

BABYPICS

Supply List

- ❑ **Paper for exercise.**
Watercolor paper that is 140 lbs / 300 gsm is best. If you use regular paper, index cards or sticky notes, you'll want to use markers, crayons or colored pencils..
- ❑ **Glue or tape.** Pushpins or tacks to attach your BabyPic exercise to your Vision Board.
- ❑ **Watercolors and waterfast pen.** My favorite pen to use is a finpoint Sharpie pen.
- ❑ **Baby photo or image.** The Lesson Guide has a baby stick figure template if you want to use that.

Optional: Paint pens, sharpie markers in different colors, colored pencils, colored markers, acrylic paints or crayons. You can use embellishments like stickers or washi tape.

Optional: Printables. Use the statements on the printable or create your own. If you use these, you'll need scissors.

You do not have to purchase anything new to complete this lesson. You can substitute the supplies with what you already have in your office. However, trying watercolor can add creativity and color.

This lesson is not about creating a “work of art” it’s about using creativity to uncover and harness the GREATNESS and untapped potential inside you right now.

Suspend ALL self criticism and have fun with this!