



A Mini Guide to Gathering Supplies for Your 7-Day Colour Journey

Gathering supplies for this journey should feel fun and inspiring, not overwhelming! There's NO need to buy anything new—use what you have on hand and think outside the box. Below are a few suggestions to get you started:

- Watercolours, acrylics, or gouache
- Coloured pencils, pastels, or crayons
- Ink, charcoal, or fine-tip pens

- Sketchbooks, and/or any variety of papers
- Magazine cutouts, newspaper, or old book pages (for collage)
- Canvas, cardboard, or packaging scraps

- Fabric, lace, ribbons, or yarn
- Leaves, flowers, or natural materials
- Wrapping paper, tissue paper, or textured wallpaper

- Colored gels, cellophane, or transparent objects
- A flashlight or natural light through coloured materials
- Smartphone or camera to capture creative light effects

- Brushes, sponges, or palette knives
- Scissors, glue, or tape
- Frames, mirrors, or objects to interact with colour



Your Personal Treasure Hunt

Now, it's time to get creative! Look around your home, outdoors, or even in your closet for unexpected colour inspiration. You can do this as we progress through the series or beforehand.

Some ideas:

- Old and current clothing in different colours and textures
- Jewelry or accessories with unique hues
- Household objects like dishes, notebooks, or decorative items
- Photos & postcards with striking colour palettes

What colours are calling to you?

Do they evoke emotion? Notice any sensations, positive or negative.

Are there any memories associated with specific colours?

Trust your instincts and embrace the process!

Notes & Reflections



(Use this space to jot down any emotions or materials you want to explore, discoveries, or anything that sparks inspiration!)

*Remember: **This is YOUR journey.** There is no right or wrong way to explore the process. **Let intuition guide the way!***

