

Start small
Keep going!

YOU GOT THIS!

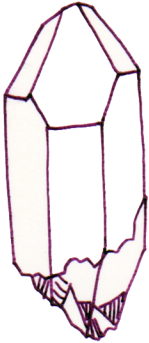
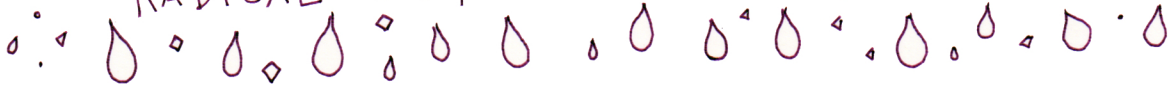
You can do amazing things

Believe ♡

The thing about DRAWING is that its not about drawing its about SEEING



it may sound RADICAL - but you can draw anything you can see. clearly ::



To see CLEARLY - you've got to let everything else go: all of your preconceived notions about what you *THINK* you see - and all of your judgements about what you *THINK* you may or may not be capable of.

(IT ALL HAPPENS ONE LINE AT A TIME)



Very slowly observe Forget the overall object that you are looking at and allow it to become an abstract shape .. A wild expression of LINES, ANGLES, DOTS & CURVES... each shape is in a relationship to the next Find and Focus on JUST ONE LINE Let yourself just see that ONE line and nothing else you don't need to see anything else yet Relax Breathe..

DRAW IT.



Smile You did it You can draw You can see ♡ what happens next? you begin to focus on the next shape and how it relates to the first ..

Repeat the process .. ↩ one line at a time

if you get 'lost' - or drift out of focus...

seeing the total and not the parts - Relax, breathe ... Go back to that one line

and remember:

YOU ARE AMAZING

YOU ARE CAPABLE

YOU ARE DOING IT!

