



**BONUS**  
**Gratitude Flowers**  
**for the Life Book**  
**Creativity & Wellbeing Summit**  
**with Tamara Laporte**

**S**UPPLIES 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.*

- ◆ An art journal or 1 Sheet of hotpressed watercolour paper (140lbs)
- ◆ Graphite pencil (I like the graphgear 1000 by pentel 2b in lead, 0.9 width, but any graphite pencil will do.
- ◆ Watercolour paints (I used Jane Davenport)
- ◆ Watersoluble crayons (Caran D'ache Neocolor II) or any other water based paints
- ◆ Tombow Markers
- ◆ Posca pens black and white & purple
- ◆ White acrylics
- ◆ Smooth Markers Jane Davenport
- ◆ Colour Pencils





