



This PDF is a supplement to the 'Finding Your True North' video, please watch it first.

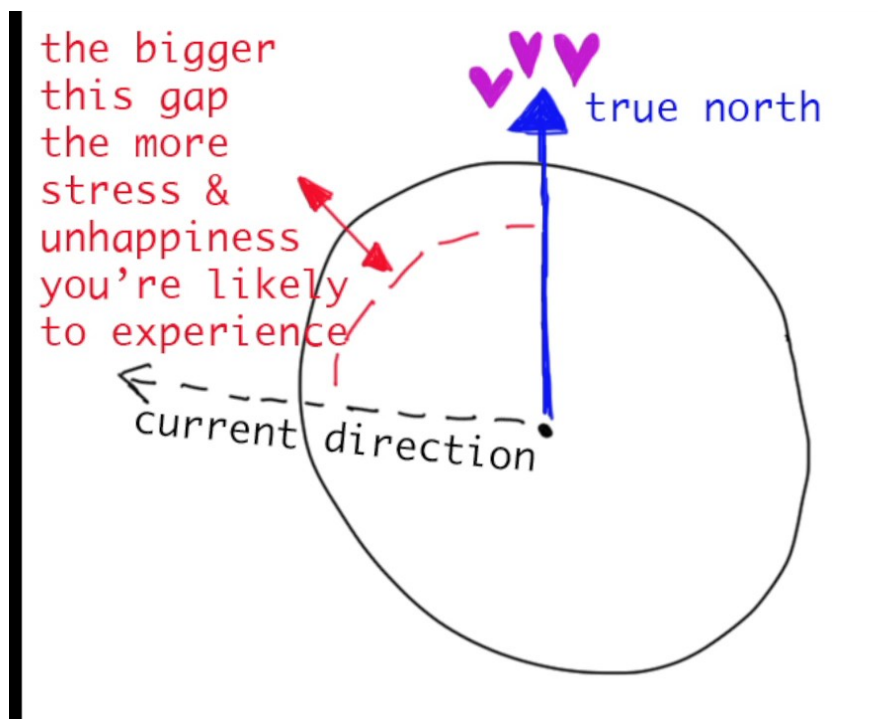
Prioritising Matrix - Stephen Covey

prioritising matrix stephen covey	important	not important	
urgent	1 child wets the bed sheet change feed the children day to day tasks	3	
not urgent	2 relationships learning health making art :-)	4	

To support your journey on style development, attempt to spend some time on prioritising elements in your life that 'live' in box nr 2.

Your True North

Your True North is that place / direction where you feel complete aligned with your wants/ needs & purpose. Things simply flow from you without effort. The direction feels easy, easy going, joyful and fills you with confidence and strength. Your True North is what you *know*. Where you are at your best and most happiest. This can apply to life, in relationships, work, your creative journey etc.



Sadly many of us are not necessarily going into the direction of our True North and sometimes we do not even know what our True North truly is.

To help determine your True North when it comes to style development and understanding your own responses to art classes you've taken or paintings you've made, follow the steps below:

Steps to deepening your understanding of your True North.

After completing the 3 fairy tale lessons each month, ask yourself the following questions about each painting you created and follow your feelings and needs down the rabbit hole to uncover more of your True North. :)

For each element answer these 8 questions:

1. When I created _____ painting, I particularly liked: (describe a technique/ colour/ feeling/ shape etc):

Example answer: *When I created the 'mother daughter' painting I particularly liked creating the faces, the background layering and the connection between the elements on the page.*

2. It made me feel: (look for feelings, not thoughts; refer to feelings list in supplementary PDF):

Example answer: *It made me happy, excited, joyful, at peace, accomplished.*

3. The needs that were met when I created this painting (or used x technique) were: (look for needs as listed in the needs list in supplementary PDF):

Example answer: *The needs that were met were a sense of unity/ connectedness/ connection/ love/ kindness/ achievement/ expression.*

4. When I paint/ create a painting it is important to me that:

Example answer: *It's important to me that the painting has a 'wholeness' to it. That when I create it, all the elements have a relationship with each other. That I feel a tenderness and endearment when I create it. I want the viewer to feel at ease, happy, joyful, touched and moved when viewing the painting.*

5. When I created _____ painting, I did not like: (describe a technique/ colour/ feeling/ shape etc):

Example answer: *My use of the dark black outlines around the bird and the butterflies.*

6. It made me feel: (look for feelings, not thoughts; refer to feelings list in supplementary PDF):

Example answer: *Frustrated, irritated, annoyed and disappointed.*

7. The needs that were **not** met when I created this painting (or used x technique) were: (look for needs as listed in the needs list on the second page):

Example answer: *Effectiveness, communication, competence, self care, self kindness. Unity, a sense of completion, ability. Creative expression.*

8. When I paint/ create a painting it is important to me that:

Example answer: *When I paint a painting it is important to me that; it communicates my feelings and messages effectively. I want to convey my inner most deeper emotions through my paintings, I want to connect and reach other people's souls and hearts through my paintings. I want to communicate a sense of connection and community, love and tenderness through my paintings.*

Your TURN!

To deepen your understanding of your 'True North' in Style Development answer these questions for each fairytale lesson:

1.

Fairy Tale Lesson: _____

1. When I created _____ painting, I particularly liked: (describe a technique/ colour/ feeling/ shape etc):

2. It made me feel: (look for feelings, not thoughts; refer to feelings list in supplementary PDF)

3. The needs that were met when I created this painting were: (look for needs as listed in the needs list in supplementary PDF)

4. When I paint/ create a painting it is important to me that:

5. When I created _____ painting, I did **not** like: (describe a technique/ colour/ feeling/ shape etc):

6. It made me feel: (look for feelings, not thoughts; refer to feelings list in supplementary PDF):

7. The needs that were **not** met when I created this painting (or used x technique) were:
(look for needs as listed in the needs list in supplementary PDF):

8. When I paint/ create a painting it is important to me that:

Other notes:

2.

Fairy Tale Lesson: _____

1. When I created _____ painting, I particularly liked: (describe a technique/ colour/ feeling/ shape etc):

2. It made me feel: (look for feelings, not thoughts; refer to feelings list in supplementary PDF)

3. The needs that were met when I created this painting were: (look for needs as listed in the needs list in supplementary PDF)

4. When I paint/ create a painting it is important to me that:

5. When I created _____ painting, I did **not** like: (describe a technique/ colour/ feeling/ shape etc):

6. It made me feel: (look for feelings, not thoughts; refer to feelings list in supplementary PDF):

7. The needs that were **not** met when I created this painting (or used x technique) were:
(look for needs as listed in the needs list in supplementary PDF):

8. When I paint/ create a painting it is important to me that:

Other notes:

3.

Fairy Tale Lesson: _____

1. When I created _____ painting, I particularly liked: (describe a technique/ colour/ feeling/ shape etc):

2. It made me feel: (look for feelings, not thoughts; refer to feelings list in supplementary PDF)

3. The needs that were met when I created this painting were: (look for needs as listed in the needs list in supplementary PDF)

4. When I paint/ create a painting it is important to me that:

5. When I created _____ painting, I did **not** like: (describe a technique/ colour/ feeling/ shape etc):

6. It made me feel: (look for feelings, not thoughts; refer to feelings list in supplementary PDF):

7. The needs that were **not** met when I created this painting (or used x technique) were:
(look for needs as listed in the needs list in supplementary PDF):

8. When I paint/ create a painting it is important to me that:

Other notes: