

# INSPIRATION JOURNAL

Creating a Visual Diary



A hands on exploration of your inner artist as we work together creating your visual legacy. The inspiration journal has become the hallmark of my creative play and growth as an artist. This workshop promises to challenge you to look at yourself as a creative soul and will encourage artistic growth with each page you complete.

## Techniques Learned:

- Layered and painted backgrounds
- The art of “dripage”
- Uses of different mediums (acrylic, gel medium, watercolor, charcoal, crayons and/or pencils)
- Image Transfer
- India ink and nib pen or fountain pen
- Building and designing in layers
- 3-D effects

## Supplies Needed for Class:

*Must fit inside a 1 gallon ziplock baggie - (really, yes!)*

- handful of your favorite acrylic paint colors including a white
- 1” paint brush (foam is ok but bristle is preferred)
- 1-3 photo copies of photos/images to be used for image transfer (NEED to be toner copies to work).
- Ribbon scraps
- Fabric scraps
- Black stazon
- Book text
- Patterned paper scraps
- Buttons
- Sewing thread
- Sewing needle

- Lace scraps (optional)
- 1 paper punch
- favorite quotes (optional)
- random happy things (paper flowers, bling, stickers, ephemera, etc)
- Something that makes you smile clipped from a magazine or publication

## Tools Needed:

*Does not have to fit into the baggie*

- Heat gun
- Quick drying adhesive (helmar 450 quick dry, beacon’s 3-in-1, or aleene’s Tacky glue)
- Scissors
- Charcoal pencil (preferred) or regular pencil
- Spray bottle
- Rag or cloth to clean your brush
- Mug, jar or other item to fill with water to clean brush
- Apron (strongly recommended)
- Favorite stamps (optional)
- Favorite inks or distress inks (optional)
- Watercolor crayons or pencils (optional)
- Watercolor palette paints (cheap ones)
- India ink and dip pen or fountain pen (optional – most pens will not write over acrylic or painted surfaces these pen types work amazing)



## Product Resources

Check first with your Local scrapbook store or event for the following items. However, you should be able to find all of the following products at your local craft or art store)



### FOR IMAGE TRANSFER

*Liquitex Gel Medium*

00618-1015 Gel Medium, Matte 8 oz

<http://www.dickblick.com/products/liquitex-gel-mediums/>

*Golden Gel Medium* (does a better quality transfer)

00628-1075 3030 Regular Gel - Matte 8 oz

<http://www.dickblick.com/products/golden-acrylic-gel-mediums/>

### WRITING/PEN

*India ink*

Any brand will work, I use Dr. Martin's Bombay black

<http://www.dickblick.com/products/dr-ph-martins-bombay-india-inks/>

*Nib pen*

<http://www.dickblick.com/products/speedball-standard-point-dip-pen-nibs/>

*Standard Pen Holder*

22930-0000

*Nib tip*

20913-1512 Standard Point Dip Pen, Individual Nib #512

*Disposable fountain pen*

<http://www.dickblick.com/products/pilot-varsity-disposable-fountain-pens/>

### CHARCOAL PENCILS

*Any brand*, 1 medium one is good

<http://www.dickblick.com/products/derwent-charcoal-pencils/>

### WATERCOLOR CRAYONS

*Caran d'Ache Neocolor II* are the best! But any will do.

<http://www.dickblick.com/products/caran-dache-neocolor-ii-artists-crayons/>

### WATERCOLOR PALETTE

Any cheap ones will work like this

<http://www.dickblick.com/products/prang-washable-watercolor-sets/>