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## Daily Art Journal Challenge: 30 Prompts with Get Messy with Get Messy

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### Chapter 1 - 30 Art Journal Prompts with Get Messy!

#### Overview

(bubbly music) - Hi there, I'm Caylee Gray. - And I'm Lauren Cooper, and we're from Get Messy Art Journal. Get Messy is an online art journaling community. We have gathered thousands of women from all over the world who create together everyday, to nurture their creativity, to grow as an artist, and to find their creative community. - [Katie] Lauren and I are at different sides of the globe, I'm in Germany. - [Lauren] And I'm in the United Arab Emirates. - [Katie] And we have found the power of art journaling because it helps us create every single day with no pressure, learning new things. - I feel like I've completely found my style as an artist, and I've made so many friends through connecting with the community online. So in this class, we are gonna share with you how we create everyday, we're gonna take you through our favorite tips and tricks, because we believe that creating everyday is really important for your creativity and your well-being. And so we're excited to share with you how we make our art journal pages. - Yay.

#### Day 1: Beginning Stats

- Okay, I am so excited because it's the first day, and we're gonna get into our journal. I am using a Strathmore Mixed Media Journal, and I love it because you can use all different types of medium. You can use watercolors, acrylic paints, glues, everything. I'm gonna tear this thing off. We do not need that. And because I have, like, extreme fear of the first page, I always make sure that it is a low-pressure page. And also, because I use it to document my life, I like to just have a quick, like, quick stats about me. I have some collage fodder here. Just have a page that I love that I was drawn to. And since this is gonna be Lauren and my journal, I've got a photo of Lauren and I. And I like to use candid photos here. Instax photos are great. Passport photos are awesome at it. And then we just glue it down. I am using a Tombow tape runner for this. And I like using this because it's not a lot of mess. I know that, I mean, like, mediums and Mod Podge and all that stuff gives you a lot more flexibility, but this is no mess. So I am just placing wherever I feel like. Just playing around with the composition. That looks good. This is actually a photo of Lauren and I that I printed out on my HP Sprocket printer. It's the same as any other instant camera. Sometimes, something that really helps me to make sure that I get the composition that I want before sticking it on is I just take a photo with my phone, and I can remember it. It seems, like, very obvious to remember it, but it is not obvious. A lot of times, I've completely forgotten it and just ended up with a whole new composition. Okay, once I have the main elements down, I'm just gonna put down our names, basic stats like age, location, and our current life status. This pen is a Pilot G-Tec-C4. I love it 'cause it's really thin. And we are in San Francisco. Okay. And then I think I'm gonna use one of these stickers, just to finish it off. And there we go. So the first page really doesn't need to have a lot of pressure. Just put something down there, just to get you started.

#### In the Studio- Question 1

(lively music) - [Female] In The Studio with Get Messy, question one, take one. (marker clapping)  
(lively music) - So I am obsessed with ephemeral organization. When I'm at home, I have plastic envelopes, but since I'm traveling at the moment, I found these, found these, I'm using these amazing ones from the US Post Office. These are great because they are thick and sturdy and you

get a peak inside. So, loving using this at the moment. - [Lauren] And you have them labeled, right? - I do. So like, for example, these are my vintage pieces, these are more curated so they follow a bit of a color style, the pinks and the greens, and these are the rest. - Miscellaneous. - Miscellaneous. - Yup, I like to go through mine every so often and pull out the things that are speaking to me the most, the things that I want to use next and keep them out, easily accessible so I don't have thousands of pieces waiting around and I just have a small collection of really cool things that I'm excited to use right away. - Do you have a category for each of them or just-- - At home, I do. Right now I'm traveling, so this is a great way. I've got nature shots here, random things I found and picked up here, other made of papers here, but at home, I like to organize them by people, nature, shapes, colors, things like that, and I label the envelopes so it's really easy just to grab the envelope I want so if I need book pages, I can grab my book page envelope and flip through it really quickly and grab one. - It gets out of hand really quickly if it's not organized. - Yes, you should definitely go through and purge them and go through them every six months. - One week. (laughing) Definitely; I do it a lot. - I don't. (laughing) (lively music)

## Day 2: Layering + Affirmations

- This is why I love teaching with Haylie so much, because you're about to see how very different our styles are. I love to infuse a lot of positivity and color and messiness into my pages. And so for this page today, you're gonna need quite a few different supplies and we're gonna work in a few different steps. So if you want to gather up some water-based brush pens, a glue stick, some patterned papers, some card stock, a pen, scissors, acrylic paints, watercolor brushes, and some water. The first thing you're gonna do before you choose your supplies though is choose your color palette. I have chosen yellow, blue and green and then a variety of colors, hues and shades and tones in that family. So that's, you see here in my pattern papers, that's what I've chosen and in my pens also. Once you've chosen your color palette, I would suggest sticking to about three colors and then you're gonna gather your supplies and we're gonna get started. The first thing we're gonna do is we're gonna start with our card stock. I've got three pages because I have three different colors of paint, and I am just going to create pages in my paint colors. So really simple, easy. Here, I'm just gonna put a few different colors of the blue, and then I'm gonna grab my paintbrush and I'm just gonna spread it on the page. Just, the only reason we're doing this is we just want to cover our page so that we've got some different color blue paper to choose from when we get started with our page. So you can add some white, you can add some black, to change the color a little, to get a nice, varied range of your colors. While these dry, I'm gonna do the same thing for a sheet of yellow colors and a sheet of green colors and then I'm gonna let those dry. And now we're gonna move on to green. The more different shades of your colors you have, the more interesting your page is going to look and the nicer the layers will build. This is a really great activity to do whenever you're feeling stuck or uninspired because you can create a bunch of pages like this and then use it in all of your different pages as you create and then you have a lot of really great choices to choose from whenever you're creating later. So you could even do a page in every color of paint that you have and those would be really fun to create with. While our acrylic papers are drying, we are gonna go ahead and move on and work on our background. For this, you're gonna need water-based markers, because they need to be able to blend like watercolors do. So if you don't have any of these, you can also use watercolor. Now we need to choose our shapes. You can choose one shape and repeat that all the way through your spread or you can create multiple different shapes in here, so it's up to you. But I am gonna work with squares. The beautiful thing about these watercolor markers is that

they can continue to spread across the page when you use water with them. I will show you how that works. So I've just quickly colored just one little spot here, but I am going to pull it out and make it into a square. So now, there is enough water even on my brush and enough color on my brush that I can make another square somewhere else. You can play with the way you layer your pens down, and it will create different effects on your page. So like I said, I just move quickly through this, so that my paint blends well and I don't think a ton about placement because we'll go back through at the end and we'll fill in any gaps that we have. And you see, I use a lot of water whenever I work with watercolors or pens like this because I want the paint and the pens to be able to do their job and bleed and run and create these beautiful works of art on their own and so I don't like having a ton of control over them. So experiment with these and see what different kinds of marks and things that you can create using more or less ink and more or less water. We're just gonna do this until we completely fill our background. You can lay this page out very geometrically where everything is on straight lines, or you can do it a little wonky like mine is and you can add in different shapes, however you'd like. And it's okay if some of the spots are really, really light. That adds a nice variety to your page. I just look for holes in the page and spots where certain colors are more prominent. And as the page gets full, you'll begin to see little areas that you can fill in and you just wanna spread your color around. You're gonna let your eye just be able to sail across the page and take in everything as a hole, 'cause your color scheme should work together. So for this page, you don't want to fill every square inch of the page, because there's gonna be a lot going on with it, so it's all right that there's a good bit of white space here in between my shapes. So I'm gonna leave it the way it is and I'm gonna set this aside and let it dry and then we're gonna move on to working with our pattern papers. I have gathered up a variety of different papers in my color scheme. You can use all kinds of different papers here, magazine pages, stuff that you've created, patterns, book pages, anything like that that you think will work. So, I'm gonna choose my shape. Like I said, I am gonna stick with all squares, but you can vary the shapes and how you're going to layer them. So I'm gonna free-hand cut these squares and it's all right if they are gonna be a little wonky. I am perfectly fine with that. I am gonna cut them in a variety of different shapes and sizes, still squares, but different shapes of squares. And you only need a few of each color. All right, and once your acrylic papers are dry, you are gonna cut those into your shapes also. And once you have your pattern and your acrylic squares cut, you are going to grab your glue stick and we're gonna start arranging them on the page. So when we're creating our page background, we are gonna think about the elements of design. We're gonna think about balance and scale and movement. I start by just lying my biggest squares on the page. And then I evaluate how they're laid out. I've got too much yellow in this top corner, so I'm gonna move these around. There's not enough green; I'm gonna add that in. And you can do as many or as few of these as you like. And if there's any you don't like, you just cut them to the correct size. So some of these, I feel, are too big, so I want to make them a little thinner. The next step you're gonna do is you're gonna take your medium sized and then your smaller sized squares and you are going to arrange them on top of your other squares. You are using your layers to build some texture onto your page. Once you're happy with your composition, you can start gluing them down. I like to glue them down and keep their messy effect. The edges don't have to be pushed down. They don't have to be perfectly lined up, but you wanna let this page have some fun and whimsy in it. Now that your page is all finished, you've got all of your beautiful papers on here, layered up really nice, you are going to go in and you're gonna write some affirmations for yourself on here. You can think about qualities that you really love about yourself, you could give yourself some encouragement for your art or your day, whatever you

wanna do. Find these little squares of watercolor that you laid down and write just a little word or two to yourself in here. I'm using my Micron pen to add in my writing and I'm gonna give myself some artistic encouragement. So I'm writing things like you are creative, or I am an artist, to remind myself that everything I make is really important and also not important at all because creativity is just a part of who we are and it's important that we express ourselves and so I want this book to be about freedom and exploration for you and for me. And I'm adding some reminders for myself to make more things. Once I have finished writing my affirmations down, I'm gonna take a few seconds, and still using my Micron pen, I'm gonna go through and add some doodles and fill up the extra space I have in here to make my spread feel complete and finished and be really busy and fun but packed with creative energy. I'm making lots of different marks and doodles that will fill up the page and add lots of fun and creativity into it. And there's no right or wrong way to do these. And the more marks you put inside and outside all of the different squares, will tie your whole design and your whole page together. So make sure you're making marks where you wrote, in the watercolor squares and on your pattern papers and acrylic squares also. This page is a really fun way to experiment with new ways to use your materials and your supplies and it's a really great way to start your journal by giving yourself so many wonderful affirmations that you are creative and this is gonna be a really fun challenge.

### Day 3: Put Feeling to Paper

- Today we are gonna talk about how we feel. And art journaling is fantastic because you're journaling both through your words and through your art. This lesson is about journaling through your art. And yeah, so I want you to think about how you're feeling and really take some time to articulate your words. Watercolor is a great medium to use if you need to think about exactly how you're feeling and if you wanna process your emotions. So we're gonna do some of that today. I have squirted a little bit of this Winsor Newton professional watercolor and I am using a squirrel hair brush, and this brush is amazing because it keeps so much water in it. And today I want to make my watercolor very loose, very flowy. So you can just use the color that you're drawn too, and then just put it on the page. I like to use a lot of water when I'm using watercolors in this way, because I love the fluidity of it and how it flows on my page and the looseness of it. And while I'm doing this I'm just thinking about, right now because I'm away from my family, I'm thinking how much I miss them. I am thinking about my journey with motherhood, which I'm always thinking about. I don't think that's ever gonna stop. And just play around with the watercolor. You can put some water on first or you can put a lot of the watercolor down. And you can see how it flows into the watercolor and just do whatever feels good in your heart. Like I said, the squirrel hair brush is amazing. And I also like to leave my watercolor to pool in areas because it gives such a nice effect. So if you're feeling a lot of anger, you might want to be collaging, 'cause then you can rip the paper, or you can use acrylic paint and really go at it and use your brush stroke to work out your anger. You can also do it pretty literally. If you're feeling happy you can choose a picture of a happy girl in a magazine. You can take self-portraits and use that for your emotions. Today is all about using imagery and art to show how you're feeling. So we are gonna wait for that to dry and then we're gonna do another layer. Our second layer we're going to do some gold because I'm very drawn to it, pretty much all the time. And I want to get this a little bit more paint to water with the ratio, because it is gonna be the second layer. And I'm just gonna paint it right on. This is Daniel Smith Luminescent Gold, and it is beautiful. And I'm really being intuitive about where I wanna put this. Not listening to reason or anything, I'm just doing what ever my gut, my artist gut tells me to do. This is a really soft gold and

it has a very subtle sheen to it, and I just love it because it adds a little bit of detail and a little bit of shimmer without being too much. Our next layer, we're going to just put an image down. Now you can use an image of a woman that represents you or you can use an animal or an abstract shape, whatever you want to use. I found this picture of a woman. I found it on Flickr from copyright free images, and I'm so drawn to her. And so I'm just gonna glue stick her down. And to finish off the page we're gonna put some words that speak to us. And maybe they can represent your feelings, what you're wanting your feelings to be, how you're processing them. And I'm using a Pilot pen. It's liquid ink so it writes beautifully and thickly. And I'm just gonna write some words. So I'm just looking at my page and it seems very heavily towards this way, so I just wanna balance it out. So I'm just gonna do a few marks on the side. As I look over my page, I'm just thinking if I feel like I've been able to put my feelings onto here. So I feel like the watercolor has accurately described my life at the moment, my mood and my feelings about motherhood and where I am at the moment. And I'm kind of coming into my own now with my son being a bit older, so the quote is a good representation of that and this woman looking forward, and I'm happy with that. So today, take some time to think about how you're feeling and spend some time in your art journal processing all of your thoughts through art.

#### Day 4: Manifest What You Need

- So yesterday, we looked at how we were feeling and we put those feelings on to the page. Today, we're going to think what we need. So, if you're craving calm or focus or whatever, you're going to put that on to the page through your art. I'm looking for a focus in my life. So I'm going to do a bit of collage. I have some pieces here and these are mainly found images. This is from a vintage ledger, this is a magazine image, these two, as well, a paint chip, some tissue paper from presents, and some paper that I used in a card, it's just an off-cut of that, some tissue paper, and I think this was just from a scrap of packaging, and this is alpha stickers. So, I just picked stuff from my stash that I was drawn to. I tend to go for pinks, which might be kind of obvious, and I'm just gonna make a very simple collage with them. I'll start with the focal image. (paper tearing) I like tearing paper because it gives a little bit more depth and more texture and it gives a little bit more interest to the page. I'm just using my roller tape. (tape dispenser grinding) I really don't like using glue. I know some people, they cover this whole thing, but I'm just not about that life. (paper rustling) (tape dispenser grinding) I'm gonna just counteract that. Also, I tend to like working on the sides of my journal because I do leave a lot of white space, so I think that working close to the side helps to give more interest to the page. (tape dispenser grinding) And similar to the last lesson, while you're going through this, just process your feelings, your wants, and desires, and it's kind of like a vision board this, but it's made through art. (tape dispenser grinding) I'm just playing around with the composition and putting down the things that I'm drawn to. (paper tearing) (tape dispenser grinding) (tape dispenser grinding) (paper rustling) (fingers tapping) Okay. And then for this, I'm gonna keep my journaling very, very simple and I'm gonna use these alpha stickers. I'm trying to figure out which makes the most sense. I'm looking at... 'Cause this is nice, glittery gold and these stars are very shiny, so I'm trying to balance off the colors. For my journal, my word is gonna be very simple. It's gonna be yes and I find myself using this word a lot in my journals because I feel like it covers a lot. So, yes to all the things I want, yes to being bold, yes to everything that I need. And I'm done. I love these quick and easy pages and I love just getting everything on paper very quickly because I have got a little kid and so, my time is super limited and with these types of pages, I can do it while I have five minutes. Literally five minutes.

### Day 5: Breathe Positivity

- Today we're gonna learn a really, really simple technique that is gonna add a lot of drama and a lot of fun into your pages. So for this page, you are gonna need some watercolors of your choice, a photo, I love using normal photos just printed on to your normal copy paper, I turn them black and white and it adds a lot of drama and a lot of fun and you can work with them easily and you're not worried about them being really precious, because they're nicely printed on photo paper. You can let me know however that you would like, I don't love my handwriting, so I choose to use stencils and stamps and things, so I'm gonna use stamps and ink for this page, and then of course, a glue stick to glue everything down, and your watercolor brushes, and water. We're gonna start, really simply again for this page, you're gonna simply place your photo down wherever you would like for it to go, and then you are just going to make a few little marks on to the page with a pencil or pen, so you know exactly where the photo is going to lay. I don't want to be able to see these marks, they're just more of a tracing, so that when I'm creating the background, I know what to do. So see, there is the outline. So what you're gonna do is you are going to load up your paint brush with a lot of water and a lot of paint. So this already not enough and I'm gonna paint on that line there. Okay, so once you have a lot of paint and a lot of water here on your page, you are gonna grab a straw, and you're simply going to blow through the straw, into the watercolor so that the water splashes everywhere and created a really fun, dramatic effect. And do you see how fun this spread out? And the more water and paint and color that you add into it, the more fun of an effect it will be. So I'm choosing really bright and fun colors because this is a really fun page. So the more you rotate and move everything around, the more you can control which way things splatter and so I can even go back in this way and get them to splatter in a different direction, that creates a nice burst of color. And it's fun to mix some colors in as you go. And if your watercolors are not creating this nice, spread-out effect, it's because you're not using enough water, so make sure that you're loading that up really well, the more water you add, the further and the more saturated they will be. I'm choosing bright and fun colors because this page is all about joy and I want it to represent that through my color choice. And you can use this technique in so many different ways to represent so many different emotions. It can be joy or it could be sadness, or any kind of drama you want to add into your photo, or your page, it's a really great way to do that. Alright, I'm gonna do one last color. And I love how these colors have all mixed and ran together. Alright, now I'm going to glue down my photo. And because we planned really well, our watercolor is a perfect halo around our photo. Now I'm gonna add my quote in, I'm gonna leave this left page blank for another spread, for something, for more inspiration to hit later. So as I said, I don't love my handwriting so I try and use stamps and stencils and other things as much as I can so that I can get some really nice lettering in, but not be so worried about my handwriting. And this quote is from the movie, A Monster Calls, if you haven't seen the movie yet, it is so full of inspiration and beautiful quotes, gorgeous imagery, I couldn't stop pausing it to take notes and write down ideas. If you notice that you're getting these lines from the side of your stamp, be a little more gentle when you're stamping and make sure you hold your stamp more flat to the page so that you're not getting these lines which again, don't bother me. And we're finished, the page says, "I wish I had 100 years I could give to you," it's a photo of my husband and I, and I just it to represent all of the joy and love and fun that comes from our relationship with this really simple page. So today I hope that you find a fun photo and you can create some dramatic flare in your journal.

### Day 6: Get Wild

- Today's page is all about imagination and stretching your ideas and your skills to new levels. We are going to take some images that we have and transform them into something totally new and fun. This is fun to do with children's photos or any photo that has a lot of drama and emotion and movement in it. So our supplies are gonna be the same as yesterday. We have our watercolors, stamps, or however you like to letter, watercolor supplies, and today we're adding in Daniel Smith Transparent Watercolor Ground, or you can use clear gesso. I'm gonna start by laying out my page and setting the scene. What I'm doing is creating a imaginary world. So I have this photo of my husband here, and, again, it is just a photo I have taken printed out on normal copy paper. I've got some magazine clippings as the background. I'm gonna have him standing on this mountain, and he's going to be fighting this tiger that I have found here also. We're gonna start by covering this photo with Transparent Ground because it's going to create a protective sealant on the photo so I'll be able to add wet mediums on top of it. And it's clear, so it's not gonna change the photo at all, because I want to have control of how it's going to be altered. Just a really light layer is all that you need. You don't have to add water or anything. Just make sure you cover the whole image. And you can set it out to dry. And then I'm gonna do a little on here also on this magazine page so that whenever I am painting on top of the page, the magazine paper will take the watercolor also. Gonna use my glue stick and glue down my images. And it's all right if they get a little bubbly and warped, because they're gonna dry nice and smooth. Just gonna place him so he is standing on top of this mountain. All right, so I want to create a scene between him and the tiger over here, so I'm gonna make sure they're facing each other well. And like Caylee said, if you ever can't find a specific image that you need, there are wonderful copyright-free libraries online where you can find photos like this and print out. All right, now that everything is dry, we're gonna start adding some drama into the photo. And I'm gonna start by turning my husband in his regular clothes. I'm gonna create a whole new outfit and a whole new look for him. So that's the beautiful thing about gesso or this Watercolor Ground is that you can paint over top of this really thin image that we printed just on our home printer. Now, you don't want to use a lot of water when you're doing this, because we don't want it to run and bleed as much. You can use any other kind of medium here too that you prefer, but I'm gonna use watercolor for some other parts that I need watercolor for, so I'm gonna stick with it. So I'm just doing a solid layer cover here so it's all one thing, 'cause I don't think great warriors who battle tigers wear tennis shoes. So once you're happy with the coverage, I'm gonna go and I'm gonna add some more design to his uniform. And this can be anything that you want it to be. You can base it off of something real. You can make something up. It is all up to you and your imagination. And the lighter your photo is, the more you can lighten it when you turn it to black and white, the more your colors are gonna show. Like I said the less water and the more of the watercolor that you pick up on your brush, the better the color will be. So I'm gonna add a really fun hat here that feels very powerful and would scare away a tiger. And now once this dries, I'll go in and add a little bit more detail, but for now we're gonna go back to the same technique that we used yesterday and we're gonna do some more paint blowing to get more of the action between these two interacting here. (straw hisses) (straw hisses) (straw hisses) Now that the paint is dried, I'm gonna go in and add some more details to make it a little more clear. And you wanna let the watercolor dry and not overwork it in this situation. Like I said, we want ultimate control over our watercolors here. We don't want them to run too much. So these may take you a little while as you wait on things to dry. All right. And now we're gonna go in and add some stripes here. Just so you can tell that they're on the other side. It's really fun to get very imaginative with these. And you can alter the photo so much that you won't even recognize who they were or what they were before. So

this type of simple designing takes a lot of the pressure off of feeling like you need very special drawing skills or the ability to create something from nothing, 'cause you can alter what you already have and transform it into something new. And we're gonna do just one more layer as everything is drying so it looks nice and smooth. All right. So now we're gonna see if we can get some lasers to come out of his eyes using our watercolor blowing technique again. So you have to be really careful and very pointed. (straw hisses) Aw, too much water. (straw hisses) All right, so now we've got some lasers coming out of the eyes, and let's add a little more out of the hands. We're gonna do some blue power here. (straw hisses) (straw hisses) Okay. (straw hisses) I'm gonna finish up the detail now that things have dried a little bit more, and I'm gonna fix any things that I did not like. I've decided his whole shirt needs to be black. Here. And then I'm gonna add some words. And then I'm going to use my pen and my watercolors to create a background that ties everything together and we will be done. So there's really no rhyme or reason to this background. It's just gonna be some cool designs, because, again, this page is not based in any kind of reality. This is a great way to kinda practice your mark making and add some new designs and tools, some easy tricks to fall back onto when you need a background. And once you start working in your book, it's gonna start getting full, and your pages are gonna get a little warped and that's okay. And a smart thing to do is add this little clip here, and it will keep everything nice and tight and flat so when you work on it, you won't have to worry about pushing pages up and down and things bubbling up. All right, I think I am all finished with this spread. So this is a really fun day that you can do to get wild with your ideas and your imagination and transform people and things into totally new ideas that only exist in your imagination.

#### Day 7: Watercolor Wreaths

- Today we are going to play with watercolors again and it's one of my favorite techniques. I think I'm probably gonna say that every day, but I love this so much! And what you're gonna do is you're gonna get your favorite watercolors, the ones you love using, the favorite colors that you like using. I'm using my Winsor Newton palette. I'm gonna pick three colors from my favorite color group. Love using blues. And I'm just going to make marks that go kind of in the movement of a circle. And you can play around with how much paint you want, how much water you want. So when I choose another color, it's always fun for the different colors to touch, because when they combine they look so beautiful and they flow so nicely. And you're gonna get less control, the more water you add. And if you're not about the colors merging then you can wait a bit for it to dry as you go. But I really love it. So I'm just building up the circle. Making tile marks to give it that circular movement and flow. And since we're only doing three colors and they're all in the same group, I don't need to worry about them mixing, because I know that it's still gonna be pretty. So I'm gonna leave these to dry and then I'm gonna come back to add an extra layer. So this layer has dried, which means that we can have a bit of fun with our next layer. And since watercolors have beautiful opacity, building the layers on also adds some dimension. And in this layer you want to kind of fill in the gaps, make it more circular, make it more flowy, be a bit looser. I am doing bigger strokes, kind of trying to give more flow to this. Another fun thing to do for movement is just to do a few splatters. The great thing about these watercolor circles is that they have a perfect little spot right in the middle for a nice quote. So I'm gonna use my trusty Pilot G2. This is my favorite pen of all time because it makes my handwriting look fantastic. And my favorite band's Incubus, so I'm gonna write down one of their quotes. Even diamonds start as coal. Because everything I do has to have some kind of gold and glitz in, I want to add a little bit of marks with this. It's a Pen-Touch by Sakura. And I'm just

putting them wherever I feel like they need to be. So be sure to take your favorite colors, your favorite watercolors and your favorite quote and make them into something beautiful.

#### In The Studio - Question 2

- Inside the studio with Get Messy. This is Question two, take one. (clamping) (dreamy 70's music) - My favorite are these Posca pens. They're really versatile, they have a lot of different sizes, and they are, like, paint and pen all in one thing. You can do so much with them. - So, like a paint pen? - They're, yes. - A paint pen. - But this is my favorite brand, though. - Oh, why do you like it more than other brands? - Because they flow really well, so I can put a lot on the page and then actually paint with it-- - Oh. - Verses just a marker tip. - Okay, cool, yeah. My favorites are a solid black pen, I really like this Pilot G2. It's my all-time favorite pen. Yours too? Yeah, yeah. (laughing) We keep stealing each other's. - Yeah. - And I love my Tombow adhesive, and scraps of paper, and I'm golden. - Yup. (dreamy 70's music)

#### Day 8: Caught in the Web

- Today we are going to go a little bit deeper and we're gonna deal with some issues that have been bothering us lately. For your supplies, you're gonna need some type of drawing utensil. So I have Posca pens. They're my absolute favorite. You can use colored pencils, crayons, oil pastels, anything that you want. You're gonna use some kind of collage material. That is up to you. I have different colors of tissue paper. I have a photo that represents my feeling that I'm going to be working towards, scissors of course, stamping supplies, a palette knife, glue stick as always and I'm gonna use matte medium for this spread to be able to draw on top of the tissue paper and then a pen for journaling. I'm going to start by journaling. I'm going to completely fill the page with some thoughts of things that have been bothering me lately. I'm not gonna want to worry about what it looks like, and this is gonna be personal journaling so I'm gonna write it big and messy and as fast as I can all over the page because it's gonna be completely covered in the end. So this is a really great way to get out your feelings or thoughts or work out a problem without anyone having to know what's actually in your journal. Because I know that's really important for people to wanna work through their issues and to work through and get out their emotions in their art journal, but they want it to be private. So this is a really fun sneaky way to get all your journaling out and all of your frustration out but not have it be public for anyone. So I am thinking a lot about anxiety and how much it just weighs on me and bothers me and so I am just going to do a full journaling page about anxiety. So you can experiment with your writing here and you can get really big and loopy, use cursive, use made up in between ways of writing. So it's just a really fun way to get all of your words out and you don't have to worry about what they look like. The next thing I'm gonna do is find a way to represent how anxiety makes me feel. So that's why I'm using the tissue paper. I'm gonna rip it up into small pieces and cover the page with it, just using my glue stick, to share that feeling of what it feels like to be so overwhelmed and encompassed by things. And it doesn't matter the order here. You're just trying to fill and cover the page. And the more kind of chaotic it looks, the better, for my feeling. So you might want to represent a different feeling, something else you've been dealing with or thinking about. So think about what's been happening for you and how you can represent that through a medium. So this is how I like to process things that are happening and going on in my life. I like the combination of the journaling, of getting out my exact thoughts and then finding new ways to represent them and to experiment with them in my art. Tissue paper is so fun and easy to work with. Once you have your full page covered, I'm gonna go back in and add some more of that angst

that anxiety brings up. These Posca pens are my absolute favorite. They are like paint but in a pen and they make creating very fun. I'm making different marks that help represent how anxiety makes me feel. The goal is just to create some layers and to do some nice expression from yourself. And the more it layers and the more things that you add into the page, the more your journaling will be covered. Now that we have all of our frustration out and we've represented however we're feeling, whatever our issue is, onto the page, we are going to build a spider web. Because sometimes we can feel very trapped in these emotions and this page is all about taking back control of that. So we've created our emotion here on the page, and now we are gonna trap it into this spider web. So again I'm using a paint pen, and I'm just going to freehand draw a spider web. These are simple and fun, easy to draw. You don't have to base it in reality if you don't want to. The next thing we're gonna do is we are going to add a layer of white tissue paper over top because the tissue paper is still see through enough that you'll be able to see what was happening behind, that there was a lot of drama and anxiety on this page. But we want to take control of the issue and so we're gonna calm it down. So I'm gonna simply glue the tissue paper on. And it's all right if it doesn't fit exactly. And now the next thing we're gonna do is we're gonna add a layer of matte medium over it because it's gonna make the tissue paper even more transparent so that we can still see all the drama that was going on underneath our page, but it will be more clear that we have taken back control. And just a little bit of this goes a long way. And you can put it on with a paintbrush or with a palette knife. Does not matter. Actually might switch to a paintbrush. So matte medium gives you a lot of options, so we'll be able to continue to add layers and draw on top of this once it's dry. So you can see the color and the lines and the spider web coming back through, but you can also see that the page is immediately much calmer. Your journaling is gone. A lot of that angst has disappeared. So while this dries, we are gonna choose a photo that represents how we want to feel. I have this photo of me standing out looking at the ocean. The ocean is one of my favorite places to be. It's so beautiful, very calming. I'm going to cut this photo out and use it in my spread. I'm representing myself here as the spider because I am in control of this situation and I am in control of the web. And now that my page is dry, I'm gonna add a few words onto the page that remind me of how I want to feel and what I'm working towards when I'm dealing with this issue. So the opposite of anxiety to me is calm, space, and order. Not every art journal page is going to be a beautiful work of art that's award winning. We go to our art journals to work out issues, to share about our lives, to dive deeper into our emotions and how we're processing them. We took the issue that we were struggling with today and we took control of it in our page.

### Day 9: White Out Journaling

- Today, our lesson is one that is quick and easy for those who are either lazy or don't have that much time and it is blackout poetry. So we're gonna get a piece of a vintage book. I found this one at the back of a secondhand book store. It's a little bit weird, but it's got some cool words in it. I'm gonna use white instead of black because I feel like I'm a lot more drawn to white, and I'm just using any old acrylic paint for that. You can use your favorite color, you can use black, you can use white, whichever one you feel like. And you're just gonna choose your words and choose the ones that speak to you. Take away all the words that don't speak to you. You can also have it, the words that you choose, you can have them flow as a sentence or you can choose purely the ones that you like, and I'm gonna do the latter. So in going through those, I think a rebel generation sounds pretty freaking awesome. So I'm just going to put my paint around it, block out the words that are not rebel generation. Also quite like tender mercies. This is also a really fun page to do while you're on

the go, so if you're traveling, if you're just taking your art journal kit with you, maybe to pick up your kids and you've got five minutes there, you can just do it in your car or, really, anywhere where you've, I mean, you don't need to use paint. You can use a pen. You can use a paint pen. It's kind of like reverse highlighting. If you like texture, you can make a whole bunch of lines with your paint. If you're like me who likes to make it look a little bit more seamless, then do that. I quite like the look of it being a little bit transparent, but you can completely cover it if you like. I'm going to use my glue stick to glue it down. If you feel like it needs something, you can add something. I feel like this butterfly works with this as well as this, so I'm gonna stick that bad boy down. So if you feel like you don't have the words, today, then just find a book of poems or a book of stories and turn those words into your own.

#### Day 10: Paint Scraping + Poem

- Today's page is fun, fast, intuitive, and messy. You're gonna need a glue stick, a book page, an image that you love, your favorite colors of acrylic paint, a paintbrush, and a palette knife or a credit card. We are gonna make a messy abstract background using paint scraping. We're gonna start by adding just a few small drops of paint to your page, and you're gonna take your palette knife or your credit card, and you're simply gonna scrape the paint down the page, and you can do this however you like. You can have your paint be thick or thin. It is up to you. You can do straight lines, you can twist your palette knife to create some different type of movement on your page. You're just looking to find a little bit of balance, and your page is gonna look great. You have a little bit of control when you do this technique, but not a ton, and that's what I love about it. You can control where the paint goes, but not exactly how it's going to look, and when the paints mix, it is very fun. Again, I would encourage you to limit your color palette, as it helps bring some unity to your piece. You don't need a lot of paint, because if you put too much on, you'll end up with a big blob, and it will cover your whole page, so you definitely want to avoid that. So I want you to have most of your page covered, you'll just go back in and fill in any spots that look like they still need a little bit of color, and then we're gonna add some fun paint splatters to your page. So you're gonna get your paintbrush pretty wet, you're gonna mix that water in with the paint so that it creates this nice consistency that is more like watercolor than the thick acrylic paint. You're gonna load lot of that color on your brush, you're gonna hold it out really low to the page, hold your brush really still, and then you're gonna tap it really gently, and create these nice splatter effects, and when you run out, you just add some more paint. If you can't get anything to come off the brush, you need to add more water, and you don't want the paint to be in a big glob on the tip, or you'll end up with just big globs of paint, and you want these nice, pretty splatters. So you don't need very much paint, you need more water than paint when you're mixing up your ratios. If your paint is coming off the brush, and it looks too thin and too watery, add a little bit more of the color back into your mixture, and there you go. That's your background. The next thing I'm gonna do is play off of Kayley's prompt from yesterday, where she had you create the page based on found text. So what I've done is I've already gone through a page, and I've cut out the words that I wanted to create my own poem and words in here, and I've chosen this really beautiful floral picture that's gonna match really well on my page. So I'm simply gonna glue it down, and then add my words over top of it. I'm just gonna play around with the placement. It says, "the characteristics of growth is bitter, "but it produces beautiful blossoms," which is the perfect sentiment for us today, as we're learning through this 30 day challenge, and to top it off, and make sure everything matches, I'm gonna add a few more splashes, and there we go. By now you should be getting a lot of confidence in your creative skills, as you've

made 10 art your own pages. So we want you to start combining techniques, and creating new art from other things that you've used and you've learned so far.

#### Day 11: Today, You Are an Artist

- Our page today is going to help you step into your new role as an artist. You're gonna need an X-Acto knife and a cutting mat, some scraps from some of the other pages that we have made, a photo of yourself, a pencil and your favorite type of markers. I'm using Posca pens because again they are my favorite. First, you're gonna measure out where you want your title to go. I'm using one of the acrylic sheets from an earlier lesson. I've got it measured out with my photo here and then I'm going to write my title in bubble letters with pencil. You can call yourself whatever you like. Make sure it is a bold word. These letters are kind of hard to cut out in a very exact way so you're not gonna be worried about making the font perfect and beautiful because the wonky, funkiness of these is what makes them so beautiful and fun. So you're gonna grab your X-Acto knife and your cutting mat and you're just gonna dig in. You're gonna trace along your letters here and again, you're not gonna get them exact but you're gonna do the best you can and you're just gonna wanna make sure you're cutting all the way through. You're gonna cut out your title. You can go back through and clean up the parts that you missed or you can just erase the lines. It's up to you. So for today, we are going to use the negative space but we'll use the letters in another page so make sure you throw those into your stash. As art journalers, I think we're a little bit of hoarders because we keep everything 'cause everything has the possibility of becoming art later. It's really hard to make the rounded shapes but that's fine. You could also use a punch or die cut if you have one of those but I love to cut them by hand. I love the personal handmade touch that it adds. So we're gonna put away our letters. We're gonna grab our journal again. You can clean up your words if you would like. You're gonna make sure everything is nice and lined up again and you're gonna glue everything down. You can do this technique in multiple ways. You could cut this page. You could cut the letters out of this page and fold it over. You could cut them out of this page and attach it to here. You can put down a background behind here. You can doodle in the background which is what we're gonna do. It is all up to you. And then I'm gonna use a little bit more color and make this spread very bright and colorful because that is what I am as a maker. There you go and today, you own the fact that you are an artist.

#### Day 12: Modeling Paste Texture

- Today we're gonna use one of my favorite materials when I want to get a little bit fancy, and that is modeling paste. Modeling paste is great for adding texture in your art journal, and I love to use it with stencils. I also like to add it to some acrylic paint, to give it a bit of texture. You can see, it feels like marshmallow fluff. And you can use any old acrylic paint. And it sometimes makes for very pretty details and stuff, if you don't mix it properly, but if you want a consistent color, obviously you need to mix it thoroughly. I'm using a palette knife for this. This one is a metal one, but you can use a credit card, you can use a plastic spatula. It doesn't matter too much. I do this all the time, so that's why I love this metal one. Okay, so I'm just gonna stick this down, just to add a little bit of extra texture to the page. I'm using a glue stick. This is just some found card that I had with some scrapbooking things I think. I tend to be a paper hoarder. These stencils, you can use any stencils, but the ones that work really well with modeling paste and that make modeling paste really shine are the ones with lots of details, like you can see here. Sometimes fun to make your own stencils too. Okay, I quite like that one. And then I like to stick it down with some Washi tape. The less it

moves the better, and then you can get a clearer image. And I feel like I've bought so much Washi, I never used it, so this is a great use of my Washi. I don't think I know anyone who's reached the end of a Washi tape before. And then you're just going to smooth it on. You can just, you first just make sure to get all the modeling paste over the holes. And once it's there, then you can smooth it out. And you know that it's nice and smooth once you can see the outline of the stencil again. And this really feels like icing a cake. It is glorious. Some people like the added texture, some people like it to be smooth, it's just up to you. You can be loose with this, or you can take your time. And then you can lift the stencil up slowly. And there we go. It's a good idea to clean your stencil as soon as possible, especially with modeling paste, because if it dries, it is gonna add texture, and when you use it again, it's not gonna be fun. So you can wash it, or you can use baby wipes if you are lazy like me. I've been thinking about this really amazing Roald Dahl quote, and I'm gonna letter that today with my V Sign pen. I love this pen. I use it all the time. So this is part of a longer quote from Roald Dahl, and it's, lukewarm is no good. Modeling paste is my favorite way to add texture and detail to a page, because it adds that depth without adding too much unnecessary stuff to the page, but it adds that depth beautifully.

#### Day 13: Layers

- Now that you have been rocking your modeling paste, we are gonna start playing with it and having even more fun with it. I have made a stencil print with modeling paste. It's plain modeling paste. I didn't add any of my acrylic paint to it, so it's just white on white and I love it like that. Today I'm gonna play with watercolors in it. You can also play with other mediums and see how it interacts. So you want to make sure that the modeling paste is dry. Otherwise it's gonna interact very differently and you will have the most fun with it if it's dry. And I'm just gonna choose my favorite watercolor. I'm using my Winsor & Newton palette and I'm just getting some beautiful green. And I'm using my squirrel hair brush again because I'm probably never gonna use another brush again because I love it so much. And once you've got a lot of water, you can just start painting your page. It's fun to add a lot of water and tilt it so that it drips down. You can see that it makes a nice little resist. If you add more watercolor, adds a lot of depth to it. Whenever I'm making an art journal page, my goal is always how little I can put on for the maximum effect, and this is great for that. I love how this paint bleeds through. Once it's done, we can put it into our art journal. If you wanna speed up the process even more, you can use a heat gun to dry it and get it all ready for you. The heat gun made it dry in like 30 seconds instead of us having to wait overnight. Not really, but, basically overnight when you're waiting for paint to dry. And then I'm just gonna glue stick it in. I hope you have loads of fun playing with all different mediums and seeing how they interact with modeling paste today.

#### Day 14: Your Galaxy

- Welcome back to another day of creating. Today we are gonna dive into creating galaxies. For our materials, we have scissors and all of our leftover bits and pieces and scraps of things that we've been using all week to create. We have some letter stencils, a Ziploc bag, water, watercolors, a paintbrush, and a pen. So the first thing we're gonna do to get started is we are going to cut open our Ziploc bags so that you can use the whole entire thing. And then we're going to use our paint splatter technique. We're gonna get some water and paint on our brush, and we're simply going to tap out some splatters to create a galaxy effect on our Ziploc bag. You can do any colors you want with this, but I'm gonna stick with the more traditional galaxy color palette. I'm gonna add a few

pops of color just in a few little spaces, and of course some yellow stars. Once you feel like your galaxy is complete, bring your paper back, and we're going to do a print. So you just simply flip your page over and smush it down. So you just want a very simply overlay print. You can rub it a little bit, but that will change the look. So just be very mindful of not smearing your page. And then you're just going to peel your print up, and you've got a beautiful galaxy scene. And you can do it a couple more times to fill the rest of your page. And you can always go back in and add some more layers. I'll do just a little space here, just to make sure my page is covered really well. And I'm just gonna roll the bag up so that side doesn't print, only this part that I want. I can just move it around until I'm out of paint on the bag. So you can always splatter directly onto the page, but using this printing technique gives you a little bit more of an unpredictable page and it creates the printed look versus painting directly onto the page. And the plastic bag helps create a little bit more movement and texture in the paint. So now what we're gonna do is we're gonna go through our leftover bits and pieces and we are gonna create some space junk. So I've got some planets already popped out from some circles I did for another project. This could be a planet. Maybe I'll cut a moon shape out. So I'm just gonna add in different bits and pieces that I like to create my galaxy. You can be really specific with this, and you can create stars, or all of the planets would be very cool to have in there. But it all depends on you. I like the varied look of these. Little, tiny bits are fun. You want some varied shapes and sizes. This is a great way to use up all of those scraps you've been holding onto. Whenever you create onto separate sheets of paper, make sure you hold those little ends back, because these are perfect for creating new galaxies and new artwork. All right, so once you feel like you have enough in your background and your paint is dry, you can go ahead and glue these pieces down. I don't worry about the placement too much on these. I just try and get them all over the page in a way that's just pleasing enough to the eye. And I'm gonna leave an open space here for my journaling to go in. I love to leave a little bit of the corners poking up so it looks like things are floating in space. Next, we're gonna go through and we're going to add some doodling and some drawing that are gonna create constellations on our page. And I'm using a Micron pen. I'm gonna start by just connecting some stars into some constellations. I'm gonna turn this into a moon. Some rings around it. And this is the beautiful part about the printing with the Ziploc bag, is it creates these nice irregular shapes, and they turn into really cool constellations. So you just wanna fill your page until it feels full and finished for you. So I'm just doodling around these, highlighting the shapes that I want to draw the eye to and creating some nice movement. It's like when you were a kid and you looked for shapes in the stars. You get to create your own. All right. This page feels pretty full and has some nice variety to it, so now I'm ready to add some journaling. These are sticky stencils. I love them. I love the font of them, and I love that they stick and you can move them around. And as you see, they're dirty. I use them for all different kinds of things. I can paint on top of them. I can trace with them. They're so versatile. And I just kinda eyeball the placement whenever I've got to use multiple letters. And they're so nice, 'cause you can put them down and see what your words are gonna look like and then move them around if you don't like it. So I'm simply going to trace my letters into here. And again, this is a great way to get some really nice lettering into your art journal if you don't love your handwriting. And they peel off and you have perfect words. And I might grab a paint pen, or you could use paints or watercolors, whatever you would like, and fill those in so they're a little darker. (paint pen rattles) So you can paint the words onto your page through the stencil, and they'll be very perfect and straight, or you can fill them in afterwards, and it makes them look a little more hand drawn and give them a more personal touch. To stick with our galaxy theme, I will grab a white Posca pen and add a few little dots to make these look like they have some stars

in them. I'll do some yellow too. (paint pen rattles) Just overlap them a little to give them that nice, natural quality. Everyone is fascinated with the stars, and the galaxies are so beautiful and inspiring. They are really fun to create in your journal, and you can create these in a very personal way. You can put your own personal touch in here, photos of yourself, items that revolve around your galaxy, and this is a really fun way to experiment with supplies and create a different type of personal expression in your art journal.

### In The Studio - Question 3

(upbeat music) - [Narrator] In this video with Get Messy, this is question three, take one. (upbeat music) - The materials that I love to travel with are exactly the same as the ones at home. My Pilot G2 pen, my Tombow tape runner, and my collage ephemera. But, when I'm traveling I really like using found ephemera and stuff that I've seen on my travels. Business cards, things like that. - Yep, you stole my answer. I love the challenge of having to find things and work them into my journal. And it makes me be really on the lookout for cool papers and things I can use. I love a good pan set of water colors like these, cause they're very simple to use. There's no prep work. A good micron pen and as always, my posca pens. Cause like I said, I can paint with them, I can draw with them. Very versatile. (light music)

### Day 15: Watercolor + Quote

- We have been doing a lot of expressing yourself through art and today we're gonna completely express ourselves through words. And I'm just gonna put words on the page and because it's just words, I'm gonna make them look kind of fancy. One of my favorite ways to do that is with watercolor. It's super easy. You just need to make sure you've got a brush that you absolutely love and obviously a color that you love. I'm using a Winsor Newton Series Seven and it is the double zero size because I like my lettering to be super thin. And I'm using my Winsor Newton Cobalt Turquoise Light because it is my favorite. I'm using it out of the tube because it makes for more saturated color. And I just have some here ready on my palette. I've added a bit of water, but also kept it so that this area has a bit more watercolor compared to here, which has more water. I'm gonna be using a quote by Will Smith, and they actually turned it into a clothing brand. It's a pretty awesome quote. There's a whole video about it, but essentially it's seek discomfort. So I'm getting some water onto my brush. And I'm just going very slowly. And once it dries up I'm just gonna pick up some more water and some more watercolor. Obviously if your brush has too much water it might make a splot, so try and keep it as even as you can. Or splot it, if that's the look you're going for, but I'm not. The key to lettering is just going slow and lots of practice. If you see someone's lettering that you like, maybe try it out. And you can see here, there's differences. There has more water. This one has more pigment. If you like the kind of discrepancy then you can leave it, or you can blend it a tiny bit. Can add water to help blend it some more. I don't like to preplan the position of my lettering 'cause I'm lazy, but you can totally do that. Another nice effect with lettering is to make your downstrokes a bit thicker than your upstrokes. But by going slowly you're kind of giving yourself time to adapt to anything that you don't like. If you're not into repeatedly adding water to your brush you can also use water brushes. They are absolutely magical. And you can get yourself one that you add the water to. I know you get some that already have the color in it for you, but if you wanted to you could make your own little water mixture and add that to your water brush. So I decided to put an n there for no apparent reason. Which is a little bit of a mistake. (chuckles) But I can adapt this into a capital R, because this is my page and I do what I want. And I'm the only one

that's gonna know about this and this is my journal, well only me and you. (laughs) But most of us do not have cameras watching us while we art journal. So, an art journal's just where we play and have fun. 'Kay, so now that my quote's done I just want to look at it and see where I can maybe touch it up a bit. Because I'm using such a thin brush, my watercolor's already all dry. But I can see here, I just want to make that transition a bit smoother. This was a little bit dry so I'm gonna add some water there and smooth it out. You can also add some embellishments to it. Think making a line longer is my maximum level of embellishing. And there you go. I want to add some splatters, just 'cause I like that look. So I'm just loading my brush with as much water as it will manage. And there we go.

#### Day 16: Repeating Shapes

- Just like you guys are doing in taking on this daily challenge of creating an art journal page every day this month, this year I took on the challenge of creating a collage page every day for 100 days. I wanted to learn more about collage, find my own style and find a new way of expressing myself 'cause as you see, I really like putting a lot of art and paint and color onto the page, and so I wanted to work with more found materials. For today's lesson, we're gonna make a collage together, and we are gonna dig back through our scrap bin and pull out some of those little pieces that you found and that you've been collecting and hoarding throughout this process and we're gonna turn them into a new piece of artwork. As I created my collages every day, I began reflecting on things that had happened in my day and big questions that I was pondering. One thing that really popped up for me were conversations I was having with people and how I was reflecting on them myself and how I would have dealt with those situations that people were sharing with me. And so, this is what we're gonna do today. I'm gonna create a page based on a conversation that I had with some friends, but maybe you want to do one based on your day. First, I'm gonna add a quick background of just doodles and lines and mark making. For me, art journaling is all about processing whatever I'm thinking about or going through. So like I said, this conversation I had with some friends made me start thinking about choices and how everybody tends to make a lot of the same choices or make their choices based on what other people are doing. I thought about how could I translate that into a piece of artwork. I created a set of circles that are all the same. They might look a little bit different depending on the placement because of the stripes, but essentially, they're all the same piece of paper. I laid them out in a really nice grid on my page because, again, I'm trying to reflect that idea of everything is the same, people tend to fall in line and do a similar thing of what's expected of them. But then, there's always your outlier. So I picked a different bright, vibrant color and cut it into a different shape, and I'm adding that here into my page to represent that one difficult, different choice that we have to make sometimes. So I'm simply gonna glue these down and again, I'm trying to represent the randomness but also the order here as I'm gluing them down, without worrying about the direction of the stripes. When you're doing this activity, you want to think about whatever the big question that you're pondering and how you can represent that in a piece of artwork. So maybe if you're dealing with a question of loneliness or whether to be with someone or not, you would create a page that is a collage of a lot of things in one space and then someone separated out on their own on the side. If you're having trouble figuring out how to translate what's happening in your day, break things down into a visual and very simple shape. If you were to draw a picture of it, how would that look? One of my favorite ways to add lettering into a page is to, again, use a scrap of paper and stamp onto a small piece and add it in because I think it looks like a nice typewriter feel and I like that vintage addition it adds to your page. I'm gonna sum

up everything I was thinking about with this conversation into one word and it is going to be choices. And there's no H in this stamp set, so I'm going to artistically problem solve and create my own H, because creating art is all about being flexible. So I'll just trim this word down a little bit, add it in and we'll be done. A seemingly simple page can hold a lot of depth and meaning in it. It doesn't always have to convey that to the people who are looking at it. Sometimes, we want to create art just for ourselves and to process what's happening for us and we don't have to include other people in that always.

#### Day 17: Collaging with Circles

- Yesterday we had lots of fun with circles with Lauren. Today I'm also gonna play with circles and I'm gonna use a self-portrait. I have this image that I took on my way here today and I printed it with my HP Sprocket. I've also got a bunch of really pretty little circles. I just punched them out of my scraps. I have some tissue paper, some doilies. Doilies are the best to punch out if you're doing that, same with tissue paper. I suggest that you use a more solid paper behind it, so it doesn't get stuck in the punch. I've also got some vintage ledger paper here. And you can see everything matches and has a theme, so that makes it easier to make a cohesive page. I'm gonna put down my anchor image first. If you don't have this fancy HP Sprocket paper then you can just use a glue stick. You can use an image of yourself, you can use an image from a magazine that represents you. And I'm gonna stick these circles down. And there's no rhyme or reason to this, I just like to put it wherever feels good. It's fun to have a whole bunch of different sizes of these circles. And obviously you can use any shape you want. You can cut out by hand, punches are great, 'cause they're super easy. This is also a great way of using up your paper scraps. The tissue paper is really nice, because you can layer it and you can add some dimension with that. Once you have an idea of where it wants to be if you're gonna forget, once again, you can take a little snap with your cellphone. And I'm using my Tombow tape runner for this. Groupings of three are a lot easier to make them look pretty. If you've got an uneven number then things are gonna look better. Not always, but mostly. I also like to cluster it. When you're choosing paper to use play around with stuff that's textured, like these doilies, the tissue paper, this has a nice sheen to it. And if you keep it in the same color family or just choose one or two colors and maybe a neutral with it and that also helps with makes it look cohesive. And just like that the page is done. Another super simple page for you to do today.

#### Day 18: What Does Your Garden Grow?

- One of my favorite places to draw inspiration is from fairy tales, folklore, nursery rhymes. These are all wonderful places to find lots of imagery and new inspiration, and the words and the details in the stories are so rich and full that you can pull them out and create so much in your artwork. So today we are going to create a page based on Mary, Mary, quite contrary, what does your garden grow? So what I have done is I have chosen a few different pieces of imagery that represent what I want my garden to grow. And this could be anything for you, whatever you feel like represents you and your life and what you want to be produced in the garden of your life. I'm gonna start by simply gluing down all of my pieces. I've got them fussy cut out, which is a really good thing that you could do while you're sitting in front of the TV at night, because it doesn't take a lot of brainpower. It just takes a lot of time and patience. So I always have a bin of images like florals and people that I know that I want to cut the backgrounds away from. And whenever I just have a few minutes or maybe I'm feeling uninspired, I will grab those and just cut them out. So it's really nice when I'm feeling inspired and I have time to work in my art journal, I can just grab these pieces already cut and glue

them down. I'm gonna add my journaling last on this spread, because I want my journaling to be able to be read. But maybe this is a little bit more personal for you, and so you're gonna want to journal first so that when you glue your pieces down, it obscures the words and they can't really be read. That is up to you. So for my garden that I have created here, I've chosen some florals, because flowers represent beauty and growth and life. I've chosen two girls, because friendship and relationship is really important to me. Caylee says this picture is of us, because she has the dog in it. And then a palm tree, because I live by the ocean and being on the beach is my favorite place to be. And then I'm adding in a bird to signify growth and flight and free spirit. So as you think about what your garden grows, I want you to create a poem of your own that relates to Mary, Mary. And you can try and make it rhyme as much as you can, make it lyrical and fun. Journaling and writing is one of my favorite things to do. And sometimes in your art journal, you just wanna write a word or two just to get your thoughts and feelings out, and sometimes you want a challenge to grow your creativity through your writing. That's what we're focusing on in this activity, is expressing ourself through our words. So I'm gonna create my own Mary, Mary poem that relates to what my garden grows. So I'm gonna try and make it rhyme and do the best I can, and I'm just going to write it all along the page kind of in between the pictures, because I really like the bold graphic look that just the writing creates on the page with the white background. But you can always create a beautiful background using any of the other techniques we've gone over in the lesson so far. If you're worried that your journaling is getting too crooked, you can always draw faint lines with a pencil and a ruler and then erase those at the end. Or you can just let it go as it does. When you start planning your spread and thinking about your words and how you're gonna create your page, so some research into the original poem or the story or folktale that you are using as inspiration, and that can bring about so many new ideas and give you a lot of great creative direction in your page. The more that you can write in between each of the elements, the more it will ground the spread and bring it together, but make it really fun to try and read and decipher what the words are as they spread out across your images. To finish off my spread, I'm gonna add a title with just some simple watercolor lettering. These watercolor pans are really fun, because you can use the lids of them to mix new colors. And even if they dry in here like this, you can just go back through and add some more water and it will be ready to use again. I don't have as lovely of handwriting as Caylee does, so I make sure I choose a really good brush, and I'm really careful about my brushstrokes and the amount of pressure I apply so that I have some good control over my writing. And it's really fun when lettering with watercolor to add in some new colors as you go to create a nice ombre effect. And I'm running out of space, so I'm just going to move over onto my next page and write over top of that, and it's perfectly fine. And here you can see my watercolor's got a little pale, so I'm just dabbing in a bit of watercolor into those, so a bit more color so it'll spread out. All right. And this page is all finished. Diving into fairy tales, folklore, nursery rhymes, songs that you loved as a child is a great way to dig back into your childhood, but bring them into new light into your adulthood and into your art.

### Day 19: Brush Lettering

- Today we're going to play with found imagery and brush lettering. I found these images online on Flickr and they're copyright-free images. Two of my favorite resources for that is the British Library and the Biodiversity Heritage Library. And I just chose a bunch that I love, that I was drawn to, imagery that I like. Such as, I'm very drawn to swans, I'm drawn to this woman. And then these can serve more as background textures. So these also add a bit of color. As you can see, everything kind

of has the same color going on. And then I'm just gonna put these down without too much rhyme or reason, just the way that I like it. And I'm using my Tombow tape runner again. These free libraries are really great if you don't have any vintage stores near you, but you're very drawn to vintage imagery. They do have some modern looking pages, but yeah, this tends to be the style there. Because I'm going to brush letter over it I'm not going to try and aim for a focal image. My lettering will be the focal image. So I'm kind of doing this more as a background. When I'm making a neutral collage background like this I like to tear the paper to add a little bit of dimension to it. And I also like to repeat the elements on other parts of the page just to get it cohesive. And I'm just trimming the edge off, so that it sits nicely on the page. And I think that is a pretty solid background. If you wanted to you could go over this with some gesso, maybe some acrylic white paint just to mute it a bit, but since I'm going to letter quite large on the page I'm not too worried about the patterns interfering with my words. For my brush lettering I'm using a Kuretake Zig brush pen. This comes already filled with black ink, so it's really great, I don't need to worry about refilling my pen. I'm simply gonna letter. So one word that I'm very drawn to and I use it a lot is the word okay. And it can represent a whole bunch of different moods for me. It can represent okay, like everything's good in the world, okay, let's do this. You know, it can mean whatever I want it to mean really. And it's a lot of fun to brush letter as well. So I'm gonna just go for it. If you want, sometimes it's really nice to have the ink look a bit faded. But if you want it to have full lines then you want to kind of squeeze this, so that all the ink runs to the brush. I'm gonna push harder down on the downstrokes. And lift it up for the upstrokes. I like having a variation of sizes with different letters. What's pretty nice about the way that this paper's printed you can see it through the ink. That's so pretty. I'm gonna write the word down again and show you, you can use different letters, you can capitalize and make it lowercase. Whatever way you want to do it. You can see there there's not as much ink, which I quite like. It gives kind of a distressed look. It's really fun to just play around and see which types of letters you're drawn to, try other people's styles. And the more you do it, the more of a solid style you're going to have. It's a lot of fun to do the same word over and over again and each time, so that you're not getting bored, you're trying a different way. The more you do it the more you're gonna find out exactly what you like.

#### Day 20: Gather a Collection

- Your challenge today is to go outside. On your walk to work, or on your commute, I want you to keep every single paper that you come across. So this is my little collection and I just, mine is a bit curated, but I've got sample of a facial mask. This is from some kind of fragrance. These are parking tickets. This is a super boring envelop liner. Last fortune cookie. Fortune cookie message. Page from one of the vintage books I was playing with, and this is from a gift bag. And then, we are just going to paste them down in a line. You can see mine are all pinks, golds, and neutrals 'cause those are the colors that I'm very drawn to. I mean, you can cheat a bit. You can go to the cafe that you know has really cute business cards. Once you have a decent idea of the order in which you're gonna put them, you can start gluing down. I'm using my trusty Tombow roller. I like to put as little glue on as possible when I'm first putting them down, because then I can still move them around afterwards. Also keep my glue in the middle so that I can tuck things underneath as I need to. I don't wanna waste this paper, so I'm gonna just cut it in half. You can tear it for texture. I think this flower's so beautiful so I'm gonna cut it out and use it as the focal point. When I use focal points, I like to put them where a lot of my papers intersect, so this is a very obvious choice for me. When I'm doing found collage, also like to work from biggest to smallest just 'cause it's easier. I'm gonna clean this

up on the other side. Now, I kind of like this thing peeking through so I'm gonna leave that there. Clearly glue it again. If you wanted your page to have a bit more longevity, then you might want to put some medium over there just to seal it in. I'm not too worried about that, so I think my collage is done. I'm just gonna add a little bit of lettering to complete it. I'm using my Kuretake Zig brush pen again. I'm gonna keep this quite thin. (tongue clucking) Just seeing, trying to give my mind's eye an idea of the direction I want it to go in. And that's a very fun page for documenting your day, just through found paper.

#### Day 21: Let Today Inspire You

- I draw so much inspiration from the city. I love walking around a bustling, busy city full of people and life and art. I love to watch people and see what they're doing, what they're wearing so I love to travel so much because everyone is so different everywhere you go and each city and neighborhood and district has its own unique quality. This week, we are staying in The Mission in San Francisco and this is got to be one of the most inspiring cities I've ever been in. Everywhere you turn, there is art, there is life, people are out on the street hanging out, spending time together and it is inspiring me so very much. I just can't get to my art journal fast enough to put color and movement and new ideas onto the page. So that's what we're gonna do today. I want you to think about something that happened in your day that inspired you. It can be a plant, a flower, a phrase that someone said, a beautiful piece of artwork you saw, cool graphics from the menu where you had lunch. You're gonna pick something that inspired you today and we're gonna make a page based on it. I've chosen a photo from a mural from The Mission here. It has so much color and activity and movement in it and it's gonna inspire my page. So I've grabbed some acrylic paints in the correct colors and I'm just gonna do a fun abstract background to get the inspiration that I found in my day out onto the page. I'm not adding any water or anything 'cause these paints are nice and smooth but if your paint is not flowing smooth enough, mixing in a medium with your paint is a much better option instead of water because the water will dilute it and make it a little too runny and messy and you won't have as much of this nice, strong color. This is one of my favorite ways to paint, it is just laying down some shapes of color and I'm gonna overlap them and create a nice abstract background and the colors I've chosen were inspired by a lot of the colors that I saw in The Mission today and all the movement in the art work represents how busy and full of life the streets here are. I'm gonna grab the yellow and add some bright sunshine into my page. And you can layer it so that it's still a little translucent so you can see the colors beyond, behind or you can make it nice and thick, it's up to you. I like this brush because it gets a lot of paint onto the page in big, thick strokes. And make sure that when you're painting that things run off the edge so your page looks like a full and finished composition. So you wanna start by layering in all of your colors first and filling out the main space and then we'll go back through with each color again and fill in any empty spaces we have. This is a very intuitive style of painting. There's no right and no wrong and it's very fun because it's very forgiving and so, if you don't like a mark, you can just go back through with another color, cover it up. I'm just making sure I change directions a couple times every now and then so the page doesn't get too boring and there's lots of good movement in here. I always tell you to choose about three colors, it's a really good limited color palette that keeps your artwork cohesive. And the beauty of only choosing three colors, if you like a lot of color, you can add darker and lighter tones into it to spread the color wealth. Alright, you know, I feel like I'm happy with this how it is, I'm not gonna go in and add anything else but you could always add white to each of the color of paints and then go in and do another layer or you could add black to each

color and do more layers and white is always a good idea to add a few little white spots to create some balance. But for now for this page, for our purposes, we are good and done. I have got a book page, this one's in German but it helps represent all of the different languages that are being spoken around here for me and is going to anchor in my photo. Oh and I have a really great cutting tip for you. So I felt like this was a little too much blank space here but I wanted to make sure my page ripped really straight but I didn't wanna cut it alight that ripped edge so you just fold it over and with your fingernail or with a bone folder or a credit card or even you could use the end of your paint brush, you just get it really smooth and really creased and then when you rip it, you'll get a nice straight line but it's still has that nice ripped quality of the edge. And Kaley printed this photo for me on her Sprocket so it's nice and sticky. Now we're gonna let our page dry and while you do that, I would suggest grabbing an extra piece of paper and jotting down a few ideas of what you're gonna do for your journaling for the next step. Since this spread is all about finding beauty in your day, we're gonna make a list of things that we're grateful for from our day today. I'm gonna start by adding a title onto my page from where I was, you can do this however you would like. You can title it gratitude list or today was a great day, anything that you want. I'm gonna title it The Mission because that's where I was. So the beauty of these stencils is you can move them around if you're gonna run out of space which I always tend to do. And you can overlap them a little bit to give yourself more space. So another S, another I, my O, an N. I think I want this one a little more centered and straight. So we have our title done. We're gonna go ahead and add our gratitude list and we'll come back and add some more decorative items later. So one thing I like to do because I'm really bad at journaling on a straight line is I will draw a few lines like this and I like that they're a little unstraight and they're different sizes and shapes but is really nice to keep your journaling in a straight line. So what I have done today is I have just made a list of things that made me really happy as I saw them happening on the street today and I'm just gonna make a quick gratitude list here in my art journal. You may want to keep a list on your phone, or have a little notepad that you keep where you write down things that you're grateful for because this is a really great practice to use everyday and will inspire art in really big ways. And if you run out of line, just add a little bit more. A group of kids skateboarding, a mom in traditional clothing was watching her kids play on a bike ride because when you live in the city, everything is a playground. I'm just adding the stars to separate a new line. There were these neglected plants that were outside on the street and they had a sign that said they were up for adoption and it just made my heart so very happy. So now that I have my list created, I'm gonna go back in with my favorite pens and add a little bit more detail and some doodles into the page and then we'll be done. And I'm gonna fill in my words so they stand out really well. And I like to just outline my paint marks, it gives some really fun pop where they intersect, and you just wanna be careful if your page is still wet when you're drawing overtop of it. You can always use a sheet of wax paper, deli paper here if things are still wet so that they don't get onto your arm and get smeared in. Today our challenge is to find some beauty in your day and think about what you're grateful for and create a page based on that.

#### In The Studio - Question 4

- [Woman] Get messy in the studio. Question 4, take one. (film slate claps) (gentle music) - I always keep an inspiration notebook with me so anytime I see something interesting, hear a cool idea, see a cool word written down, I jot it down in my notebook and whenever I'm feeling stuck, I flip through there and find a new idea or a new theme I want to explore. - So you kind of like, when you're feeling inspired and stuff, you make sure to keep it on your notebook? - It doesn't even-- - Save it

for later? - Yeah, but I don't even have to feel inspired by it, it's just something that sparks a little idea in me. - Wakes up your artist soul kind of thing? - Yes, exactly. - Okay, okay for me, I don't get stuck. I'm just kind of okay with making rubbish pages and I just keep making those rubbish pages because I know, because I've learned over time that if I keep doing it, it's gonna turn out kind of nice. - Yup - Yup (gentle music)

#### Day 22: Doodling

- We're going to do another interpretation of our days today and this time we are going to doodle. If you are good at sketching you can do a bit of urban sketching, but I am not that good, so I like to doodle. I have a few images that I took from the last 24 hours of my life, and in it I've just got little bits. So I have some flowers that are in the studio here, painted flowers from furniture in the studio. What I had for lunch, food is always in my doodles. This is from last night, it's the Golden Gate Bridge. Gorgeous little trailer thing that we see on our walk. This is a talisman against the evil eye. And this is my skirt today. The set, and some lettering from the studio. So I'm just gonna take bits from that and doodle the ones that I'm drawn to. I'm using the Pilot G2, it's a G2, and is my favorite for everything. When you're doodling today, I dare you to not use pencil to just go straight for the pen, make mistakes and fix it 'cause that is where you learn. Okay, from my pictures I can see there's a lot of flowers, so I'm definitely going to draw some of those. Think these ones are very pretty. The nice thing about doodling is that it's a very loose interpretation of what you see. So if it doesn't look exactly like it is, don't give yourself too much of a hard time, I mean, that's what photos are for. When you're doodling, just simplify the image, draw only the outlines, you don't need to worry about detail too much. And because this is your reflection of your day, just draw what you're drawn to. Just wanna write where these are from. I think the Golden Gate Bridge definitely needs a bit of the spotlight. That is a skinny Golden Gate Bridge but whatever. And if you mess up in your journal, just remind yourself that no one needs to see it except for you. So fun lettering is also so much fun to do because it helps you try out different type faces, different styles other than your own. Plus because you're doing it, you're automatically going to add a bit of your own flavor to it. So I'm not a lettering artist, so I'm not gonna get this exact, but I do kind of like having this as a record in my art journal. So I'm definitely not even gonna try and draw that, I'm just gonna take the pieces from it and doodle that. So we have some mielies here, which we call them in South Africa. I think it's corn in America. And I'm being very loose with this, I'm not going to try and make it look like the picture. And these are my photorealistic drawings of grains of rice. And the last thing, is since it's your doodle, I mean, you don't need to draw what you don't feel like. Okay, I'm just going to right here that it's a poke bowl. And this is my go-to bubble letters. Okay, and then I think we've got a pretty good representation of my day over here. Just want to add the date and the location. (chuckles) And we are golden.

#### Day 23: Self Portrait as a Maker

- Today we're gonna create self portraits. I love to create portraits that don't have my face in them, but still represent who I am. You can do this in a variety of ways. You can draw yourself and maybe all of your different hairstyles. So maybe your hair when it's down it represents that you're fierce and you're ready to go. Or maybe a big messy bun just means you just don't care. Maybe you want to create a portrait of the different art supplies that represent your different moods. Maybe acrylic paints represent when you want to get really messy. Or watercolors when you're feeling really loose. Or collage when you're feeling really lazy. Today I'm gonna create my portrait based on different

artists who inspire my art work. So grab your supplies based on how ever you want to create today. (pen scratches on paper) I'm simply adding a title to my page. I find that when I slow down to write, my hand writing tends to be much better. (pen scratches on paper) I'm titling this, self portraits of a maker. All right, my first artist who has been a big influence for me and for all the Get Messy community is Bob Ross. So I'm gonna start by creating Bob's paint palette 'cause it represents him well. And I'm going to add his name here. (pen scratches on paper) You may want to write a little bit more of a thorough explanation if you're are not as clear as mine are going to be, but that is up to you. So then I'm going to use a variety of tools to create each artist representation. Whatever I feel fits them best. So for Bob obviously I'm also going to use acrylics 'cause that is how he taught us all to paint. Okay, I'll let that dry for a second. I'm gonna move on to my next artist which is the lovely Caylee Gray. So to represent Caylee, I'm going to do a modeling paste floral just like she taught you guys how to make. So I'm just gonna mix it in. (metal scraping) And she was even nice enough to let me borrow one of her stamps. (metal scraping) Even though Caylee's artwork is so different from mine it has influenced me so much. Whenever I create in the styel that Caylee uses or take her courses, follow her tutorials, I love so much what I create. (metal scraping) It's fun to be influenced by other people because you learn new skills, new techniques, and new things about yourself. (metal scraping) Beautiful. (pen scratching on paper) Okay. And now our Bob is pretty dry, so I'm just gonna add some paint on his palette here. And because it's all right if things mix, I'm not really even cleaning my brush in between. There we go. My next artist is a wonderful friend of mine, Caroline Zook who creates the most vibrant and beautiful artwork. And she has a really great intersection of sharing truth and honesty in her work. And I'm excited to get a little bit of her style down on my page. She has a really lovely acrylic painting style that has influenced mine greatly. So I'm just mimicking her a little bit, not copying exactly, but I'm attributing this to her, so that is perfectly fine. These are little homages to their creator's and the way they have influenced and inspired me. So for this I simply turned my paintbrush upside down and I am using the tip to create some really fun dots. I like the way they create a little texture and they pop out of the page. Everything you have can be an art supply and there is no reason to leave anything clean at the end of the day. Everything should get used. (pen scratching on paper) My next artist is Jackson Pollock, I hope everyone knows who that is. And you'll probably be able to look at my work and tell how much his influences mine. His balance between letting go but also maintaining control is a really fantastic study. (light tapping) So I'm just adding water to my paint just like we did another day and creating some paint splatters the way he does. (light tapping) He uses a lot of primary colors. (light tapping) (pen scratching on paper) And then next we are going to channel our inner Picasso. And I am just pulling out random scraps from my scrap pile here, to represent his abstract phase. (paper rustling) All right, that looks pretty Picasso to me. Like I told you before, I save all my scraps and they all go to good use. My last artist who inspires me on a daily basis is Mari Andrews. She inspired this activity here that we're doing today. She creates daily drawings that talk about the intersection of art and life. Her work has hope, and joy, and truth in it, and it resonates with me every day. (pen scratches on paper) I'm going to use watercolors to finish off this piece in her honor. And if you're going to watercolor over top of your pen make sure it is a waterproof pen, like these nice Micron's are. And if they're bleeding and running it's because you didn't wait long enough, which I never do. But that's all right. When I look at this finished page I see how all of these artist's have influenced me in my work and I am very grateful to them for how much of their life and their art they have shared. And how it's been able to influence who I am as an artist. There are a million different variations of ways that you can create this page. From places, and items, and things, and people

who's influenced who you are. And I really encourage you to dig in and create a couple variations of this page. And I can't wait to see what you create.

#### Day 24: Let the Music Guide You

- So far in your daily challenges, we've explored a lot of different influences. Today we are going to talk about music. Music is universally important to everyone everywhere. I know that you have bands and songs that you love, so we are going to channel those today into our artwork. For your supplies, you're going to need to choose three songs, a medium of choice, I have acrylic paint, and then you're gonna want to grab a pen or whatever you would like to use to write and draw over top of your painting. To get started, I'm going to play my first song and I'm just gonna listen to it, I'm gonna choose colors that help fit the mood and express how I'm feeling throughout the song, and I'm just going to paint and follow wherever the music leads. (slow electronic music) For my second song, I am going to use my Posca pens and I'm going to draw the movement that I feel and hear in the song. We're gonna do it in blind contour, so that means very little looking, not picking up your pen as much as possible, and just feeling and going with the music. (slow guitar music) For our last song, we are gonna add some journaling. Think about the emotions and the feelings and the different things that you associate with this song and do some journaling of, you can do word association, you can write a few lyrics, you can write whatever is coming up for you as you're listening to this song. (slow guitar music) These pages don't ever turn out the way we think they will. They're very sporadic and natural and free and very fun. These pages are perfect to do whenever you're feeling a little tired or overwhelmed and need to spend some time with your favorite artists.

#### Day 25: Transparency

- We're gonna have so much fun with transparencies today and we're just gonna play around. I want you to grab a whole bunch of semi-transparent, transparent papers. This is a pattern. This is just tissue paper and it's got this lovely ombre effect. Also using a doily which I like using in my work, and I've got an old book page here and just an image of some flowers from scrapbooking paper. I'm gonna be using this amazing spatula brush. I know that Catalyst also makes similar things with silicon, but if you don't have that, a credit card is gonna work just fine, just make sure you don't use your current credit card, obviously. Then I have some matte medium, and I am using this both as a glue and also as a sealant for this. You can put down the stuff that is not transparent at the bottom. Obviously transparent elements are more fun when they've got things underneath them. And I'm always quite relaxed with my glue because I just don't have that type of time. And I am just building layers with all my different pieces of ephemera. The nice thing about this matte medium is that it dries clear, so it's not going to interfere with anything. Always like to get a layer underneath the piece and on top of it just to seal it in and make sure it gets stuck there. Since this paper is quite thin, the matte medium does tend to make it crinkle, but I think that that also adds a whole lot of character and depth to your page. Using something like one of these silicon spatulas or your credit card, you could also use your kitchen utensils for this, but this helps you make sure that you can get the medium pretty thin. And you can see because they are semi-transparent, they do give a lovely peek of the layers underneath it and that is just what I absolutely love. And once I'm happy with the layers, then I will add my final piece like we did on another day in another lesson. I like to add these final pieces where all the other ephemera connects, so here is a perfect spot for me and it's kinda obvious. I do a little bit of sealing with the matte medium. Clean it up a bit just to neaten it. I use it

to glue down any pieces that are not staying down. Neaten that up a bit. And the page is complete. There's just so much fun to be had with these and every layer adds an extra little bit of magic.

#### Day 26: Ask a Question

- Today we're gonna dig deep and we're going to use collage to ask a burning question. Today I'm gonna think about the question of where do I fit in the world, in life, in my life, and I'm gonna find a way to represent it through collage. We're gonna dig back into our old collage supplies that we have been keeping for other projects and I have found ones that have different cuttings on them, different markings and I've cut them a little bit to create a very funky puzzle that's going on and I'm gonna use a heart to represent myself because I want to find where I fit in this world. So now that I have my page laid out, I'm simply gonna glue it down. You can do this with any burning question that you have. Think about how you can represent it through your art in an abstract but also concrete way. Again, these painted papers are so beautiful and wonderful to use in such a variety of ways in your art. You could do this activity in a couple of different ways. I want it to represent myself as being different from all of my surroundings, but you could cut a puzzle out of a family photo that you have to show that everyone does fit together. Or maybe cut yourself out differently to show that you don't fit into wherever you are. And you can do this with any question that you have. And the point is not necessarily to find an answer but to ask the question. To add my question onto the page, I'm going to use my stencils. I'm gonna lay out my words and I'm gonna use my watercolors to paint inside the stencils today. The more ways you can find to use your supplies, the more versatile your art will be and the further your dollar will go. Oh, I've already used the E. So I'm just gonna play with the placement. There's enough room for my E. I'm gonna make sure they're stuck down well. Load my paintbrush up, not too much water because I don't want it to run. And I'm simply gonna paint into the letter. And it's lovely. If it's got a little too much water, just dab it off. There we go, and we can go back in and clean that up a little later. The less water I use, the more clean edge I get. And there you have it, with watercolor, water, and a paper towel is all the eraser you need. Asking big questions doesn't have to be as scary as you think. Your art journal is the perfect place to ask these questions and begin those conversations with yourself.

#### Day 27: Do-Over

- The beauty of art journaling is that it's not anything static, it's totally fluid. And you can always update your work. You're going to be making a lot of mistakes with your art journey, and that's kind of the point. There are going to be pages that you create that you don't like anymore and that is what today is all about. I want you to find a page today that doesn't speak to you anymore, that maybe isn't your style at the moment, maybe that you completely messed up. Find that page today and we're gonna give it a little bit of love. I have this page which was never quite completed. I can't figure out how to finish it so I'm just going to give it a bit of a redo. I have this acrylic paint, and I love this color so much. And I'm gonna mix a bit to lighten it because I really like the pastel colors. And it's never going to be mixed. Wait. And then I'm just going to paint over my page. Because there are some bits of this that I really do like, I'm going to leave it peeking through the paint. Obviously the thicker you make your acrylic paint, the less it's gonna peek through. So keep that in mind while you're creating. Painting this way is also a great thing to do if you want to create a bit more cohesion in your page. Also helps blend the different pieces of paper together. And this part is looking weird. So I've pretty much almost covered it up, but you can still see the peeks of the old page that I quite like, coming through over there, over there. To finish this off I'm just going to letter

a word that I wanna manifest into my life. I'm using my trusty Kuretake Zig Brush Pen, and I'm gonna letter the word, kindness. This technique is a great way of reviving those pages that were once lost.

#### Day 28: Word Association

- Today's prompt is a great activity to do when you're uninspired, you don't know what to do. You're gonna grab a magazine and you're gonna flip through it and you're gonna find a bold word that catches your attention. I have chosen the word navigator, and then I went through the magazine and my stash of papers and I just collected pages and images that sparked the idea of what navigation means for me. So I've got a map, I've got a beautiful mountain scene, I have these scraps from an ocean page, I have a city scene, and then I have one more mountain scene. I may not use all of these, but I wanted to play around with putting them together as I explored the definition of navigator more. The first thing that I do when I like to do this activity is look up the definition and synonyms for the word that I have chosen. So I've got mine here and a navigator is a person who directs a route or course using an instrument or a map and other words for navigator are pilot, guide, or explorer. And historically, a navigator is someone who explored the sea, so that's why I wanted to include this because I love to explore and travel and the sea is always one of my favorite places that I like to go. So this word resonated with me really well the more I dug into the definition. I'm gonna start by playing around with my composition, adding in my pieces, and just going with what feels good, how things layer well. I'm gonna rip stuff up and not be afraid to use things. To prepare for an activity like this, if you've got some downtime, you're watching TV, you're feeling uninspired, what you can do is go through some magazines that you have and rip out beautiful pages like this that you think maybe you might use one day in a spread and go ahead and have them ready and waiting for you in your scrap bin. And then you can toss the actual magazine copy so you're not hoarding big giant books full of images you're never going to use. So I just wanna play around with the composition and get everything that I want in focus. I always notice if there's a lot of words on the page, I don't want those to be too distracting, so you can rip those portions off or you can paint over them or collage over top of them. I like this mountain scene, but I just feel like it's not working for me. So I think this is how I'm gonna do my spread. This feels pretty balanced. Need a little bit less here. Okay, so I'm just going to glue everything down really quickly. Keeping my clip in here to hold my page down and in place. What I'm gonna do to tie the page all in together is I'm gonna take a little bit of white acrylic paint and I'm just gonna put a little blob here. If you, this is, this map is just normal paper, but if this was a magazine image, I would use gesso instead because I want to create a surface that I can write on. So I'm just gonna smear the paint in here to create a nice little background for my words. And I'll add a little bit under navigator here so that I can write there also. But if you've got a good pen, you can always write on your magazine image and it's not a big deal. I really love this image and I feel like there's a little hole here, so I think I'm gonna be able to work it in. Perfect. All right now that my page is dry, I'm going to draw some journaling lines, again just straight out, a ruler, just to give myself a guide. And up here I'm going to write the definition of navigator from the dictionary. And down at the bottom, I'm gonna draw some more journaling lines. And I'm going to add my thoughts and reflections on the word navigator. To explore the great beyond, the unknown, to be brave and adventurous, to take part in life and the world, to go forward and live. Use this prompt today as you are searching through your supplies to explore a word or theme or idea that jumps out at you.

### Day 29: Scrap Collaging

- We're gonna use up all those scraps of paper that you have lying around. All of the pieces of paper that you've used to clean off your brush. Things that just didn't make into your art journal, we're gonna put them all together and give them some love. I have a bunch of different sheets of paper over here. I have some of that lovely pattern paper. I've got some tissue paper. This is an old book page with some paint on it. And then I have irregular painted papers. I've cut them into these little shapes. In the end they're gonna look like scallops. But you can use any shape that you like. Circles work really well for this. If you're lazy you can use a punch. And you're just gonna start sticking them down. I'm using my trusty Tombow adhesive. You can start at the top. And I'm just making a little line of these shapes. For tissue paper, sometimes it breaks with the tape runner and then you can use your glue stick. And when you have transparent pieces of paper, it's really nice to layer them. It's also a lot of fun to paint over your semitransparent papers, give them a little bit of texture. You could crinkle them up if you wanted to add more texture. And I don't have specific reasons for choosing the ones that I'm choosing. I'm kind of just putting them down however I feel works. I don't like the look where it's very exact. Maybe you like that look and maybe you want to do pink, purple, green. Or you wanna put only one color on one line. But for me I like to make it kind of random and make sure that there aren't too many of the same colors touching. And I like the look of staggered lines. This Tombow just does not want to behave. When you're choosing your pieces, you may want to choose colors that complement each other, colors that work well together, and obviously colors that you just love. Once they're all stuck down, I like to trim mine of the edge of the page. Give it a quick once over. Feel like it's missing something there. If you like, you can add a layer of matte medium over it so that it lies flat. But I kind of like it sticking up everywhere. I think it adds a little bit of character, so I'm leaving it like this. This is a great technique for using up your old papers, for trying out different color combinations, and to add a little bit of tinction to your art journal.

### Day 30: Ending Stats

- Welcome to the last day of your challenge. You have made it and that is an amazing accomplishment that we are excited to celebrate with you today. We are going to finish our challenge the same way we started it, but with your updated skills and a new twist. So we're gonna create a collaborative page together using our favorite techniques that we've used to show how we have grown and stretched and changed through our art throughout this journal. I am gonna start by using one of my first techniques that I really love which is creating the watercolor effect with the brush pens. I have chosen a ombre effect of my colors and I'm just gonna add them to the page. I'm gonna layer them in together but leave a little bit of space because remember our water is gonna bleed these out together. And the more ink you use, the more saturated your colors will be with this technique. I'm gonna start by isolating one color so we don't get too much bleed yet. I'm gonna blend them last. And I'm just gonna let the colors touch just a bit. I'm not gonna overlap them too much so they flow and swirl naturally. And if your pen is still showing up too much, just blend it with more water and it will eventually blend in. All right, that feels pretty blended. So it's time for Caylee to make her next move. - My move is to use those little scallop pieces of paper that we did in the last lesson. I'm gonna add a few on the side of the page. I'm gonna use a glue stick to stick them down and I've got some papers from yesterday's challenge as well as a few from Lauren. And I'm just sticking them down. - [Lauren] Next, we are going to add in a photo of us that we took updated at the end of our journaling lesson. Would you like to glue it down with your tape runner? - Yeah. -

Yeah. - [Caylee] I am using my Tombow tape runner for this. - [Lauren] Beautiful. - I'm gonna go right back to my all time favorite technique which is modeling paste and I'm gonna add a bit of texture to the page. I'm gonna use modeling paste and my trusty spatula for this. I'm gonna stick it down with some Washi tape, but you already know that because you're an expert with modeling paste now. - [Lauren] I love that this is gonna be like a little secret flower on the page 'cause you won't totally be able to see it because it's white on white, but it'll still be there. It's an added gift for the senses. - [Caylee] There we go. - So lovely. Your next step is to choose a word that expresses how you have grown, what you have learned through this art journaling process. I'm going to cut mine with some of my leftover paint pages into letters. My word is express. I've loved the way I've been learning to express myself more through art journaling. There we go. I have all my letters cut out and I'm gonna add these to the page. I like the hand-cut quality that these create. Here we go. And now I'm gonna glue them down. - [Caylee] Would you like your trusty glue stick? - [Lauren] Thank you so much. And there's my word. - That looks really good. - Thank you. - I'm going to add some brush lettering too. - Okay. - I'm once again using my Kuretake ZIG pen and I'm gonna add the word grow. I think that goes pretty nicely with the flower here too. - [Lauren] Beautiful. Should we add a few marks on each end? - [Caylee] I was just, exactly what I was thinking. - [Lauren] I'm gonna grab my trusty Micron pen. - [Caylee] I'll be using this. - [Lauren] Stick with that? - [Caylee] Yep. We both did dots. - [Lauren] We did. - We can add some-- - That's how amazing we are. - [Caylee] Yup. - [Lauren] All right. That looks finished to me. - [Caylee] Do you think it's an accurate description of our 30 days? - [Lauren] I think it is. - Yeah. - Yup. Yup. We're both super excited and maybe a little bit sad that we've come to the end of our 30 day challenge. - But we know that you have grown so very much by completing this challenge. If you commit to making art every single day, you will be thrilled at how much your skills grow and how many more ideas that you have. - You can definitely go through the challenges and do them again and again, and I promise you every time you did, it's going to look different. - Absolutely. Art journaling is a fantastic way to process your thoughts and emotions, but it's also a great way to make friends and be a part of a community. - So go out there and - [Both] Get messy! (laughing)