

Create a Mindful Journey with Candy Ng



Put your feelings and thoughts on paper, to create a piece that is unique to you. This self-awareness activity will help you create your own personal visual journey and focus on your goals.

1

Pick a colour palette, choosing a few colours that you are drawn to.

2

You can warm up your hands by colouring in some trees, words and doodling some of your favourite shapes and patterns on the page.

3

The first step is to draw a simple 'Self Portrait.' Focus on some of your favourite features of yourself. Make it quick and simple.

4

The second step is to think of something that inspires you. It could be someone or something, use your imagination!

5

The third step is finding yourself 'A Challenge!' This is something you would like to work on such as finding time to meditate or going to bed earlier. Try making a little list first, so you have some options to choose from!

6

Let's finish by choosing a 'Focus for Today.' Simply jot down a message to yourself as a kind reminder. The best way to prepare for this exercise is by brainstorming anything that comes to your mind, and from there you pick the one that is of the highest priority.

TIP — For your letters, you can try to apply pressure to create thick lines on your downstrokes and then ease up on the pressure as you create your upstrokes. Or else outline your letters and colour them in using the marker.

Check out Candy's tutorial here!



Activity Template

