

SKETCHBOOK ADVENTURES

Prompt 11: Pep talk – Inspirational reminders

Sometimes I have those days when I'm way too focused on the have-nots in my life instead of on the haves. Those are the days when I feel like I've gotten the short end of the stick and suddenly every single decision I've ever made is magically transformed into a regret. I rethink my college major and wish I could go back in time and chose business over creative arts. I second-guess my decision to focus on doing what I love for a living and growing my own business instead of having kids and building a family. I regret every single day that I opted to stay in bed instead of go to the gym. I think of all the unwritten thank you notes and hours spent marathon-watching television shows like "Lost" when I can't even remember the final episode.

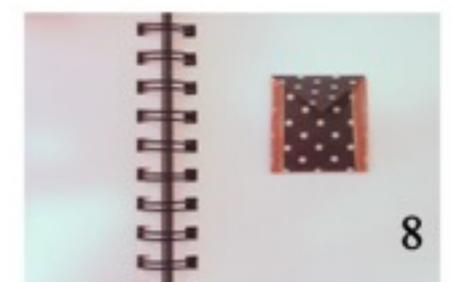
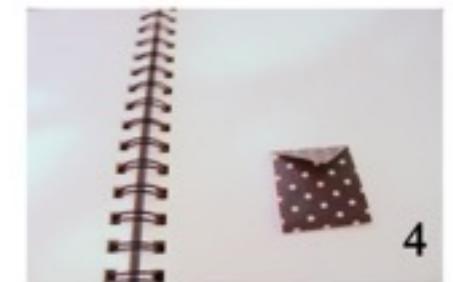
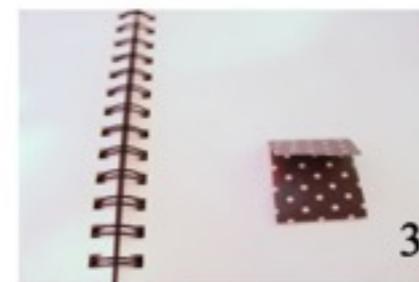
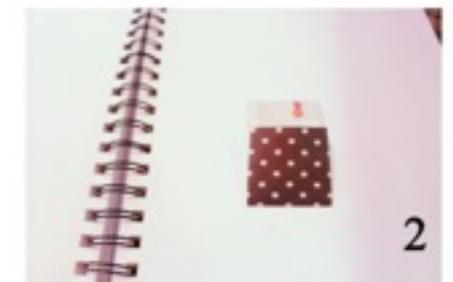
On those days when I'm focused on all the negatives in my life, I rarely let them keep me in bed (though being under the comforter with the lulling sounds of my neighbor's backyard fountain and my dog cuddling up next to me feels SO good). On days like that I force myself out of bed and out of the house. If I can't get motivated enough to go to the gym, I'll least take my dog for a walk or at the very least I'll make a cup of coffee and force myself into my studio and begin to work. Some days, when motivating myself feels impossible, I'll call my dad (the best pep-talker in the world) but occasionally he's tied up at work and then I'm back to motivating myself. Days like that are when I need to give myself a pep talk and I turn to this page in my sketchbook.

For this prompt you'll need to find quotes or phrases that inspire you. If the ones I used on my page are a good fit for you, by all means use them! If not, seek out your favorite books, songs, movies or check out Dear Handmade Life's ever-growing Pinterest board of inspiring quotes. Then write them down on small slips of paper and create envelopes to put them in and then adhere the envelopes to a page in your sketchbook. Feel free to add anything in the background as well (like the mini-confetti dots I created with a small hole punch). For my envelopes I used patterns I found in a magazine.

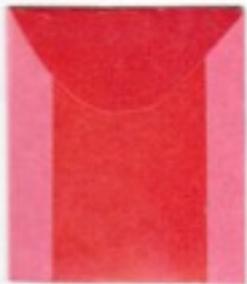
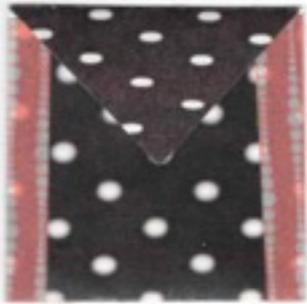
To create your small envelopes:

1. Cut a rectangle from paper.
2. Fold the bottom half up towards the top but not all the way. You want to leave a little flap at the top.
3. Fold the top flap over.
4. Cut the top flap into a triangle or other shape.
5. Choose a washi tape for the sides.
6. Put your strip of washi tape onto the side so that half of it is on your paper and half of it is hanging off.
7. Fold the half of the washi tape that's hanging off over onto the back side of your paper and trim it.
8. Repeat step 7 for the other side of your envelope.

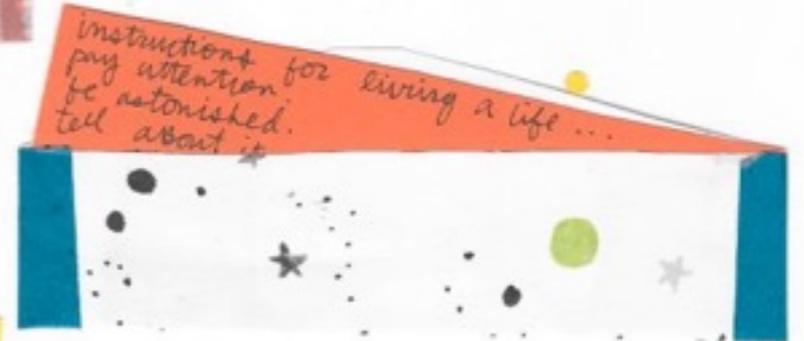
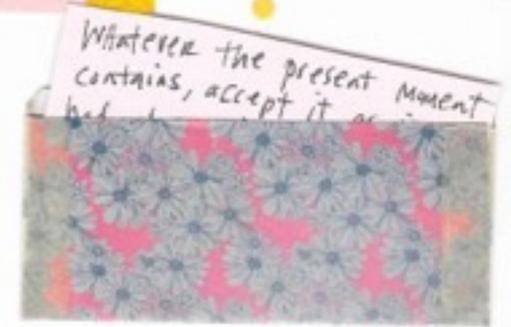
HOW TO MAKE A SMALL ENVELOPE



You're exactly
where
you need
to be.



You're exactly
where
you need
to be.



perfection is shallow, unreal, and fatally uninteresting.

Start where you are. Use what you have. Do what you can.

Whatever the present moment contains, accept it as completely what it is.

Instructions for living a life...
pay attention.
be astonished.
tell about it.

Say no to everything that doesn't.

To practice any art, no matter how well or badly, is a way to make your soul grow.

TO PRACTICE ANY ART, NO
MATTER HOW WELL OR
BADLY, IS A WAY TO
MAKE YOUR SOUL GROW.
SO DO IT.
-K. VONNEGUT

SAY NO TO
EVERYTHING
THAT DOESN'T
MAKE YOU
♥HEART♥
SING.
-J. SWIFT

PERFECTION IS
SHALLOW, UNREAL,
AND FATALLY
UNINTERESTING.
-A. LAMOTT

START WHERE YOU
ARE. USE WHAT YOU
HAVE. DO WHAT YOU
CAN.
-A. ASKE

INSTRUCTIONS FOR LIVING A LIFE ...
PAY ATTENTION.
BE ASTONISHED.
TELL ABOUT IT.
-M. OLIVER

ANYTHING THAT GETS
YOUR BLOOD RACING
IS PROBABLY WORTH
DOING.
-A. S. THOMPSON

WHATEVER THE PRESENT MOMENT
CONTAINS, ACCEPT IT AS IF YOU
HAD CHOSEN IT.
-E. TOLLE