## WHAT IS STOPPING YOU FROM STARTING YOUR ORACLE CARD DECK?

Live webinar with Laura Bowen

# WORK BOOK & ACTIVITIES TO GET YOU STARTED

### ADVERTISEMENT -MY MENTORING SERVICES

If you want more support with clarifying the purpose of your oracle deck? Or if you feel like you really need the advice and direction of a mentor in this process then please check out the mentoring services I offer at <u>www.laurabowen.com.au/Creative-Mentoring</u>



## CREATING YOUR OWN ORACLE DECK WEBINAR WORKBOOK

#### BRAINSTORMING – The Creative Process

Before you begin designing our own deck, I suggest you brainstorm your ideas.

JOURNAL ACTIVITY-

What could your Oracle deck be based on? Make list of themes in your journal. Think of any inspiration you may have for a deck and write it all down, at this stage we are just trying to get all our ideas on paper so don't dismiss anything that comes into your head. WRITE IT ALL DOWN.

Once you have a whole page of ideas, lets look at which ones you feel excited about? and why?



#### SOME QUESTIONS TO GET YOU STARTED CLARIFYING YOUR THEME AND PURPOSE

I have offered some questions about your motivation and the purpose of your deck you will be designing, that you should make sure you can answer before moving into the design process

- 1. Why do you want to create an Oracle deck
- 2. What has inspired you to embark on this creative process now?
- 3. How can an oracle deck complement and add to what you are currently offering in your business?
- 4. How will you illustrate your deck?
- 5.  $\cdot$  Is there other decks already on the market which cover the same theme you are looking at?
- 6. How will you make your deck different and unique?



## START CREATING ART

One of the best ways to get over you fear of sharing your art is by sharing your art. I know this can be super hard for some of us, especially when our inner critic is so quick to tell us all the reasons why we shouldn't.

That is why I created my 30 day Nature based art challenge which I will be running throughout March.

# **TIPS FOR GETTING STARTED**

- 1. You do not need to buy any special materials. start with a pen, coloured pencils and paper that is all you need for now.
- 2. I recommend aiming for small artworks to make this process as easy as possible. Cutting an A4 piece of paper into 4 rectangles would be a great size to work with.
- 3. Give yourself a time limit for each days prompt. 10mins or 15 would be all you need to do a quick sketch or tracing for example.
- 4. Sharing is important! That is what is going to get you feeling more confident with your creative abilities so please do share each day.
- 5. Support each other. Comment on other peoples work and encourage people who may be struggling with a certain day. We are all in this together.



## 30 DAY NATURE BASED ART CHALLENGE

This challenge is a great way to get you consistently creating art and sharing it. Throughout the month of MARCH we will be creating a daily art work based on the daily prompts below and sharing it into my

<u>Spirit Wakes Academy</u> Facebook group

1. leaves	16. trees
2.bark	17. clouds
3.rain	18. river
4. puddle	19. dirt
5.grass	20. sand
6.seed	21. shell
7.feather	22. seaweed
8.insect	23. crystals
9. berries	24. rocks
10.moss	25. spiders web
11. fungi	26. snail shell
12.flower	27. butterfly
13. weeds	28. beetle
14.fur	29. caterpillar
15. snow	30. ocean

Use the #SWartchallenge and you may also want to share your images on your own social media sites as well. Look forward to seeing your interpretations of these prompts

/aura 🕜 Bowen