

# *Natural Reflections*



**Finding healing inspiration in nature's beauty**

# A Live Online Arts Workshop

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<https://www.crowdcast.io/e/q1p39xgh>

Designed and Presented by Christine Elder



[www.ChristineElder.com](http://www.ChristineElder.com)

# Today's Plan

- Introduction – why this project and why now?
- Reflection on year and 2020 core desired feelings
- Set stage and describe the art project
- You'll complete art activity on your own
- Invite to free course when sharing your images

An open notebook with two blank white pages is the central focus, resting on a dark brown wooden surface with prominent grain lines. The notebook is surrounded by several autumn leaves in shades of yellow and orange. Scattered around the notebook are several small, vintage-style photographs. A silver paperclip is attached to the top left corner of the left page. The overall scene is framed by vertical panels of colorful, abstract watercolor-like textures on the left and right sides.

# **Brainstorming Session**



# Core Desired Feelings

- Physical health
- Emotional health
- Spiritual health
- Professional health
- Financial health









# Your Turn to Brainstorm





# Description of Art Project

(You'll do this on your own)

# Link to Step-by-Step Guide

(as described in following slides)

[CLICK HERE TO GET THE GUIDE AND OTHER RESOURCES](#)

<https://christineelder.com/vision-board/>

# GATHER YOUR ART SUPPLIES

- A journal and your favorite writing implements in different colors.
- Scissors, decorative pens, and several glue sticks.
- Sturdy background paper or board.
- Choice of art media: watercolors, pens, decorative papers, etc.



# SET UP YOUR CALM SPACE

- A quiet, private area without tech or people distractions.
- Cozy place to sit with your journal, pens, and favorite beverage.
- Soft lighting, candles, incense, or flowers for inspiration.





# BRAINSTORM YOUR IDEAS

- List the core desired feelings that you'd like to envision for this project.
- Pair each with a plant, animal, or landscape that most closely matches that feeling and has a strong personal connection for you.



# GATHER YOUR IMAGES

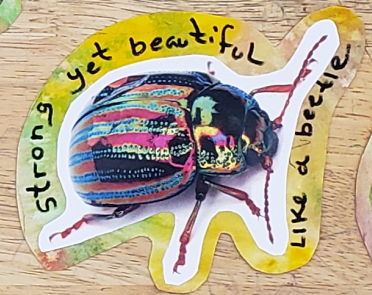
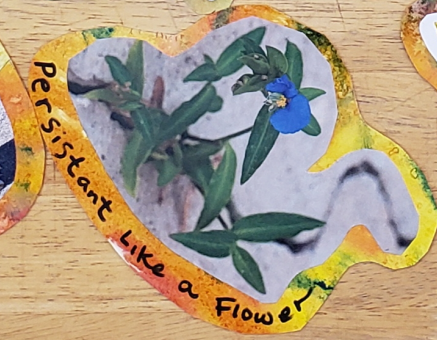
- Images of you: from photo albums, computer, your social media.
- Images of nature: plants, animals, landscapes. Find in your own photos, take new photos, online, stock images, your social media.



# ARRANGE YOUR IMAGES

- Create a mockup arrangement of your images in a decorative way.
- You might try a background of landscapes and a foreground of your totem images as I did in my example.
- Choose an appropriately sized mounting board based on your design.







# CREATE YOUR ABSTRACT BACKGROUND

- Create a decorative, flat-surfaced background upon which your collage of totem images will be glued.
- Try watercolor, maps, origami paper or other decorative papers.



Patient as orchid



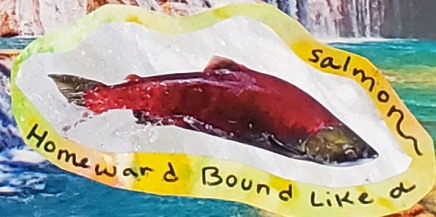
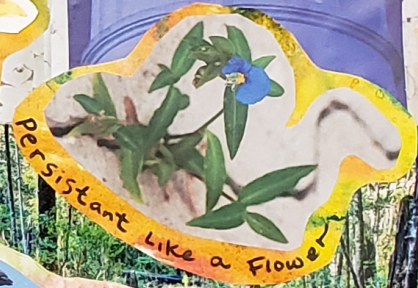
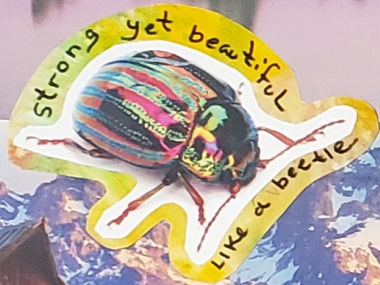


strong yet beautiful  
like a beetle



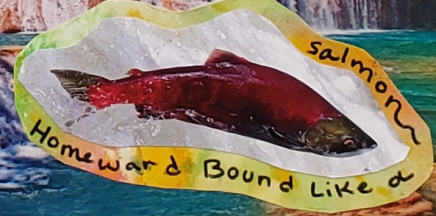
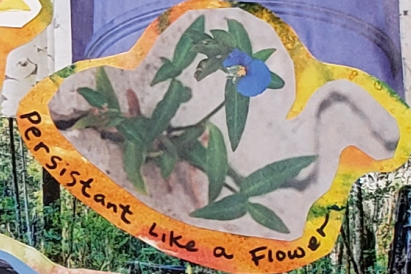
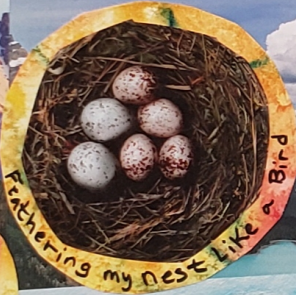
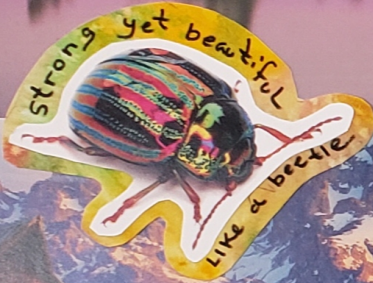
# ASSEMBLE YOUR BOARD

- Glue your previously arranged images onto your mounting board.
- Add phrases like “I am *reborn* like a *butterfly*”, based on the phrases and images you chose. Perhaps use calligraphy pens or other decorative writing implements. If you’d prefer to keep the meanings secret, skip this step and let the images speak for themselves.



# FRAME AND HANG YOUR VISION BOARD!

- Congratulations, you're done!
- Create a new vision board for each year or at the start of each new chapter of your life!





# Claim Your Free Gift!

Submit a clear digital photo of your project and get this course for free

Send image to me at: [hello@christineelder.com](mailto:hello@christineelder.com)



[LEARN ABOUT COURSE HERE](#)

# Thanks for joining me!



[www.ChristineElder.com](http://www.ChristineElder.com)