

January - CMP 2017

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|------|-------------|--|
| 1st | Begin | Pick your favourite supply, in your favourite colour. Close your eyes and apply. |
| 2nd | Sunshine | What word will bring sunshine into your life this year? |
| 3rd | Orange | Try using only shades of Orange (black and white permitted for details) |
| 4th | Ocean | Use watercolours and salt. |
| 5th | Swirls | Cut out swirls from pretty patterned paper and paste down before adding inky details. |
| 6th | Skating | Finger paint your way through this one. |
| 7th | Diamond | Add some glitter to your page |
| 8th | Perfume | Create your own 'not your standard' perfume bottle. |
| 9th | Outdoors | Create this page outside. |
| 10th | Brave | Try using your left hand for the first scribbly layer |
| 11th | Motion | Start this page with 1 continuous line all over the page. Only lift your hand when you are ready to paint. |
| 12th | Quote | In your favourite lettering. |
| 13th | Fire | Spritz your way through this one. |
| 14th | Comfort | Try a new combination of supplies that you've never used together before. |
| 15th | Keyboard | Print, cut and paste out your favourite font. |
| 16th | Family | Whimsical characters that represent you and your family. |
| 17th | Acylic | Paint your entire page in your favourite colour to start. |
| 18th | Grounded | An underground scene. From the surface down. Think dirt and roots, worms, etc |
| 19th | Sadness | What colour/s represent sadness to you? Use only those colours. |
| 20th | Brickwork | Use a stencil or stamp for this one. |
| 21st | Fav. Flower | Use a scrapper or an old credit card to create your flower before adding detail. |
| 22nd | Song Lyrics | What song says much about you? |
| 23rd | Rainbow | What's at the end of your rainbow? Create that thing or place. |
| 24th | Centerpeice | Cut and paste something out of a magazine to start this page. Make it the focus/ centrepiece. |
| 25th | Anscestors | Think vintage, old, distressed. |
| 26th | B&W | Only use black and white. Use a variety of supplies. |
| 27th | Circles | Fill the page with different sized circles. |
| 28th | Self Belief | Start this page by writing positive self beliefs randomly all over the page. Once finished. Read over your words before covering your page with your favourite coloured paint. |
| 29th | Wonderland | Think Alice in Wonderland. |
| 30th | Distress | Use any Ranger Distress products |
| 31st | Renew | Create a new version of an old journal page that you think you can improve on |

February - CMP 2017

1st To come =D

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