

DOODLE EXTRAVAGANZA DAY #21 ! WHIMSY DOODLE EXTRAVAGANZA!



Sometimes I get so caught up in trying to do everything perfectly that it paralyzes me. Then I wind up doing nothing at all.

So, I sent my inner Procrastinating Perfectionist Patty out for a few margaritas and five (or so!) year old Rachel took over for a wee while. We played, using our non-dominant hands to create, doodling whimsical animals, writing words of love, and coloring outside the lines! My little me self loved up my grown up self for silly doodling time.

Try putting your inner young, magical self in charge. Grab some crayons, markers, finger paint or magical fairy dust and doodle with your non-dominant hand. See how you feel and what you make.

Hang up your artwork on the fridge or frame it & put it in your office! Use it as a reminder to love up the little one inside of you.

Happy Doodling and being your you'est you!

DOODLE EXTRAVAGANZA DAY #22 !

MEERKAT



Meerkat!

What whimsical creatures bring a twinkle to your eye?
Today, try doodling funny creatures that delight
you...real or imagined.

Happy Doodling to you, beauties. And being your you'est
you!

DOODLE EXTRAVAGANZA DAY #23 ! SUN FUN DAY - NO TECH!

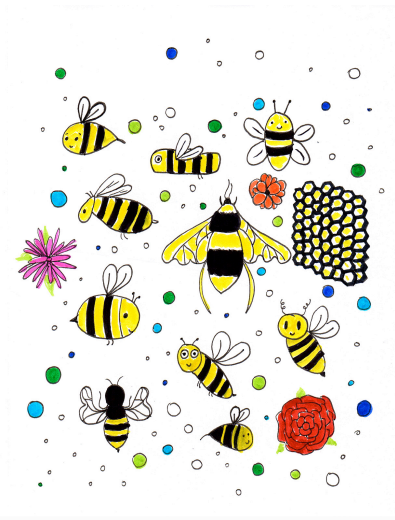


Look at this prompt the day before and try a
tech free day of doodling!

I don't know if you've experienced the "going
down the rabbit hole" phenomenon on social
media, but I have. By the time I've gotten to
kittens massaging each other (which, I
confess, I find really cute) I know I'm there.
When my honey-boo, Rocky, hears mewing
coming out of my phone, he gives me a
quizzical, knowing look. To me, it means
"Rabbit hole, eh?" Then I giggle & go for a
walk or keep watching and find a video with a

dog playing the piano & howling. Also, very funny & cute (to me anyhow).
So doodle away the old fashioned way...without the interweb.
Happy Doodling to you, beauties. And being your you'est you!

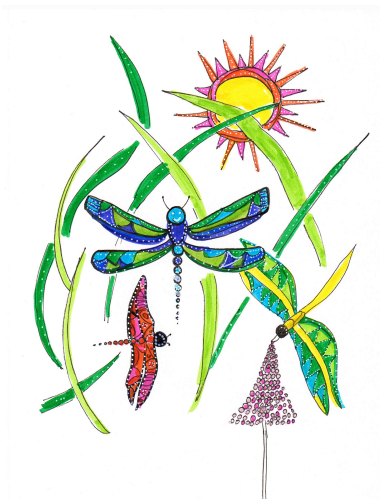
DOODLE EXTRAVAGANZA #24 ! BEES



Bzzzzzzzzzzzzzzzzzzzz..bringing all the doodling elements together this week! Animals, bubbles, flowers, honeycomb.....what floats into your noggin' to help you relax your mind & spark creativity?

Happy Doodling to you, beauties. And being your you'est you!

DOODLE EXTRAVAGANZA #25 ! DRAGONFLY



"I can still only see a dragonfly, its wings as thin and light as silk and its body the color of rainbow. But on the wings of this dragonfly I take off and fly, for my soul carries no weight. It is our bodies – these borrowed vehicles of flesh and bone – that weigh us down. Our spirits are eternally free and invincible."-- Daniela I. Norris

Notice how you feel after reading this quote. What does it inspire you to doodle? Happy Doodling to you, beauties. And being your you'est you!

DOODLE EXTRAVAGANZA DAY

#26 ! BIRD WITH BUBBLES



"A forest bird never wants a cage." Henrik Ibsen

What supports you to feel free and uncaged? Doodle with this in mind...

Happy Doodling to you, beauties. And being your you'est you!

DOODLE EXTRAVAGANZA DAY

#27 ! LADYBUGS



"The Ladybug wears no disguises.

She is just what she advertises.

A speckled spectacle of spring.

A fashion statement on the wing...

A miniature orange kite.

A tiny dot-to-dot delight."

-J. Patrick Lewis, "The Little Buggers"

How would you be if you wore no disguises? What would your inner muse want to reveal? Doodle thinking about your yummy you-ness and see what is revealed... Happy Doodling, beauties. And being your you'est you!

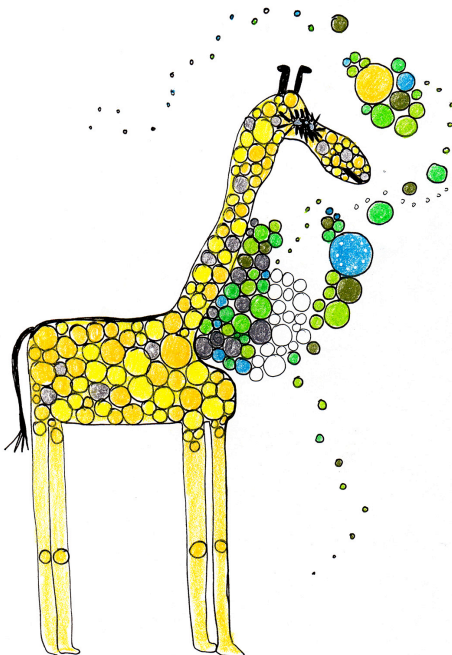


DOODLE EXTRAVAGANZA #28 ! SELF-LOVE POTION

"You yourself, as much as anybody in the entire universe, deserve your love & affection."
~Buddha

Give yourself a little love potion as you doodle today.

Happy Doodling to you, beauties. And being your you'est you!



DOODLE EXTRAVAGANZA DAY #29 ! GIRAFFE

Celestial Giraffe!

For me this one is kind of wonky... a giraffe-y like creature with spots/ bubbles that are moving from the stars and cosmos from and to her. My hubby, Rocky, just said "The bubbles are love and light. Love and light." Yep-a-doodle; he is wondrous and fantabulous! And so are youuuuuuuuu.

What's your wonky love and light look like in a doodle?

Happy Doodling to you, beauties. And being your you'est you!

DOODLE EXTRAVAGANZA DAY #30 ! OWLETS ON BRANCHES



Hoot! Hoot!

I'm in an owlet state of mind....having painted owl rocks for my upcoming Healing the Healer workshops. I fall in love with the little creatures!_For me, they are whimsical reminders of trusting my own wisdom and intuition.

Doodle away & ponder.... what represents inner wisdom and intuition for you?

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DOODLE EXTRAVAGANZA #31 ! THREE BIRDS ON BRANCHES



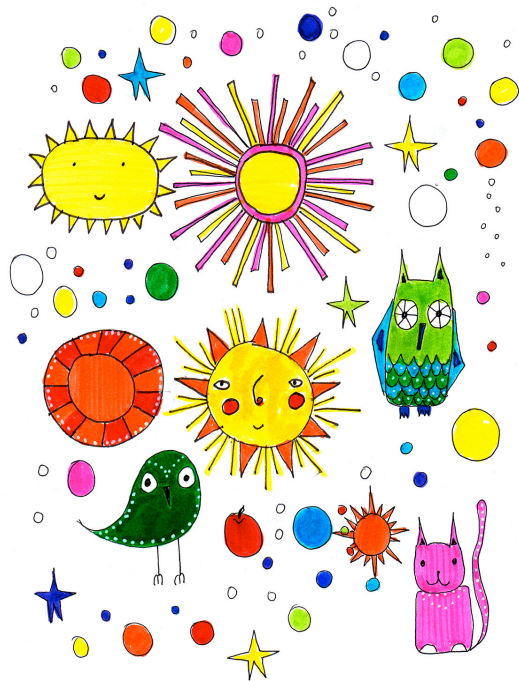
Chirp! Chirp! Chirp!

Chirp chirp chirp chirp chirp chirp chirp chirp. Chirp chirp chirp chirp! Chirp!

Chirp chirp chirp chirp chirp chirp chirp chirp.

Chirp chirp, chirp. Chirp chirp chirp chirp'est chirp!

DOODLE EXTRAVAGANZA DAY #32 ! THE END (FOR NOW) SUNS, BIRDS, BUBBLES



"I like nonsense, it wakes up the brain cells. Fantasy is a necessary ingredient in living, it's a way of looking at life through the wrong end of a telescope. Which is what I do, and that enables you to laugh at life's realities."

Dr. Seuss

Oh, how I love Dr. Seuss and his wisdom. Here is a hodgepodge nonsense doodle with some of my favorite creatures, among bubbles, stars, and floaty floats. Ma goats.

What goofy nonsense rhymes and doodles do you love....that help you to giggle a little?

Thanks for joining me on this Doodle Extravaganza adventure to support relaxation and spark creativity!

HAPPY DOODLING! AND BEING YOUR YOU'EST YOU!