



1. List 5 painting goals that you want to accomplish this year.

(e.g., To take part in the #100days challenge with painting, paint in Plein air, paint from your own reference photo & share with the group, create a watercolor series for yourself, etc)

- 1.
- 2.
- 3.
- 4.
- 5.

2. Please pick one goal from your list & write how you will create a habit & build that practice into your life.

The aim is to start with something small and then build on it over a long period of time (eg. Start the #100daychallenge & paint a small painting every day)

GOAL - What you want to do:

(eg. paint a small painting every day for 100 days & post every painting on socials)

Habit - How you intend to do that:

(eg. I will wake up at 7 am every day for the next 100 days & paint a small painting in 20 mins)

Process - How to build it into your life

(eg. Set out all my paints & materials the night before)