

SKETCHBOOK ADVENTURES

Prompt 29: How awesome you are – Celebrating the wins

Back in the days when I was struggling to be a working artist, money was tight but I didn't let that stop me from saying yes if someone invited me out somewhere. One night when I had about \$5 to my name I was sitting at a bar in a fancy beach town with some friends and rather than accept one of their offers to buy me a drink I walked up to the bar and asked a stranger if he was willing to buy me a drink if I could write him a poem on the spot that he liked. Not only did he like the poem and buy me a drink, but a few other people asked me to write poems for them as well and rather than end up with a hangover the next day I just asked them to tip me if they liked the poem. I walked away with almost \$40.

When I think back on the things I've accomplished in my life I don't just think about how I started my own business or got a masters degree, but I think about some of the weirder things I've done like the time I earned \$40 selling poems in a bar.

For this prompt, I challenge you to create a page in your sketchbook about how awesome you are. You can list your professional accomplishments but try to think of other things you've done that you're proud of. In my example, I included that I can play "Love Me Tender" on the toy accordion and that I learned how to shoot a gun.

First, write a list of things you've accomplished and then go through and pick some to add to your page. You can use collage, hand lettering, painting, drawing, or any technique you'd like. This is an awesome page to return to and ponder on those days when you're feeling down.

