**Watercolor Painting for Art Journaling:**

**Your Travels in Sketches and Paintings**

with Misuk Goltz

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Why Journaling? Your journal can become a sanctuary where you contemplate, reflect or resolve matters in your life; it’s just like keeping a diary. Or simply giving you the pleasure of recording the moments in your life you want to remember. If you are an artist, you already have the tools you need to create imaginative journal pages. Moreover, journaling will allow you to grow your skills as an observer, creator, and painter. For watercolor painters who want to bring their work to a different level, come and learn different painting methods and practice them with guidance and feedback from the instructor.

**Workshop Agenda:**

Introduction to Journaling

Brainstorm: “What do I want my journal to be?” Medium to practice sketching

and painting? Keepsake? Diary? Travelogue?

Page Design Exercise: Play with different formats: horizontal, vertical, square or

your own creation

Journaling Exercise: demos on painting/sketching (people, landscapes, urban

scenes, animals) showing methods and strategies to construct journal pages

Start your journal! Start your painting

Individual discussion (5 minutes for each participant) on each one’s progress

Informal showing of student journals to share ideas

Book Binding: Make your own journal book