

JOURNALING MAD LIBS!

A request I see often is "I want to start writing more in my journal, but I don't know what to write". To some, it seems so easy "just write ANYTHING!". A more practical response is "write about your day or use a prompt". But I've been thinking on it and whilst it may work for some, I think others might be looking to flex their creative writing ability. Much like in art journaling we look for new ways to express that creativity, whether it be new paper, paint a new style etc. Writing is also a creative expression and there aren't as many obvious "exercises" to stretch that skill. So, after a long battle to remember what these were called, I give you:

JOURNALING MAD LIBS! A simple fill-in-the-blank exercise for you to engage your creative writing skills and ponder the possibility of a new found love for written word in your journals. If you're new to it all, might I suggest completing the MAD LIBS and transcribing the story to your journal. If you're cool with your writing but want to play I along I suggest fleshing out the blank spaces with fabulously outrageous adjectives, then transcribing your story and illustrating it.

verb _____ verb ending with "s" _____
amount of time _____ verb _____
verb ending in "ing" _____ adjective _____

Every now and then I _____ at my table and stare at my journal. It's there, it's ready and I am not. It takes about _____ for an idea to click, and when it does, I'm off and
verb - "ing" _____ ! I love to be in there and it loves that I am there. My journals are imagination

encyclopedias; my brain _____ in there. Looking through them, I _____ a part of
verb - "s" _____ verb _____
me that doesn't typically find words to communicate; my childhood fantasies and my adult
tragedies. They live side by side, page by page, a tangible collection of expression that build a
adjective _____ and better picture of who I really am.

place _____ place _____
food _____ noun _____
verb (past tense) _____

The last we saw Daisy she was leaving town, collecting new stories like this one... The car trip was long to _____ place _____. Famished, Daisy grabbed a quick _____ food _____ and woofed it down as she _____ verb _____ towards the _____ place _____. As soon as she got there, she spotted it; what she had been so excited to see from the moment she got in the car... _____ NOUN _____ !



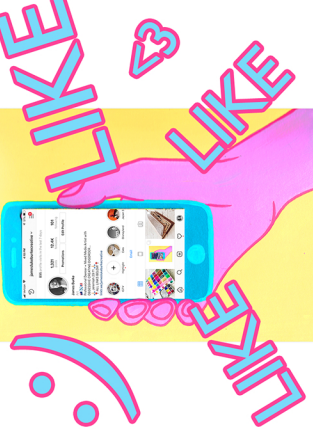
Final thoughts from me right now -
Take a moment to let your blessings breathe. All too often I can picture how nice it's going to be to have the afternoon to sit down, relax with my coffee and draw. Then I get to it and think "No, I should be working", or "get this done quickly" or "you don't have time for that". I certainly have at least 10 minutes where I can pop on some music, slowly drink my coffee and sketch in peace. I need to give that time of blessing a moment to breathe and its best chance of filling up my cup - James.

IT'S GOING TOO FAST!

G'day Friends, Welcome to Edition 2 of the PLAYTEST PRESS. Yes, I did severely underestimate how long putting together these newspapers would take and No I am not ready to give up just yet! Hahaha. I think over the years I've managed to acquire a few formatting skills that led me to believe I'd be really efficient at fortnightly publishing - but I am delusional and love the finished result too much to go back to regular blog posts. That aside, I am happy to present my many musings from the past two weeks. I've kept ranting and raving to a minimum, but I've been in my feelings lately so that might have "accidentally" come through. I put together a new travel gouache palette from my Gekkoso gouache set I got in Japan. I thought we'd start with a nice look at that before I start diving in a little deeper: Happy Edition TWO!



WHAT'S IN A NUMBER?



who are not able to make it work with more, and some who work it better with less. It's interesting to me but I've long stopped trying to figure it out. What was more important was how my relationship with social media changed... and the NUMBERS!

I think we've all done it. I think we will be constantly tempted to do it again. We've checked to see how many people liked and commented on something. We've clicked a notification and sat in that dopamine hit for a few minutes, excited to feel it again. It's not 100% our fault, we're hard wired for this to feel good and we're not immediately aware that we might be equating these feelings to numbers and notifications. I'm not a scientist (shocker) so I can't pretend to know everything I'm talking about, but I do know my experience and I got a little number obsessed at one point. I still check them a lot to make better business decisions. I think there's a point to checking them for business, but personally I have learnt to let go of checking for validity. I like what I post to Instagram. I liked it so much that I posted it, right? If 150 people like this photo, but 1000 people liked the last one, is this one bad? Well, who knows, but I liked it enough to post it at the time and no number of likes could change that. I just try to focus on that now. Do I like it? Yes. Great. That matters most. I appreciate that others might like it too, but it's just the gray to the delicious meal that was me liking it first.

Ever wondered how many followers/subscribers you need to have to run a successful business? Same... hahaha. Social media is arguably the biggest change our society has gone through this past decade and there are countless studies that find it both wonderful and terrible. As with most people, I sit on the fence with my thoughts about it because my logic dictates that there are always 2 sides to everything.

Starting out I assumed you would need approx. 100,000 followers to make a good go of it. Don't know why, it just seemed like that was a safe bet. Of course, this is not true. I found out over time that 500 engaged followers meant more than 15,000 that weren't. There's no secret formula, there's no secret number; it's a free for all for real! I'm successful with a modest following, there are some