



BE STILL

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DONALDSON  
— CREATIVEGIRL —

hello!

I am so happy that each of you chose to spend some of your creative time with me. For many of you, you have walked the creative walk with me for the past three years and I am so thankful that you decided to join me for this little-but-big class, **be still**.

The content for my class, **be still** has been created for those of you who can't travel to work with me in person. And if you have worked with me in person, this will be a great little reminder of all that we learned!

I'll show you how to cut and sew your very own compass hearts. They are SO much fun and really satisfying to make. We'll follow up with a pretty darn cool lesson in watercolor where we will practice choosing and mixing colors based on our compass hearts. Next, we'll break down each leaf and flower and practice, practice, practice! Last, we'll put all of what we learned together and make beautiful compass heart florals that will hopefully serve as a reminder to stay present and know where your heart is supposed to be.

## Supplies

- ✓ Canson Moulin du Roy Cold Press watercolor paper
- ✓ Daniel Smith tube watercolors
- ✓ Cotman round, designer round, angle and filbert watercolor brushes
- ✓ clean water/table salt
- ✓ paper towels
- ✓ patterned paper
- ✓ scissors/glue
- ✓ sewing machine
- ✓ tracing paper
- ✓ mechanical pencil, .3 lead/white vinyl eraser

compass hearts

notes





notes

A series of horizontal dashed lines for taking notes, spanning the width of the page below the 'notes' label.

Handwriting practice lines consisting of 20 horizontal blue dashed lines.





imagine



## creative practicing

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*So let's talk about the dreaded copying thing*

Finding our own creative. Inspired by everything. Practicing over and over. The magical moment when we make it our own.

### **This is the art of creative practicing.**

(in other words, when copying is looked at as a positive thing, something I truly believe is possible, as long as we use common sense and respect the process and the people involved.)

I am here to teach you how I do stuff. You are here to copy how I do it. It is a starting point for you to grow your own practice. I truly believe that is how every single artist grows.

*So here is the legal stuff.*

My content is protected by intellectual property/copyright law. My art (handouts/step-by-step/examples/work in progress/finished pieces) on my website, social media, online offerings, and in-person events are the Intellectual Property of Danielle Donaldson (creativeGIRL).

you can find the official guidelines to copying and selling art based on my book, online and in-person classes and a bunch of other stuff that is just a peek into how I look at these types of things on my website at [www.danielledonaldson.com/creativepracticing](http://www.danielledonaldson.com/creativepracticing). Please take a minute to check it out. As a growing-artist-who-is-trying-my-best-to-make-this-my-fulltime-gig, I would really appreciate it – and would love your feedback and thoughts about this big, elephant-in-the-room subject.

*enough of that. yuck.*

## stay in touch

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I am so honored that you chose to spend time with me at this color-filled workshop! Please keep in touch! The best way to reach me is through my contact page on my website. Any other way guarantees big delays or possibly (gasp) no response at all. You can find it here: <http://danielledonaldson.com/contact>

- ✓ **Instagram** [www.instagram.com/danielledonaldson](http://www.instagram.com/danielledonaldson)
- ✓ **Facebook** [www.facebook.com/danielledonaldson.artist](http://www.facebook.com/danielledonaldson.artist)
- ✓ **Pinterest** [www.pinterest.com/danielledartist](http://www.pinterest.com/danielledartist)
- ✓ **Newsletter** [www.danielledonaldson.com/subscribe](http://www.danielledonaldson.com/subscribe)

### **PAPER always use at least 140# paper. always.**

- ✓ **cold-press paper** slightly to moderately textured
- ✓ **hot-press paper** smooth

### **BRUSHES these are types I use most.**

- ✓ **angle brush** precise strokes and angles (perfect circles, too!)
- ✓ **filbert (oval) brush** blending and filling – my personal fave
- ✓ **oval wash** great for wetting and working with big areas
- ✓ **round brush** fill and detail work – the most versatile by far
- ✓ **designer round brush** a more advanced round that creates greater detail
- ✓ **liner** perfect for really fine, detail work and lines

### **PAINT get (extra) good paint**

- ✓ **Daniel smith** everything about these tube paints are amazing.
- ✓ **Sennelier** if you prefer ready-made pans, try these. the colors are luscious