



GLORIA B. COLLINS

DAILY ART PLANNER

Learn by building the habit with a daily sketch

GLORIABCOLLINS.COM

Hello, creative!

As humans, we are most content when there is a purpose in the things we do. With this download, I challenge you to sit for ten minutes a day in total discomfort.

If you ever dreamed you had the talent to draw yet convinced yourself with a bucketload of excuses that it was beyond your reach, why not learn by building the habit with a daily sketch. Nothing intricate to start for now; begin a routine.

As you begin to build your daily sketching habit, you will see improvement guaranteed. Your observational skills will soar. You will look and see ordinary things more intensely and realize how extraordinary they are.

Most of us are accustomed only to use the left side of our brain, which is our verbal and rational brain. But what about our non-verbal, intuitive brain, the right side of the brain. How can we strengthen that side of our brain? By using it!

Cultivating the right side of our brain creates lovely discomfort. This discomfort keeps us alive and showing up in-person to explore creativity and to understand what we see. But more importantly, it keeps the brain in tip-top shape. So I challenge you here to keep the brain in optimal health, exercised, and happy.

With Love,



Gloria B. Collins

How to use this planner

- ✔ Start by defining your 'Why' and your 'Goals.' THIS IS IMPORTANT TO develop your daily art practice and to give you a sense of purpose.
- ✔ Focus on drawing the same thing for SIX DAYS, and you can do this for as little as 10 minutes a day. Tackle different angles, various tools, proportions, etc., to get familiar with the item's lines and curves. YOUR FIRST SKETCH WILL MAKE YOU FEEL DISCOMFORT BUT BE BRAVE AND FORGE AHEAD. Choose a different topic every week.
- ✔ Every quarter, revisit here ANY item you felt most proud of and sketch IT again in the Quarterly Planner space. Be confident, be bold and have fun with your drawing here. BE PROUD HERE YOU WILL SEE YOUR IMPROVEMENT.
- ✔ Share your progress on my Instagram page and tag me @gloriabcollins and use #GCB-ArtPlanner and I will feature your work in my stories.
- ✔ For those who need a little bit of inspiration to get started, I included A COLORING PAGE TO GET YOU IN THE FLOW.

What is your 'Why', i.e. why are you working to develop your Art habit?

What are your goals? what are you hoping to accomplish with this habit?

Weekly Art Planner

WEEK OF (DATE): _____

GOALS FOR THE WEEK

- _____
- _____
- _____

WHERE AM I GETTING MY INSPIRATION

Artist

Books

Podcast

Tutorials

THINGS I NAILED

- _____
- _____
- _____
- _____
- _____
- _____

THINGS THAT WERE A CHALLENGE

- _____
- _____
- _____
- _____
- _____
- _____

Weekly topic

Daily Art Planner

DATE _____

MON

TUE

WED

THU

FRI

SAT

SUN

My selected theme for the week,
and why?

Things I'm really looking to get
my sketch right

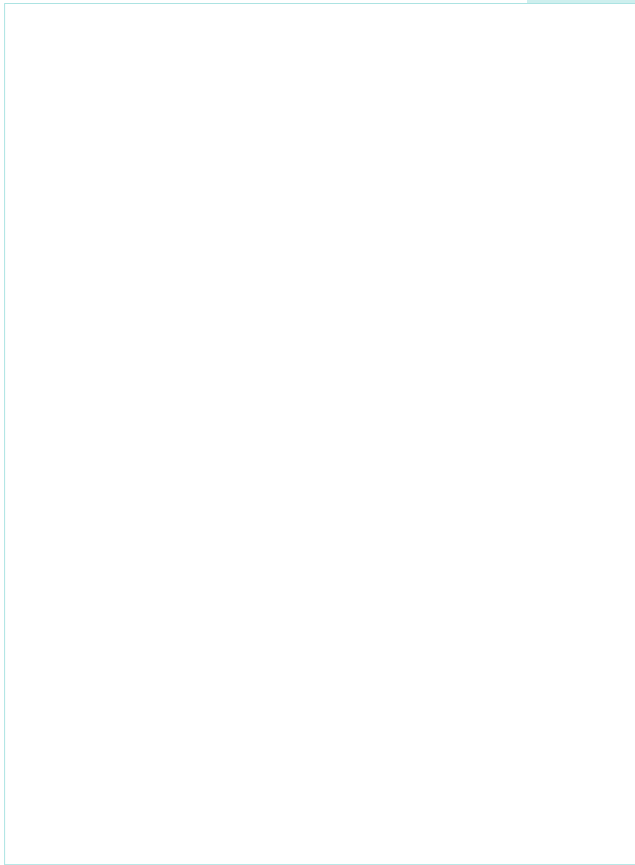
What about drawing this item made me most uncomfortable?

FOCUS ON DRAWING THE SAME THING FOR THE WEEK FROM DIFFERENT
ANGLES HERE. AND THEN IN YOUR SKETCHBOOK OR SEPARATE PAPER.

1

2

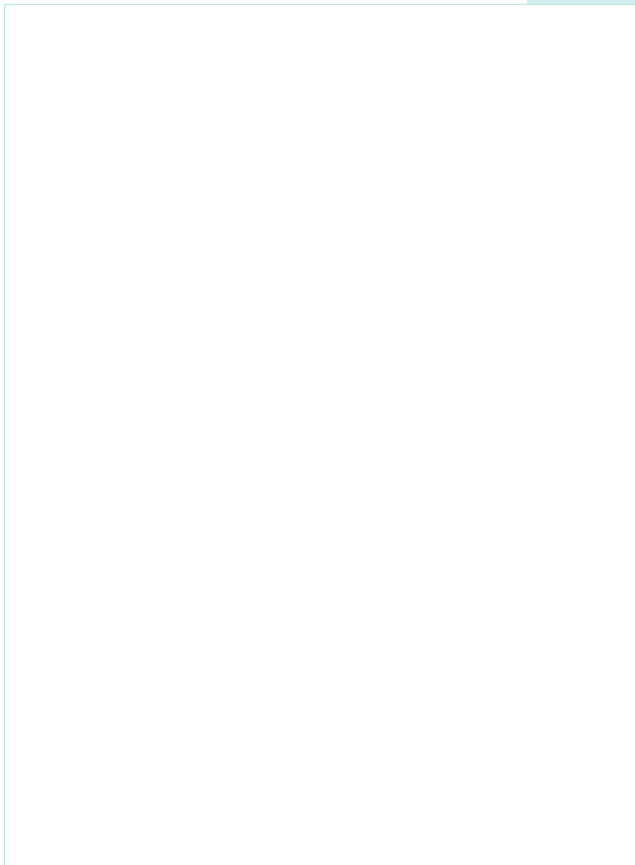
3



4



5



6



Quarterly Art Planner

TIME TO REVIEW

Now that you've practised sketching every week drawing the same item. Pick the one that challenged you the most or the one you breezed through and have another go at it. Don't be critical but notice the improvement from your very first attempt. Yea! You are on your way to really seeing things in front of you



Coloring Page

