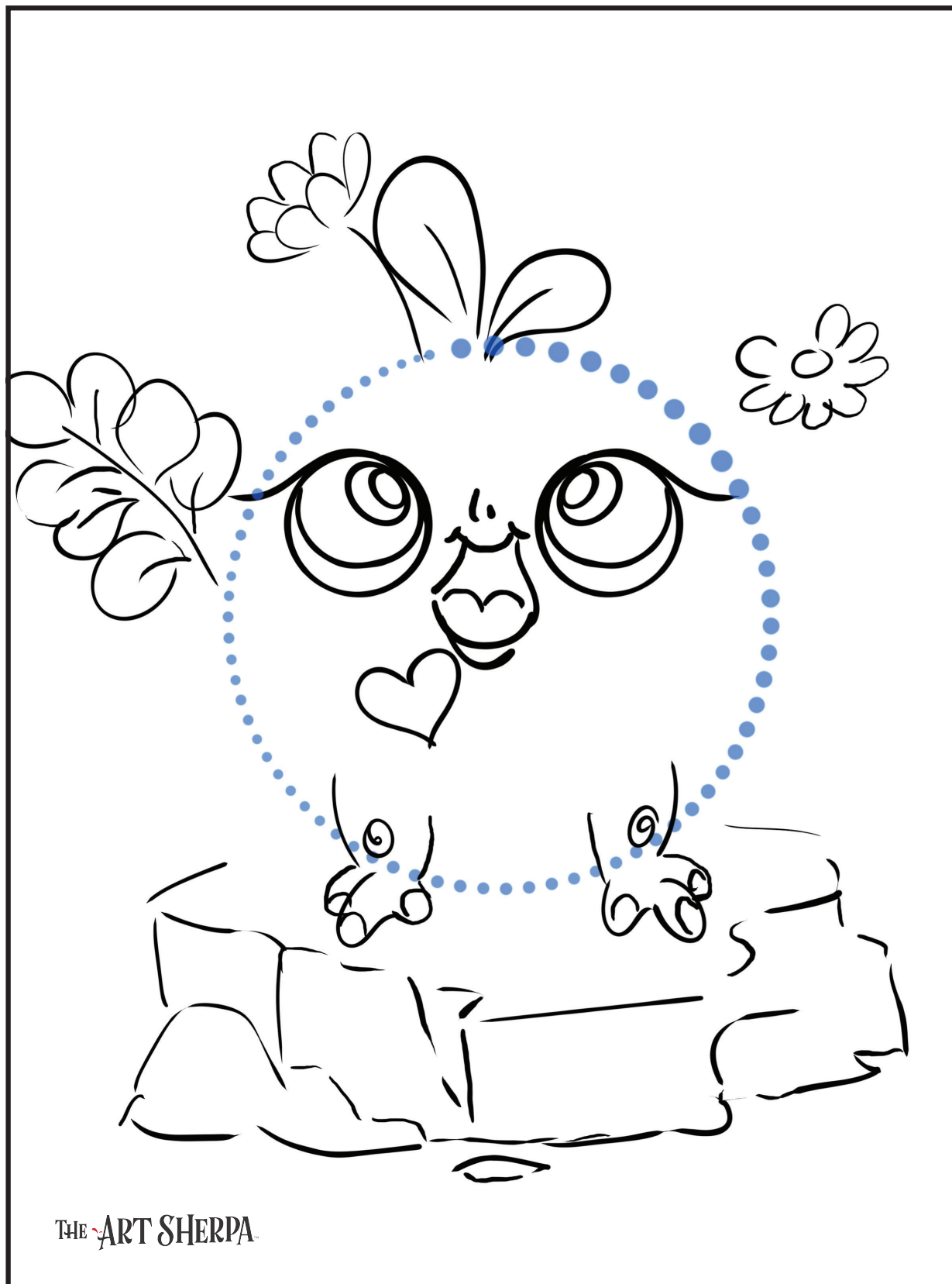
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TRACEABLE:



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