

DOODLE EXTRAVAGANZA DAY #1 ! FOUND



There are four videos in this series that you can use as prompts for each week. Here is the first one: Seaweed Doodle Extravaganza!

Prompt: To start, try using a found object, like seaweed (a kelp bulb!) to help spark shapes as you begin. Then grab a piece of paper or sketch notebook and a black pen. You can also add color with crayons, pencils or markers if you choose.

We'll start with free form and move towards flora & fauna over the course of the month and then a beautiful hodgepodge of it all!

DOODLE EXTRAVAGANZA DAY #2 ! CREATE



Start with a word. Maybe your word for the year or an intention you'd like to set for this month. See where your pen takes you ... you can repeat patterns, add circles. Explore what it feels like to keep it black & white. Then, if you'd like, add color. You could also grab some tea, and light a candle for some doodling ambiance.

My intention for the month is "create". I often feel like I have to do everything perfectly and I want to embrace my (many!) imperfections. So my focus this month is on creating and enjoying the

process in the moment & being me. If worry and stress come up, I'm sending them to have margaritas--at least while I'm doodling, anyhow.

Happy Doodling! And being the you'est you!

DOODLE EXTRAVAGANZA DAY #3 ! LOVE

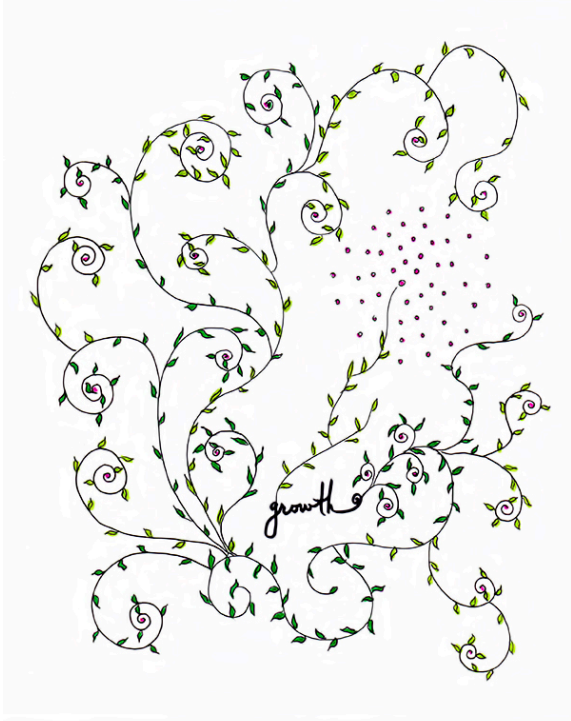


Today, try setting a timer for your doodling free form session and see how it feels for you to spend 15 minutes doodling. Before you start, close your eyes and take three deep breaths, paying attention to how you are feeling in your body. Then set the timer and doodle, letting your pen lead you. You can start with an intention as you doodle. Mine today was love.

After 15 minutes, put down your pen, close your eyes, breathe slowly and see how you feel. Make a note of this in your journal or on your doodle. If you have time and want to play with color... color away. It's like your own personal, home-made coloring book.

Happy Doodling! And being your you'est you!

DOODLE EXTRAVAGANZA #4 ! GROWING



"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." –Viktor Frankl

I used to think growth was a linear process. Point A to Point B. Issue solved. No more issue. Many moons ago, when I was again struggling with an issue I thought (no, knew) I had resolved, my wise sister, Brenna, beautifully described growth as more like a spiral. We move to various points on the spiral back & forth, back & forth, but never back to the same point. This visual has helped me many times.

As I was contemplating growth (and my navel) during this doodle...I kept thinking of tender stems and leaves winding their way up & over, swaying this way and that, creating wee little spirals. Definitely not linear. Sometimes my growth is like that

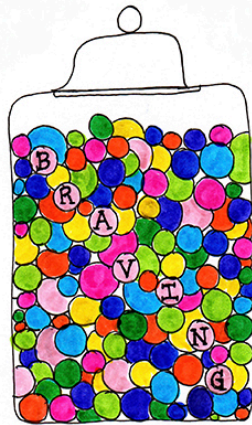
too...a little all over the place!

What does growth look like for you?

Happy (or whatever feeling you are having) Doodling. And being your you'est you

DOODLE EXTRAVAGANZA #5 ! BRAVING

"Trust is built in very small moments."



BRENÉ
BROWN'S ANATOMY
OF
TRUST

My doodle today was inspired by the amazing researcher and storyteller Brené Brown. I loved her Super Soul Session about building trust--in others & ourselves-- in small moments. Each marble in a jar a symbol of a moment. She explains the anatomy of trust with her acronym B.R.A,V.I.N.G. Boundaries. Reliability. Accountability. Vault. Integrity. Non-Judgment. Generosity.

And she talks about starting with our own marble jar...which led me to doodle this and start thinking more deeply about self-trust (also self-love).

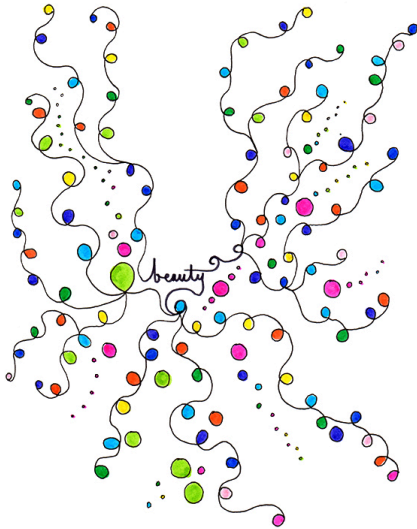
What does trust look like to you?

Happy Doodling! And Trusting. And being your you'est you.

P.S. See the talk here:

<http://www.supersoul.tv/supersoul-sess.../the-anatomy-of-trust>

DOODLE EXTRAVAGANZA DAY #6 ! BEAUTY



"Since love grows within you, so beauty grows.
For love is the beauty of the soul."--Saint Augustine

Breathe in. Breathe out.
Breathe in. Breathe out.
Breathe in. Breathe out.
Doodle, beauty, doodle.

Happy Doodling! And being your you'est you.

BONUS DOODLE! OWLS



Owls....one of my favorite creatures to draw! They are such magical, wise creatures...

Owls were day #13 of a month long "Draw A Day" challenge I'm doing on Creative Bug....in case you want to also try that out here: <https://www.creativebug.com/.../single/daily-drawing-challenge?> (It's \$4.95 a month for a subscription & they have a free two week trial if you want to check it out.)

Happy Doodling! And being your you'est you!

HAPPY DOODLING! AND BEING YOUR YOU'EST YOU!