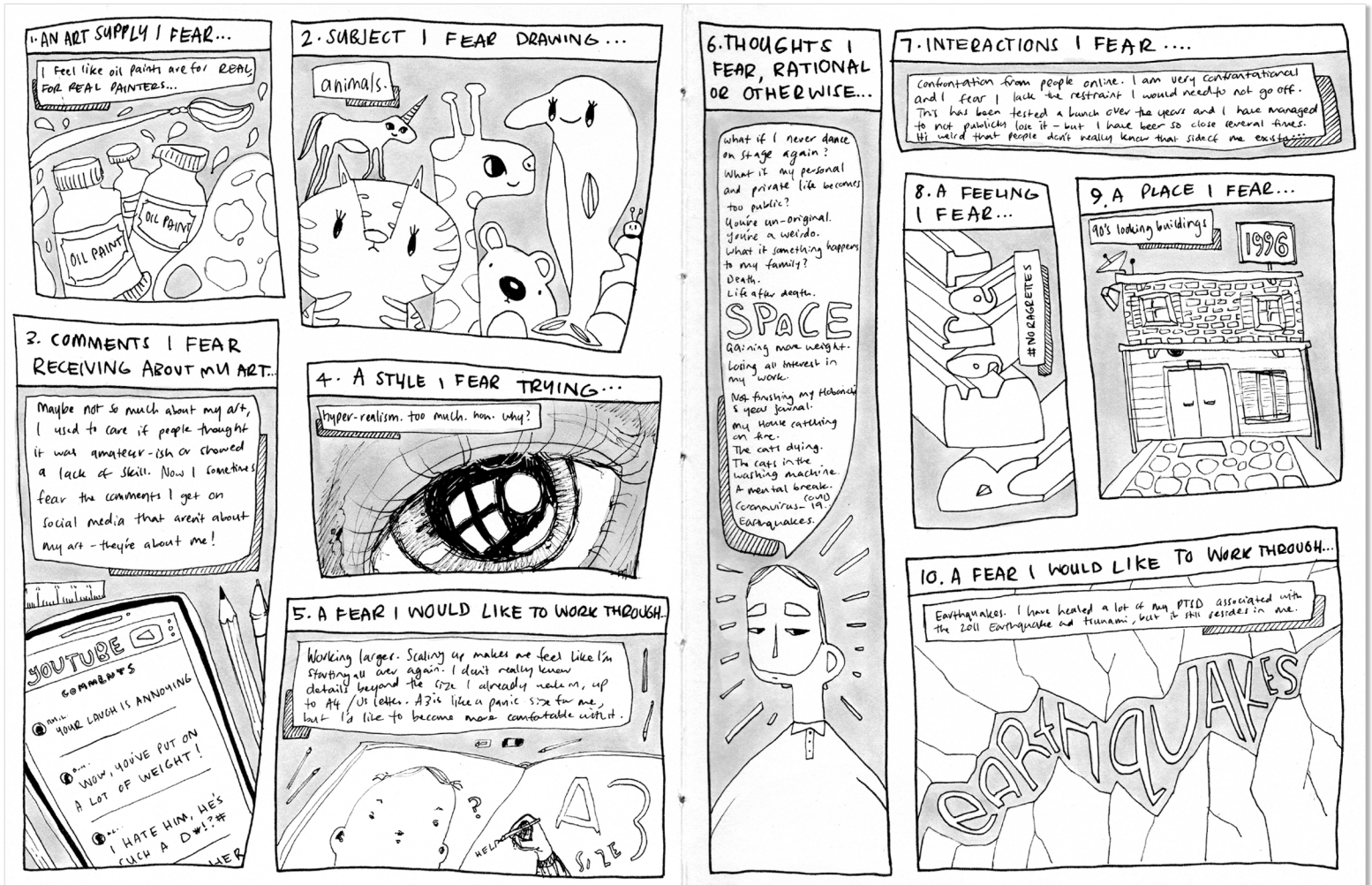


POOLSIDE ACTIVITIES

STRICTLY BALLROOM

A LIFE LIVED IN FEAR IS A LIFE HALF LIVED

Below is a scan directly from my journal that, ironically, I almost felt too nervous to share... but I need to share it with you so we can diver deeper into art journaling and some of the work I do that's less focused on making my art better, but rather making MYSELF better... Note the simple page layout + prompts below, draw/write... explore.



art focused...

you focused...

1. AN ART SUPPLY I FEAR

6. THOUGHTS I FEAR, RATIONAL OR OTHERWISE

2. SUBJECT I FEAR DRAWING

7. INTERACTIONS I FEAR

3. COMMENTS I FEAR RECEIVING ABOUT IT

8. A FEELING I FEAR

4. A STYLE I FEAR TRYING

9. A PLACE I FEAR

5. A FEAR I WOULD LIKE TO WORK THROUGH

10. A FEAR I WOULD LIKE TO WORK THROUGH

Once you're done...

Journal about a fear you have *worked through* and what that process involved. You don't need to have fully overcome it either, even your progress is worth diving into. I think it's important to re-focus myself with a positive outlook after diving into such deep topics, and the TRUTH that

Vivir con miedo, es como vivir a medias

...and we're going to leave our journals today FULLY LIVING!