



WEEK TEN



what next?

Week TEN: What's Next?

*"Creativity is intelligence
having fun"*

~Albert Einstein

As I am writing this week's notes I am feeling a mixture of emotions.

- I am sad that our time together every week is coming to an end 😞
- I am overwhelmed with gratitude for your willingness to jump in with both feet and discover your creative squeak
- I am excited to see what you will create next in your journey, because I know for you this is just the beginning!
- And I am abuzz with all the final bits of wisdom that I want to share with you!

Over the last ten weeks you have looked at different strategies to making creativity into an integral part of your lives.

You've asked why, looked at your hesitations, your past stories of limiting beliefs, how to create new habits, drawing techniques, drawing what you see, typography, playing with paint and things you have in our homes, you've become fearless and less likely to be hesitant in any creative practice you have in the future!

At the beginning of our time together, I said to you that my greatest wish was that you would discover your own love for being creative and that you would take what I have to share with you and that I hoped that you would leap into your own creative practices.

I hope that I have managed to inspire you to do just that!

And just because this is the last 'formal' week of 'Discovering your Creative Squeak' it doesn't mean this is the end.

So what next?

I have one last set of Reflection, Action and Fun exercises for you to do as part of our weekly workshops, I have included a list of resources that you can utilize as well as some different creative challenges that you can do in 5 - 10 minutes a day for a week or a month.

My final bit of advice to you is this:

*Don't stop telling your story – be it through art, writing, music, gardening,
cake baking or stick figure drawings.
Everything you create is an expression of your true self.*



10.1 REFLECTION: Do what you Love

Time: 5 - 10 mins

Equipment: Notebook and pen.

For our final reflection exercise, I want you to spend 5 - 10 minutes thinking about what you would love to explore next.

Ask yourself which of the exercises from the last ten weeks did you enjoy the most? Doodling? Art Journaling? Or making marks with everyday items? Something else?

Write the ones you enjoyed down in your not book.

Which creative techniques do you want to try next? Did you prefer drawing or smooshing paint or art journaling?

What is going to make you the most excited about being creative everyday or every week?

What pinterest or facebook tutorials have you seen and maybe saved that you are intrigued by and would love to try?

Open your notebook and write down your thoughts.

Little Bitch Buster:

If you little bitch pops up during this exercise, maybe by saying there is no way you could do that technique, or don't be crazy you really think you could do that, try some of the techniques from week five.

Don't censor yourself - just write them down.
Seven years on in my journey I am still referring to this list and growing and learning.

Decorate your page to make it stand out in your notebook!

10.2 ACTION: Create a '*TO DON'T*' List.

Time: Unlimited

Equipment: your notebook, papers, paint and pens.

You can spend as much time on this page as you want but what I want you to create is you're very own ***TO DON'T*** list.

If you are anything like me you have at least 5 to do lists running at the moment - I have the 'to do' today, the 'to do' this week, 'to do' this month, what 'to do' this year, what food I need to buy, LilliBean Designs 'to do' lists etc.

So one day I was feeling totally overwhelmed and I decided to make myself a ***TO DON'T*** list.

This was a list of things that I didn't want to do, feelings I didn't want to feel and thoughts I didn't want to think.

To start let's make your page no so blank and glue down some papers and smooch some paint and let it dry.

On a separate page write down anything you **don't** want to do. Your list can include ANYTHING you don't want, including eating green vegetables for dinner!

Once your page is dry, using coloured pens or a black sharpie, transfer over your top five or so things that you **don't** want to do.

Include the 'TO DON'Ts' that really resonate with you.

You don't have to limit your list to just one area of your life - you can include just those things that are in a creative capacity or have an overall TO DON'T list, including everything on your list.

OR you can do three or four pages with different lists - a home one, a work one, a personal one, a creative one, a kid one....

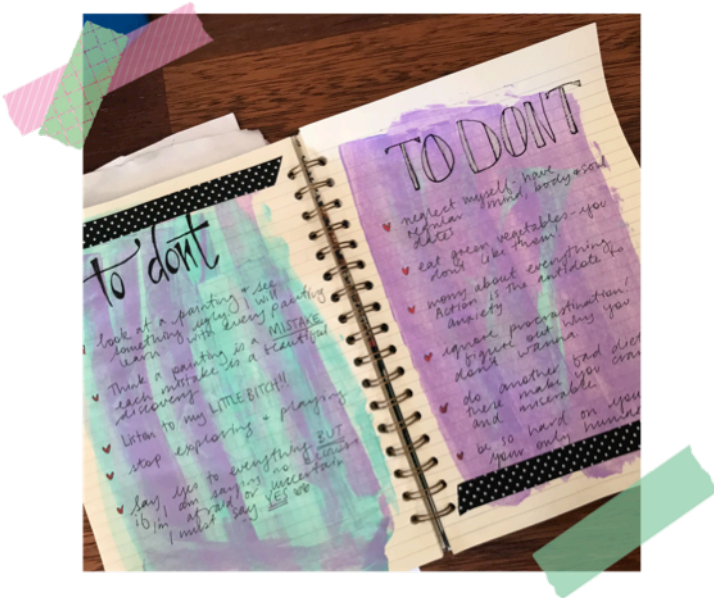
The options are endless - it is your choice.

You list may include some things that

mine had on it.

MY CREATIVE TO DON'T LIST:

- TO DON'T: I won't look at a painting I create and see something ugly. I will learn something from everything I make
- TO DON'T: Think a painting is a mistake. I don't make errors on the canvas; I make marvelous mistakes that can be turned into beautiful creations.
- TO DON'T: Let the little Bitch tell me I am unworthy, uncreative, or just stupid.
- TO DON'T: Listen to other people. I will not let them tell me that I need to find a 'real' job and isn't it time I stopped playing.
- TO DON'T: I will not stop exploring different art techniques and playing with different mediums.
- TO DON'T: Say yes to everything. Every market, every commission, every opportunity. I will only say yes if it is something that aligns with my core goals and desires. (CAVEATE: if my hesitation comes from a place of fear



or uncertainty I will not say NO I will instead leap! EG Appling for big scary markets!)

My personal list had things like:

- TO DON'T: Eat green vegetables. You don't like them. You never have. Find another source of the vitamins and nutrients.
- TO DON'T: Just because you have children, you are not allowed to neglect yourself. If you aren't well you can be a good parent.
- ETC.

Take a photo of your lists and use it as your screen saver on your computer or phone, print it off and put a copy on your mirror or your fridge or frame it and put it on your wall.

Your TO DON'T list isn't set in stone. It can and should be updated as regularly as a traditional to do list!

10.3 FUN: Create a LilliBean Designs Style portrait.

Time: 10 minutes

Equipment: notebook and your pen.

WHAT! Not the pen again! Sorry this is the last time I will torture you with this rule!! But again look at my second 'TO DON'T' point on my list: There are no mistakes in art ;)

However, in laying down this rule no one is going to judge you or tell tales if you do decide to use a pencil. However - I would really love if you resist the urge to erase any of your lines.

NOW there are many, *MANY* ways to draw faces.

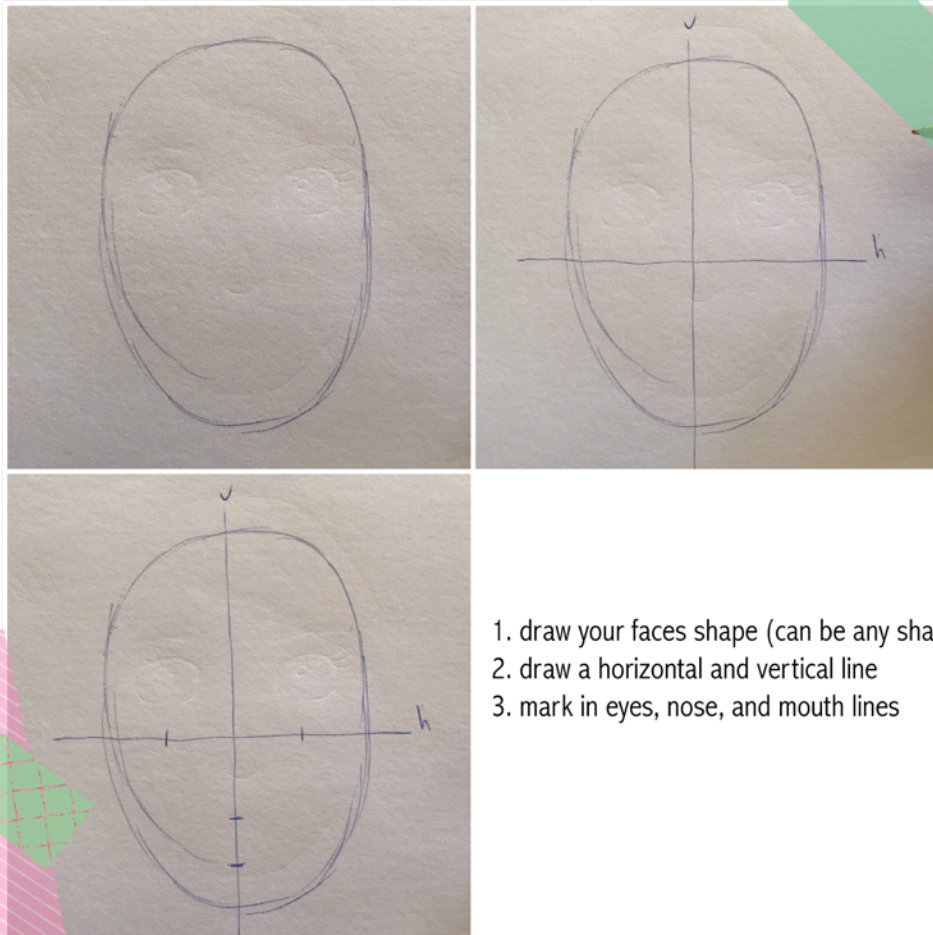
This exercise is just my interpretation of this exercise, so definitely go and explore other techniques and styles till you find the one that fits you best.

This portrait exercise is just for a simple face looking straight ahead. And all measurements are approximates - there is no need for rulers.

You can watch the bonus video in this week's web page to draw along with me if you want. Also please feel free to email me with any questions you may have regarding these instructions!

STEP ONE: THE FACE

1. VERY, VERY LIGHTLY Draw an oval in the middle of your page (any shape will work with a face by the way - try this exercise again with a square, circle or triangle.)
2. Again lightly, draw a line dissecting your oval horizontally and vertically. The horizontal line will become your eye line. The top of your oval is now the top of your 'head' and the bottom is now the 'chin'
3. On you eye line line, find the halfish waypoint of each section and draw a little vertical dash.
4. Find the halfway point between you eyeline line and the chin and draw a little dash this is your nose.
5. Halfway between your nose line and the chin draw another little dash. This is your lips.



1. draw your faces shape (can be any shape)
2. draw a horizontal and vertical line
3. mark in eyes, nose, and mouth lines

STEP TWO: EYES

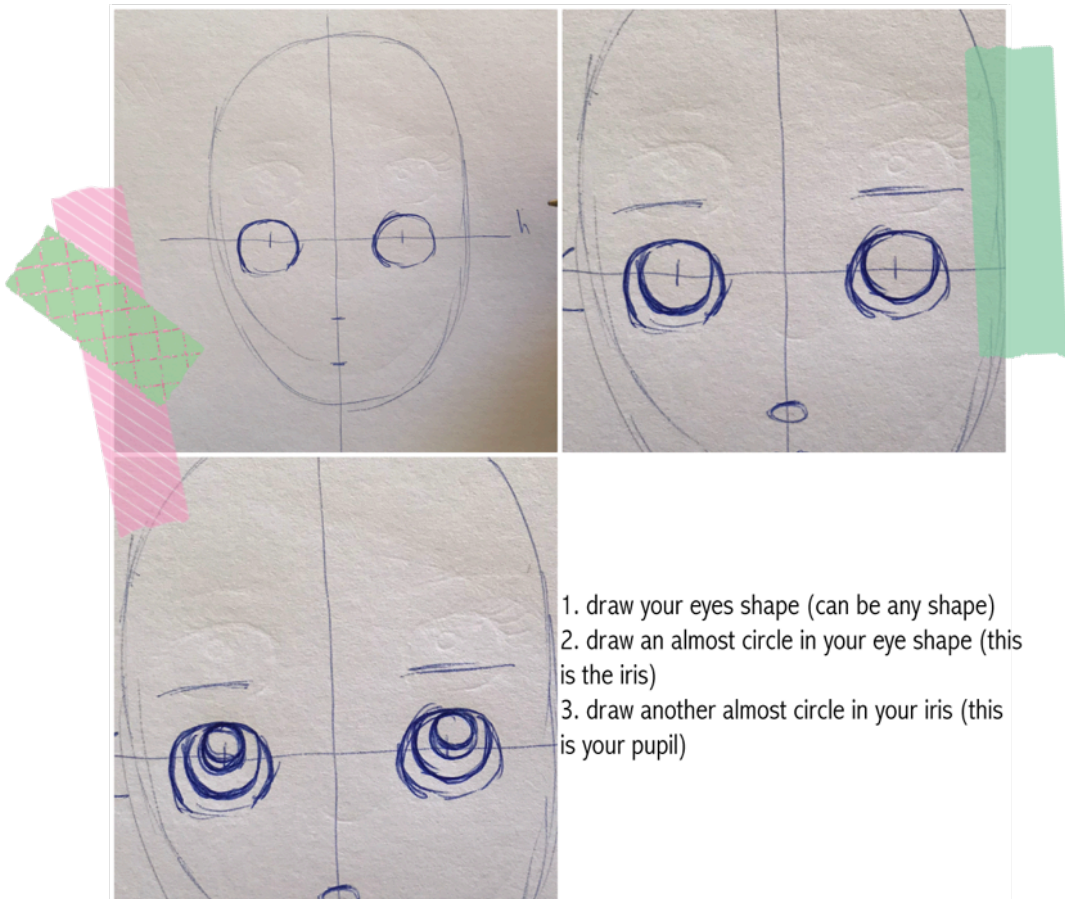
6. Go back to your eye line and your little vertical dashes.

Around those dashes **lightly** draw an eye shape.

Again these can be any shape - oval, almond, half circles, and squares. I tend to do rectangles with round edges

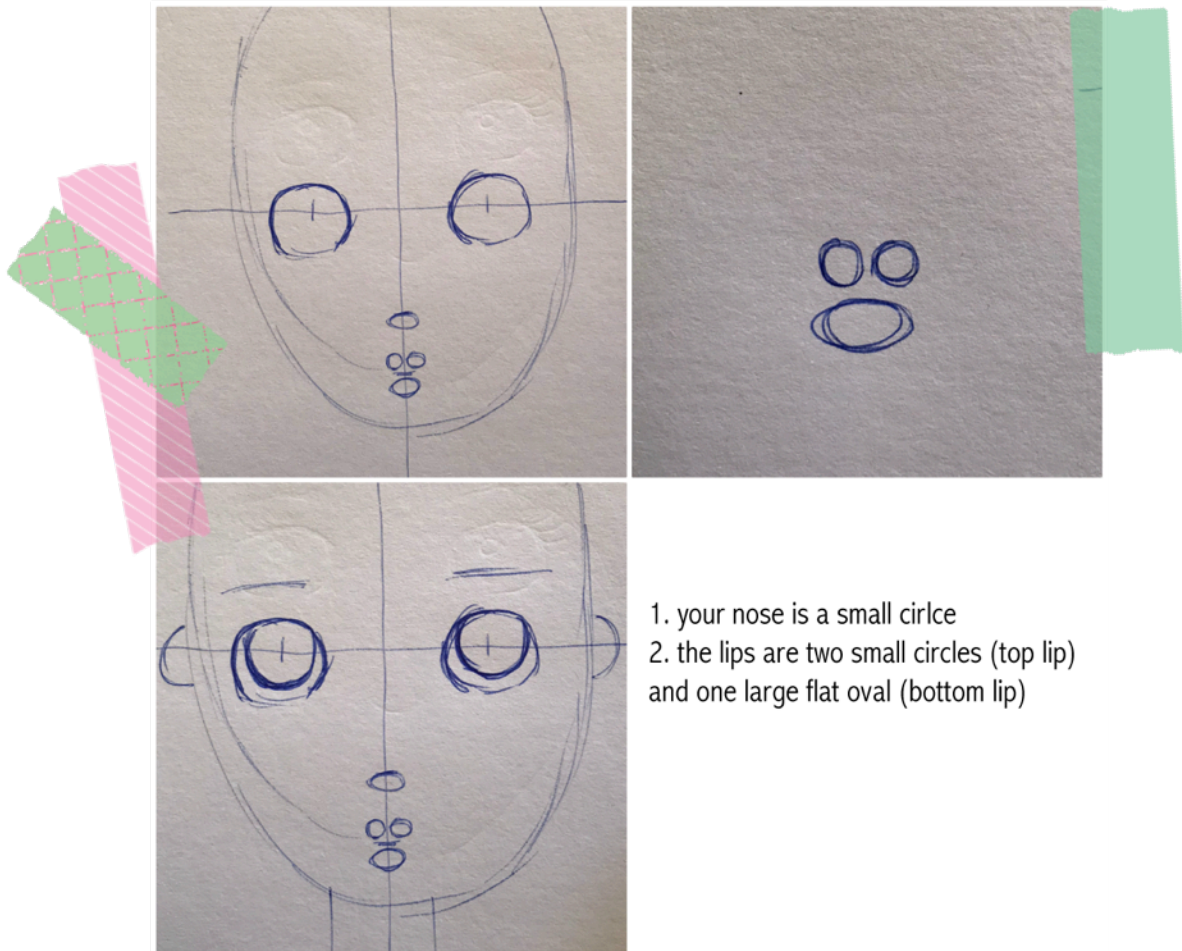
As a rule of thumb the gap between your eyes should approximately be the same size of the eyes you have just drawn, but this is just approximately and for my style of face it's not a big deal if they are further apart **but** they can't be closer together than an eye space.

7. In your eye draw an 'almost' circle. This circle does not have a top part of it. Draw this circle so it intersects with your eye at the top. This circle is your iris.
8. Draw another almost circle inside your iris. This is your pupil.
9. Add two straight lines for eyebrows above your eyes.



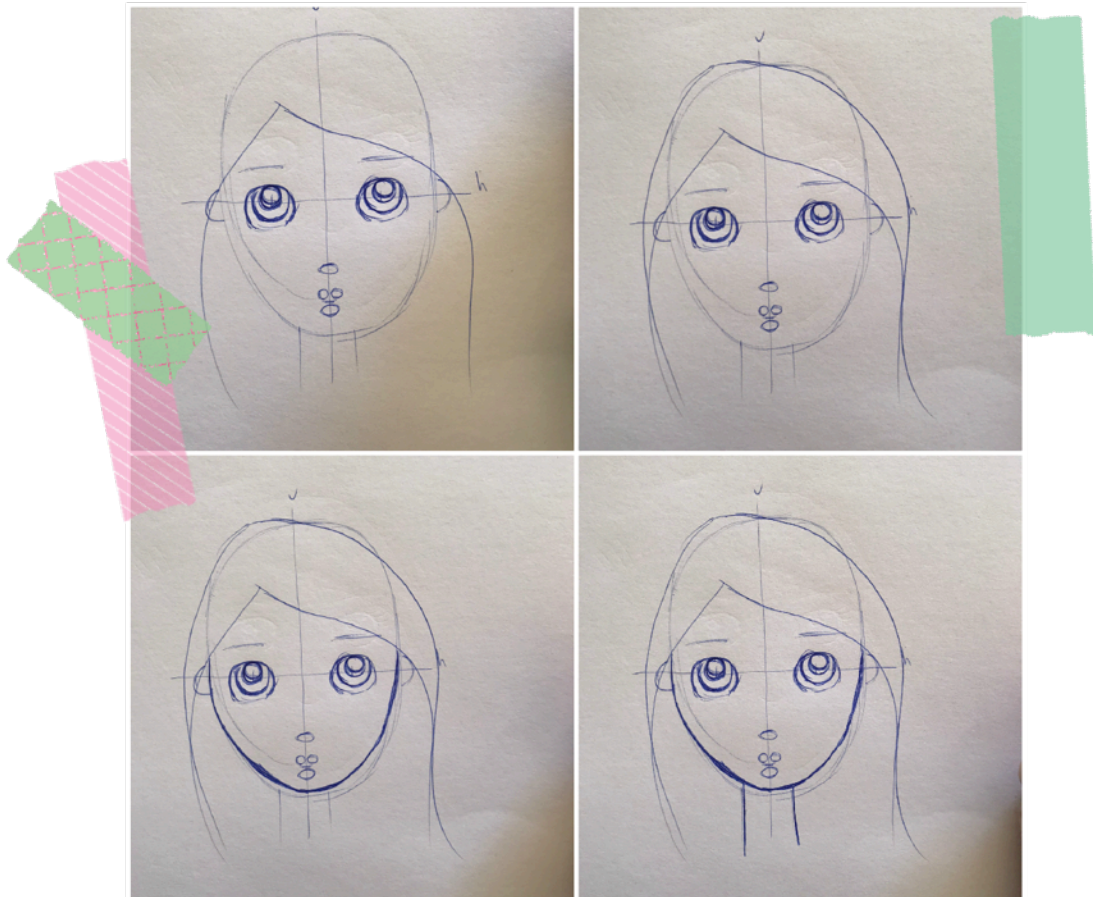
STEP THREE: OTHER FEATURES.

10. Go to your nose line. Draw a little circle.
11. On the lip line - draw two little circles on either side of your dissecting lines and directly underneath that a larger squashed circle that only just smaller in size that the two above it
12. If you want to draw ears they are generally located on the same line as your eyes - just draw little semi circles for them.
13. At the bottom of you oval draw two lines for your neck. Approx. the width of the space between your eyes



STEP FOUR: HAIR.

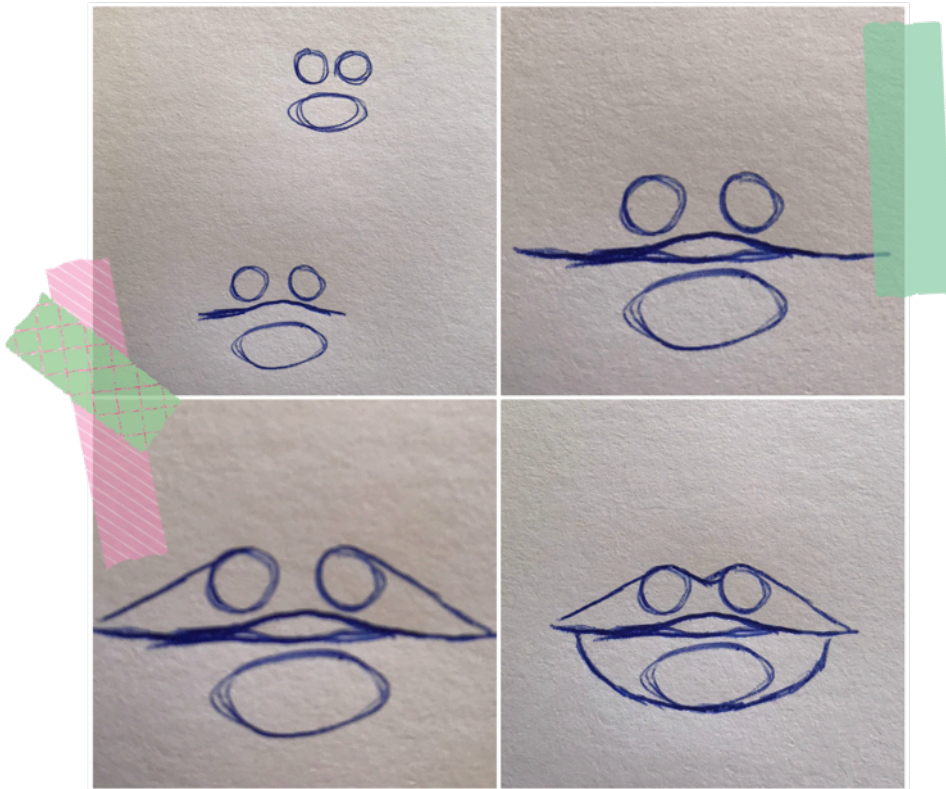
14. Your hairline is not on the top of the very first oval you drew. It actually starts halfway between your eyes and the 'head'. There are unlimited hair choices, but for the sake of simplicity start a third of the way across your face and gently sweep a line across your face.
15. Do the other side - from the top of your first hairline mark, sweep the hair the other way.
16. On the top of your oval, following the same instructions as above, gently sweep the line down the oval and down the page.



STEP FIVE: Finishing off.

17. Define up your jaw line, changing the shape a little if you want + darken the necklines. (see above image bottom two photos)
18. Going over your drawing with a firmer hand (but still not super dark) darken the bottom of your nose, (you can draw the two lines for connecting part of your nose and lips if you want or little marks for nostrils.)

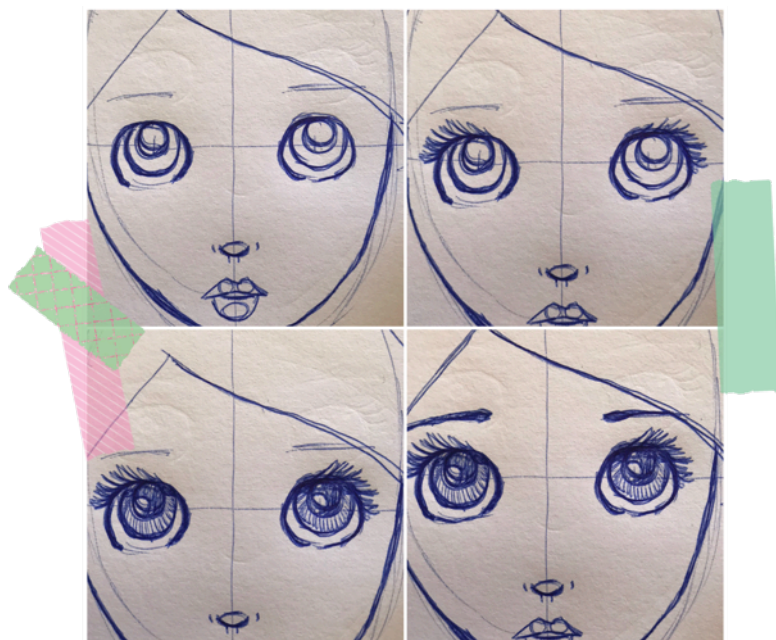
19. The Lips - join the two smaller circles together with a little 'v' and extend the corners out a little. For the bottom lip you can extend out around your original mark and join it to the top lip.



20. Darken the eyes, adding eyelashes and eyebrows if you want (A straight line for brows works perfectly) Eyelashes are NOT straight lines they are curved.

21. Shade in the iris with just some quick lines, they are naturally darker when the eyelid and eye meet up the top.

22. The pupil is black - but make sure you leave just a little circle of white in it to give them 'sparkle'. These should be on the same side on both eyes - not mirrored.

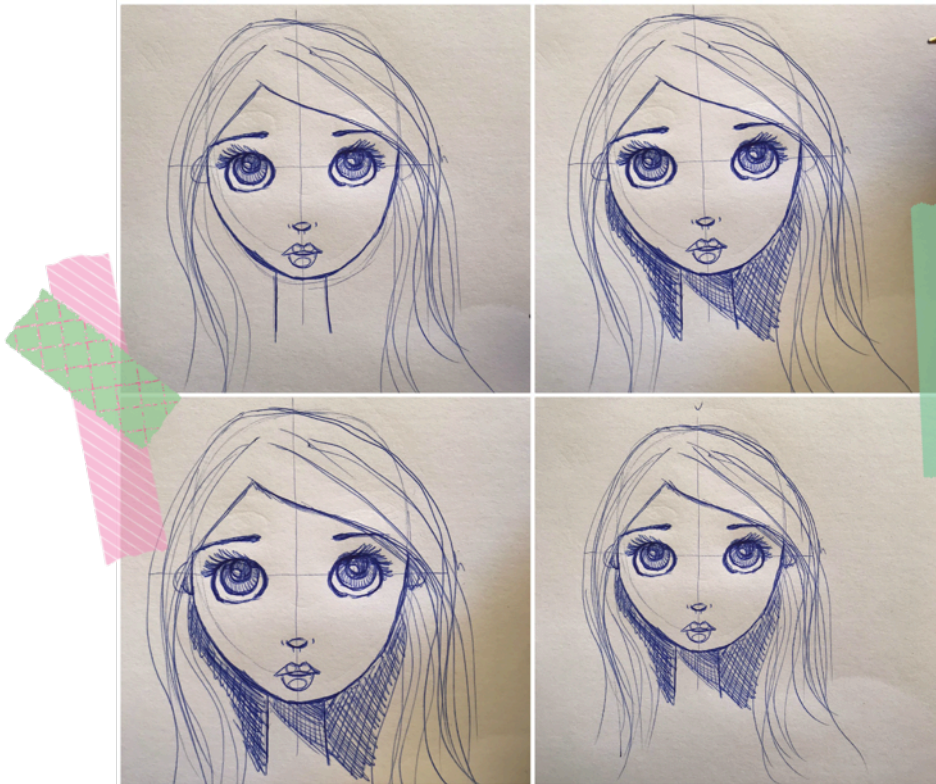


23. Use your pen to cross hatch some shading - under the hair line, around the side, under the nose, the top lip (general rule of thumb your bottom lip is lighter than the top) and shade where the neck and face meet.

24. Add some lines to your hair for extra texture

25. Keep going until you feel you are done.

And there you have it your own LilliBean style portrait.



NEXT: Try the same exercise with a circle as your base, a rectangle and a square. Change up the eye shapes, hairstyles, and eyebrow placement.

10.4 FUN: Draw a portrait everyday.

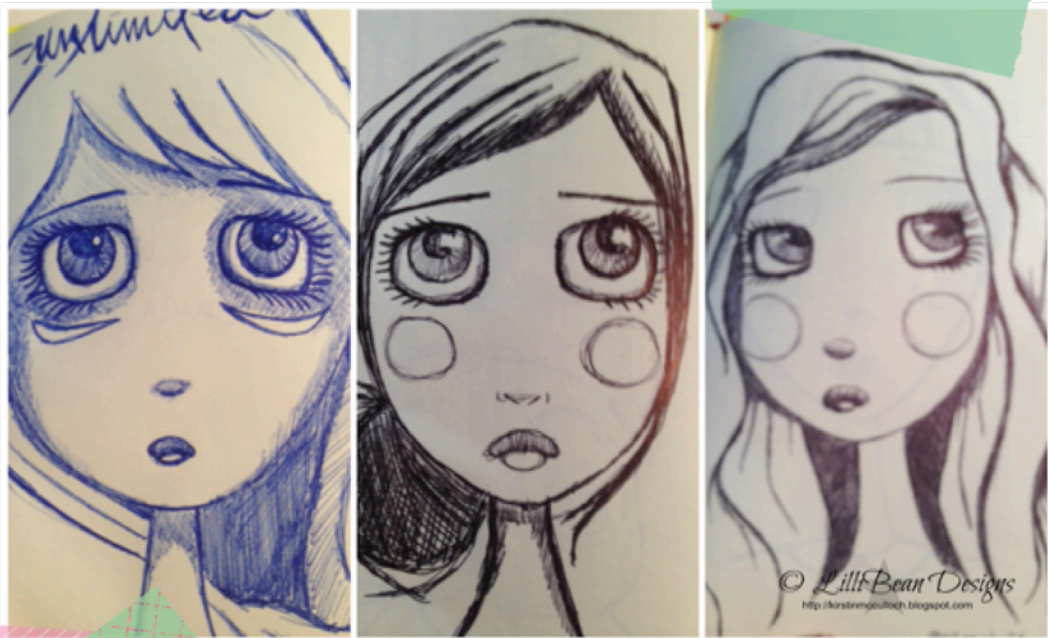
time: 5 - 10 minutes

equipment: pen/ pencil and notebook.

For five to ten minutes draw a very quick portrait. Draw from your imagination, a photo, a magazine, a celebrity, a TV show.

Don't overthink the portraits or be critical of the end result the purpose of this exercise is to be comfortable with faces; they don't have to be realistic or even proportional.

Just draw the faces for a week, and experiment with different pens, markers or pencils. Fine or medium pens, HB, 2B and 2H pencils, try with a sharpie or felt pen.



Thank you so much for trusting me with your Creative Squeak journey - you have totally inspired me. **I want you to know that I am always here.**

I will always want to hear how you are progressing, if you are struggling creatively, where you are on your creative journey. Tell me. **I totally want to know.**

Pop into our Facebook group - share with us your art works, what you're loving, hating or exploring.

I can't wait to see what you create next!!

Much love *kirst*
♥