



QUIRKY YOU

with
tamara laporte

SUPPLIES USED THIS SESSION

Please note, below are the supplies I used, but you can substitute the supplies if and where needed if you don't have what I've used.



- 2 Sheets of hotpressed watercolour paper (140lbs) (I used 12 x 9" but you can use 16 x 12" if you prefer)
- Graphite pencil (I like the graphgear 1000 by pentel 2b in lead, 0.9 width, but any graphite pencil will do.)
- Watersoluble crayons (Caran D'ache Neocolor II) or any other water based paints
- Tombow Markers
- Ecoline inks
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- Acrylics Inks
- Golden High Flow
- Some heavy body acrylics (in the bonus video)
- Posca Pens: black & white



Personal Development Exercise

For today's session we are going to embrace & celebrate our supposed 'imperfections'/ 'flaws'/ 'eccentricities' by drawing & painting a Quirky Bird which incorporates some of these 'supposed flaws'. :) The quirky bird represents YOU with all your quirks!

In today's session, I want to remind you to embrace your beautiful self in all your glory; flaws, quirks, imperfections & eccentricities included, no matter what the world tells you!

We get so many messages from the media, in our upbringing and in our conditioning saying that we should change things about ourselves (be thinner, less wrinkly, stronger, less loud, smile more, wear the 'right' things, act differently, behave etc). No matter where you look, someone somewhere wants to tell you how you can (and should) change & improve yourself.

Well, I'm here today to tell you:

**You Be You
and Let the
World Adjust.
-Mark Groven**

Embrace your 'imperfections'
You are good enough as you are.
Embrace your funny quirks.
You are perfect and worthy, as you are.
Love the glorious messes.
You are loved, just as you are.
Embrace your eccentricities.
You are whole and made of light.

SHINE LIKE THE
WHOLE UNIVERSE IS YOURS

