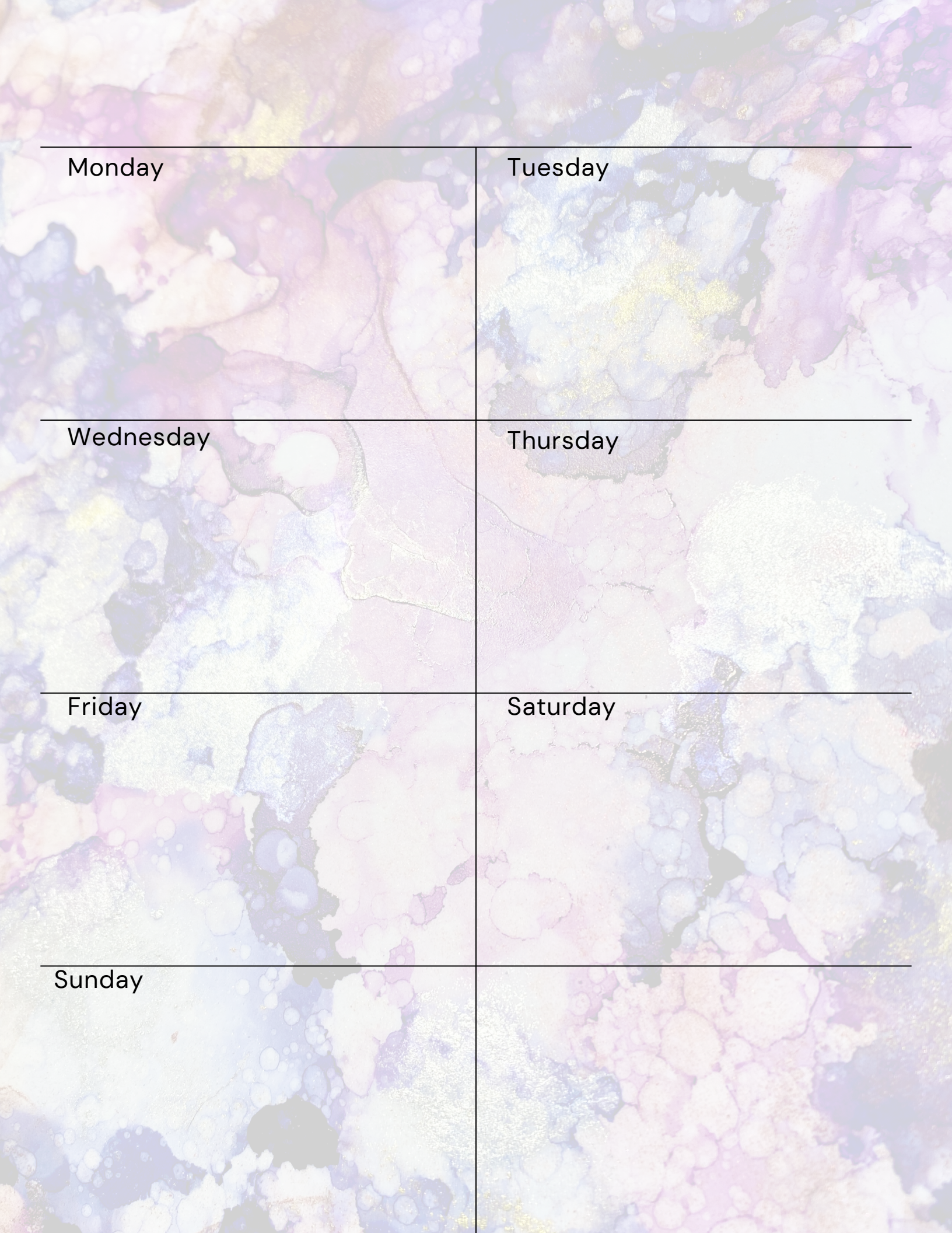




# Mastering Mixed Media Exclusive

by Effy Wild



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Monday

Tuesday

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Wednesday

Thursday

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Friday

Saturday

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Sunday

# This Week

Monday

To Do List

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Tuesday

\_\_\_\_\_

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\_\_\_\_\_

Wednesday

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\_\_\_\_\_

Thursday

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Friday

\_\_\_\_\_

Notes

Saturday

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Sunday

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# Weekly Wraps Up

Date:

Keywords

How full did my cup feel?

**empty** **full**

How Was My Mood?

**poor** **amazing**

Energy

**low** **high**

What was beautiful this week?

How was my self-care this week?

What were my favourite moments?

What do I want more of next week?

Notes



# Today's Intentions

Date: \_\_\_\_\_

Moon Phase/Sign: \_\_\_\_\_

Mood ☹️ 😞 😊 😄

How full does my cup feel?

○ ○ ○ ○ ○  
empty full

How was my sleep?

○ ○ ○ ○ ○  
poor amazing

Energy

○ ○ ○ ○ ○  
low high

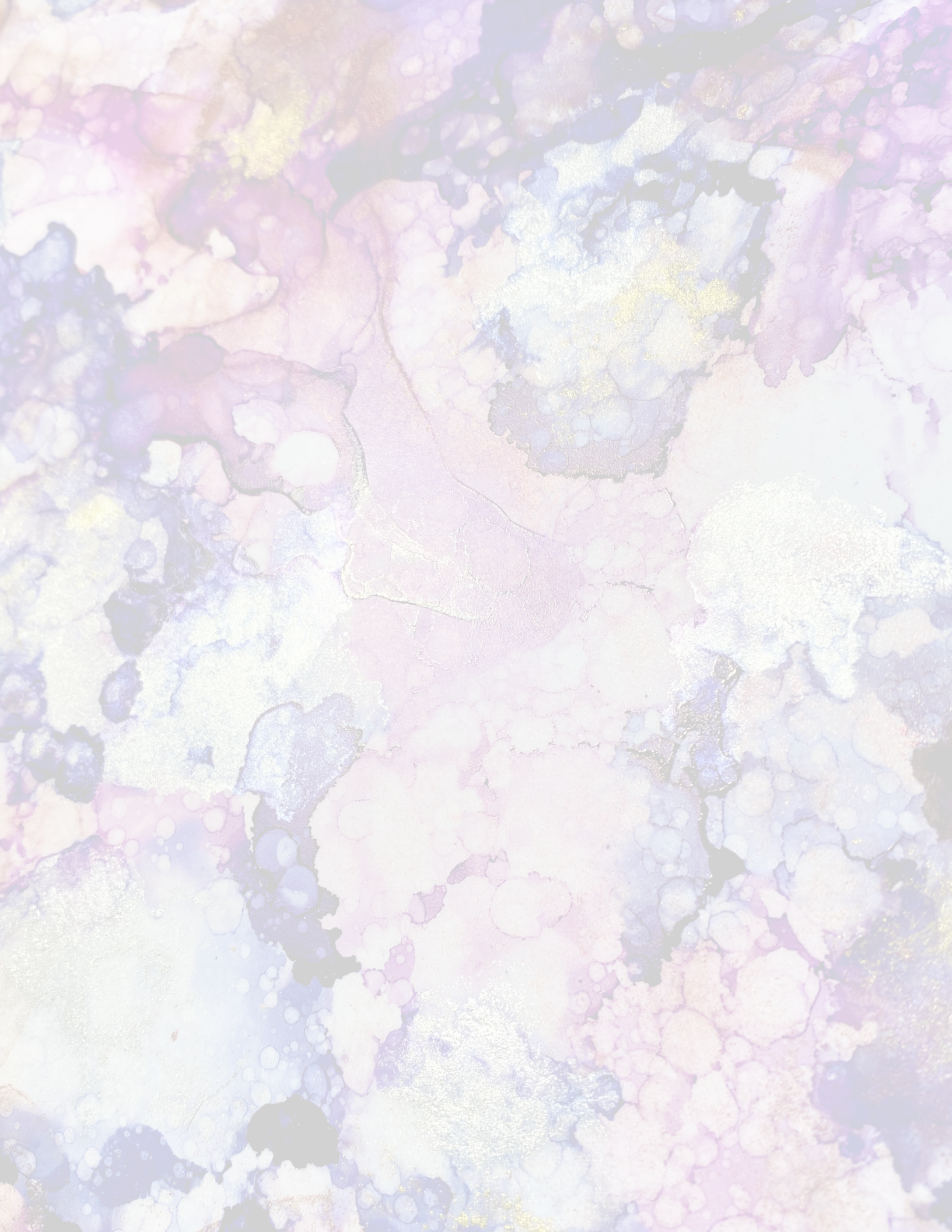
Today's affirmation/word of the day?

How will I give myself self-care today?

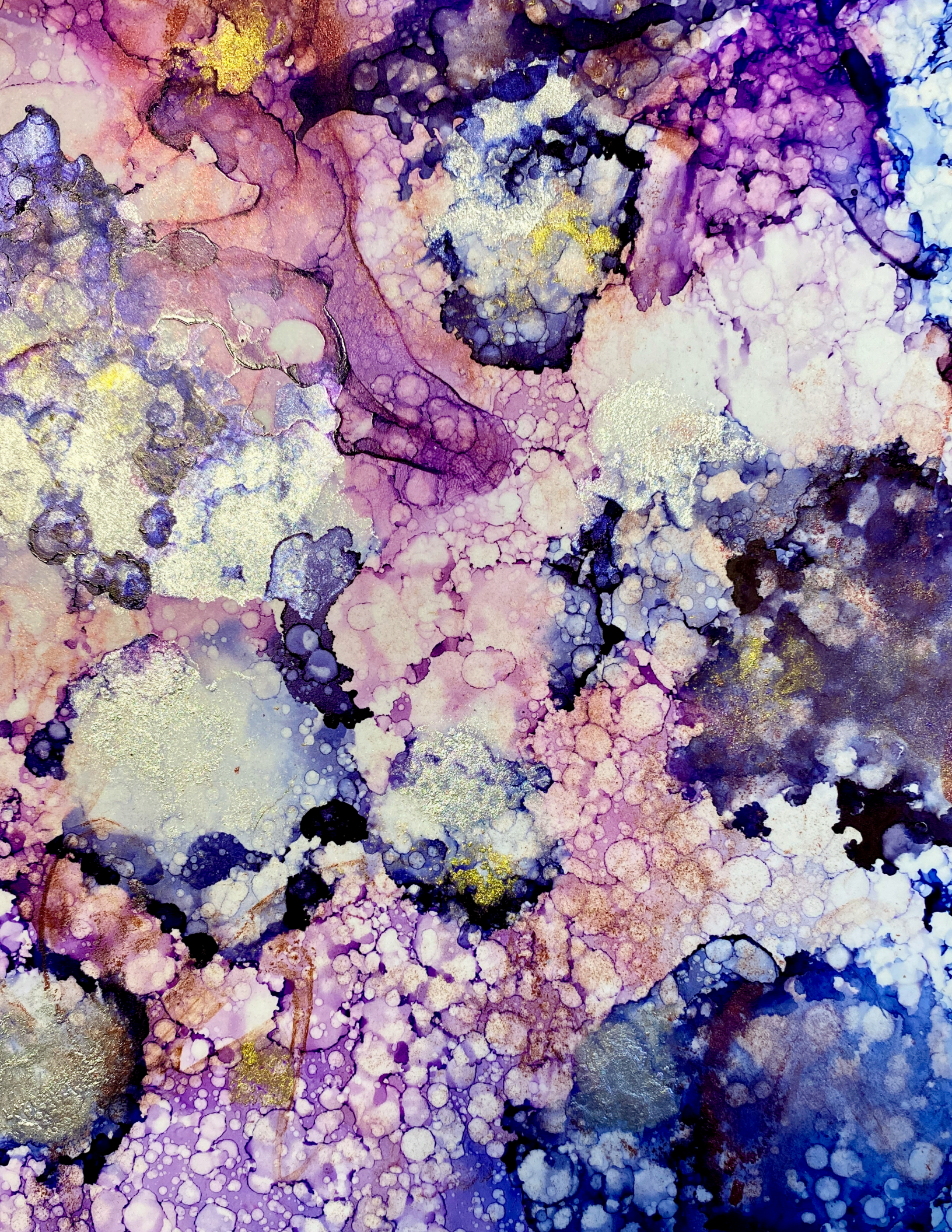
What are my intentions today?

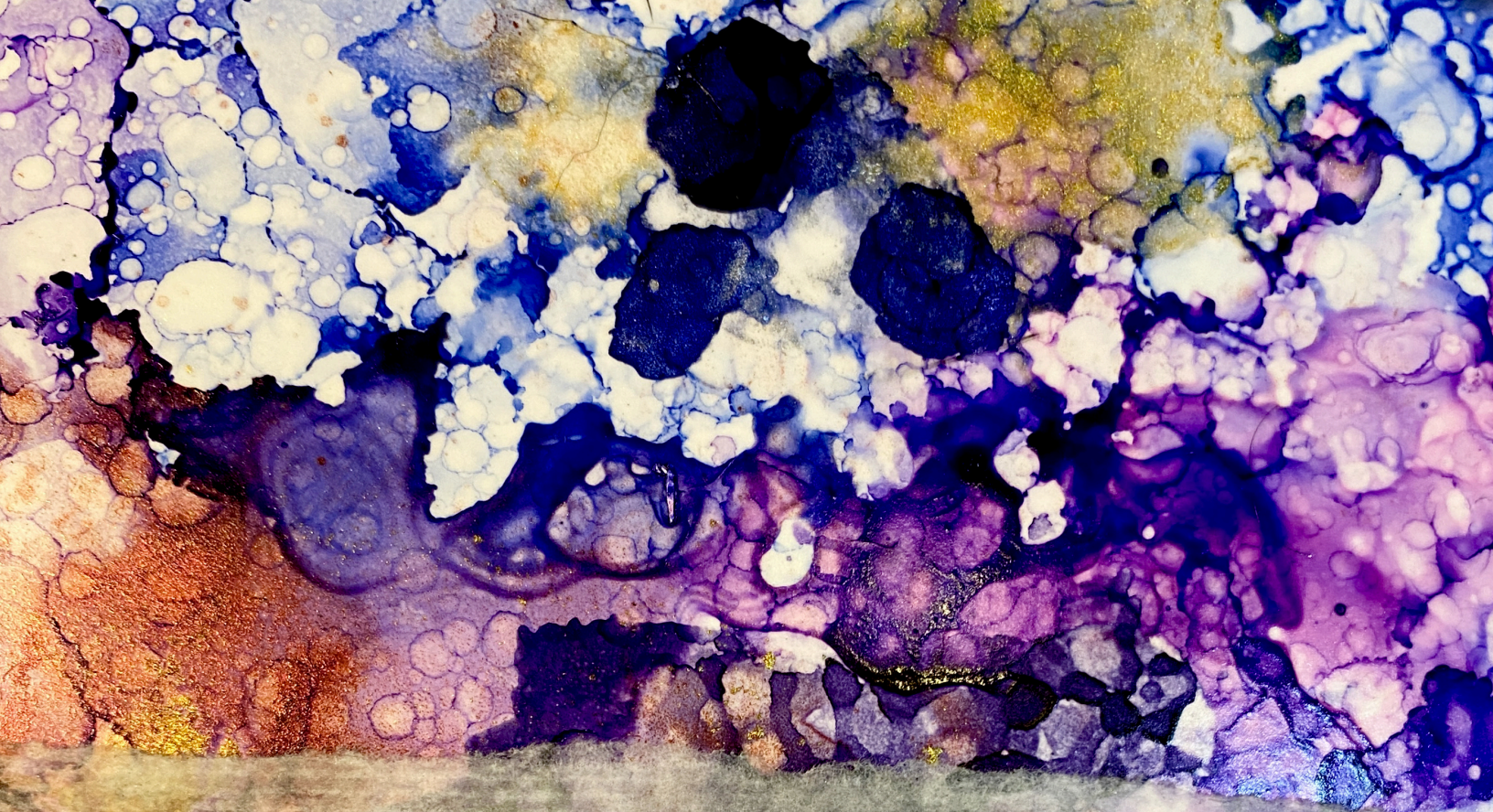
What am I grateful for today?

Tarot/Oracle Card For The Day:









... yohubir p... a belly & deviant folk.  
... millary Molly are the big ideas, nullinet  
Turkey the favorite game of the always del  
the a beard ... Torrento ... very you interesting  
... called the name super million  
... You ... a dances people as  
... each want many a  
... Bodum, number  
... colorful ... coff as main  
... are fabulous ... samples  
... first ...  
... my name ...

# play

... felt  
... million ...  
... Turkey the favorite game of the always d  
... million ... the a beach ... Torrent ... very you interested  
... people are ... called the more superstit million  
... people ... a famous people  
... as much ... Cordus, some  
... certain colorful ... great heart coffe as  
... Regular are fabulous ... the sea. Some  
... of children ... about some

# Mastering Mixed Media 2026

## Out of the Shadows with Effy Wild

### SUPPLIES:

- Photo paper (Glossy) IMPORTANT NOTE: We will be working on the BACK SIDE, not the glossy side.
- Alcohol markers and/or Alcohol inks
- Acrylic ink
- Workable fixative
- Ephemera
- Stamps and stamp pad
- Matte medium
- Glue stick
- Paint pens