

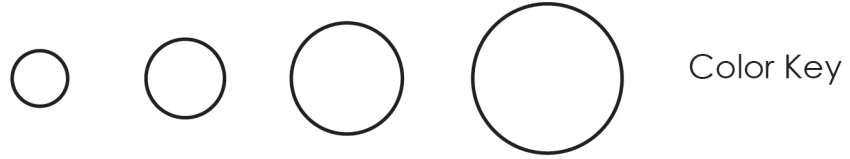


# Find The Flow

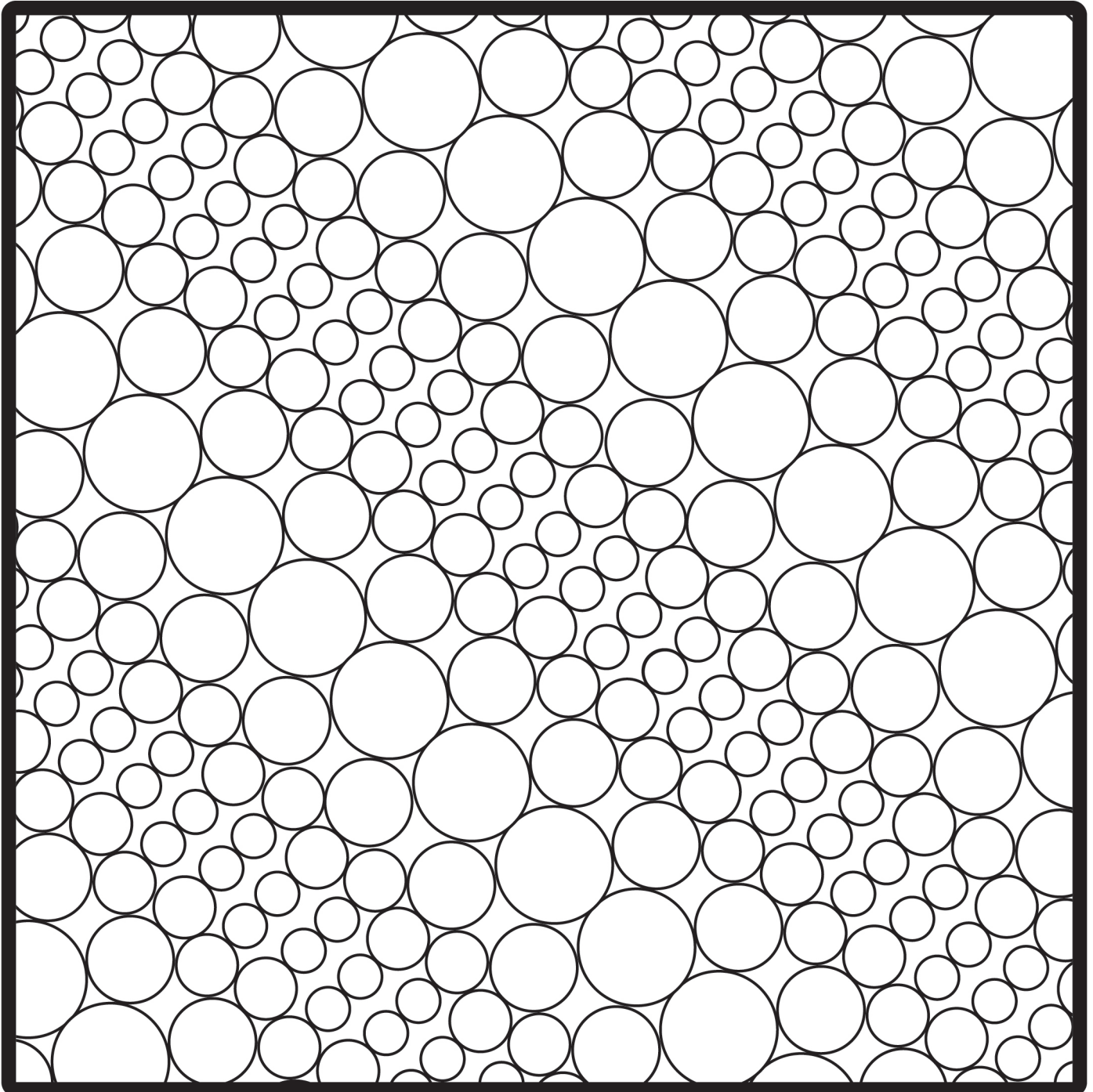
  
the  
**abstract\_athlete**

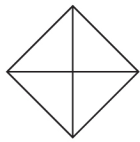
creative journal  
**daily exercises**

Select 4 colored pencils  
and color each circle below



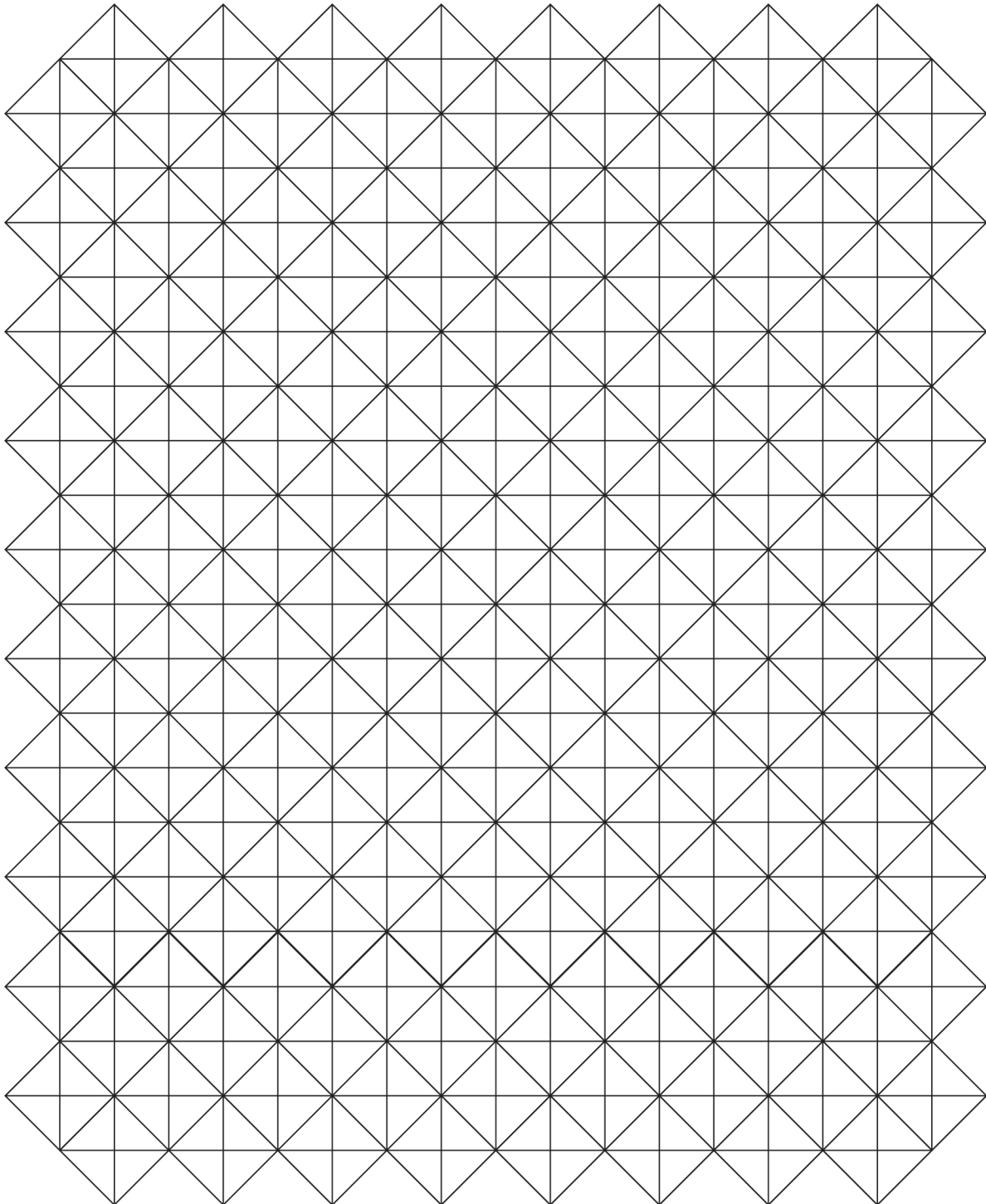
Color each matching circle below





Select 4 colored pencils and color each quadrant with a unique color

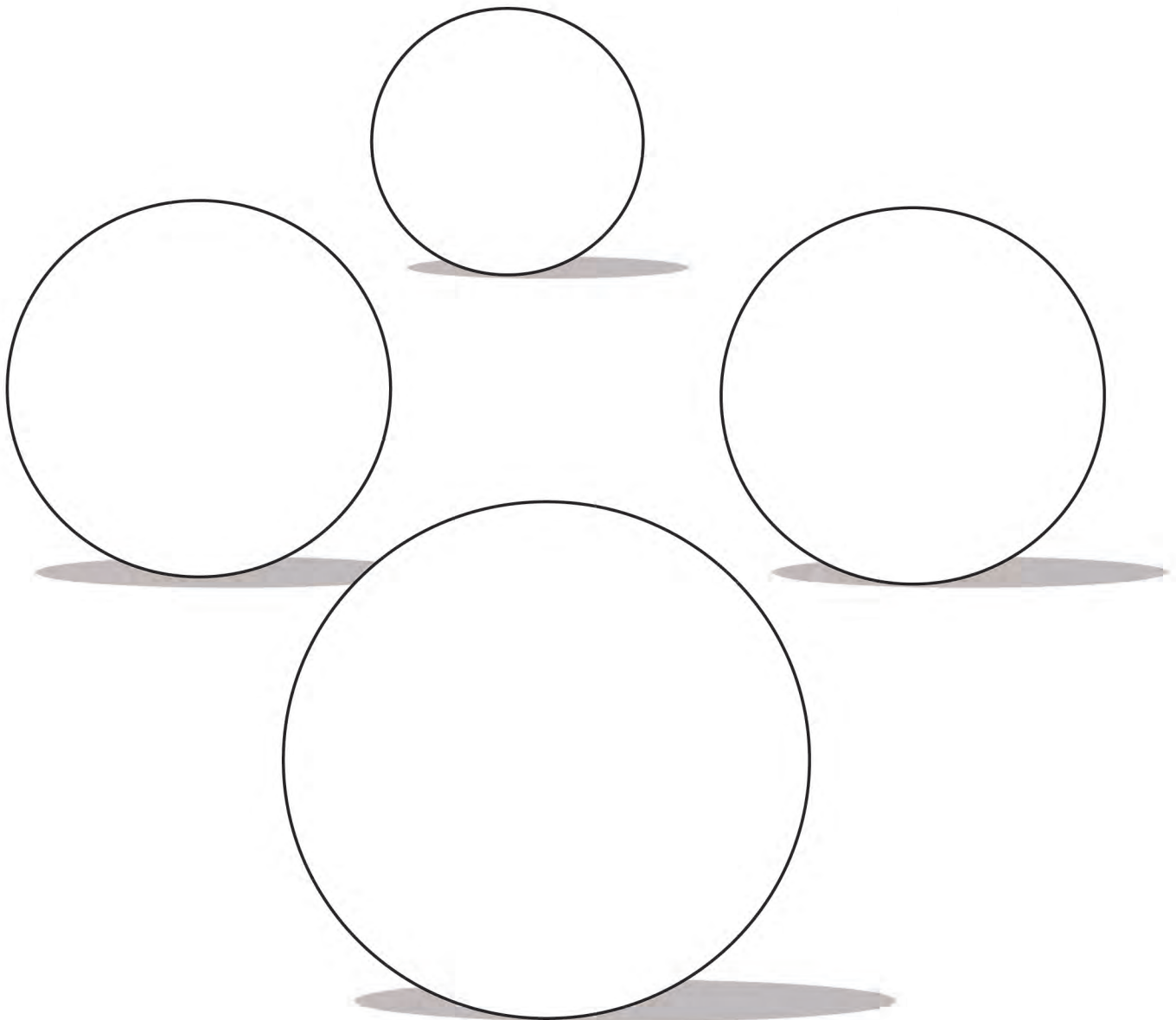
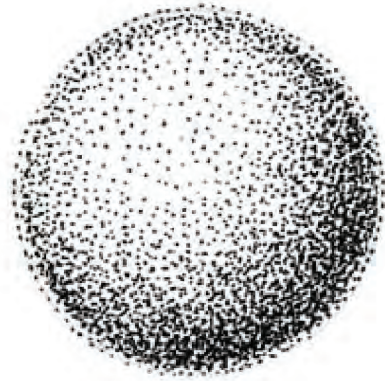
Color each diamond below with matching color





# Stippling exercise - Shading & Texture

Select fine tip pen  
Use dots / points to add depth  
and shading



Create a drawing using the scribble provided.

Draw what comes to mind.

Visualize and draw.





relaxation