

CAP Worksheet: Discovering Dreams Of My Future; Worksheet & Artist Info

Artist's Name _____ Artwork Title _____

Medium(type of paint) _____ Size of canvas _____ (Do not complete "Title" until the end)

More About Me! You can answer in words, by drawing pictures or both!

1. Who Am I? (My good personality traits are...)

Example: I am curious. I am hilarious. I am brave. 🤔😄🦸

2. What do you like to do, where are you happiest?

Example: Teaching my dog new tricks at the beach. 🐕☂️

3. How am I unique? What am I good at?

Example: I do beach clean-ups. The Butterfly Stroke. 🌊♻️🏄

4. What do you want to be and/or do in your future? What makes you happy?

Example: Live near the ocean. Marine Biologist. Swimming with my dog. 🏄🐶🐕

5. How can you use the answers above to imagine and paint a scene from your future? Use your imagination!

Example: A mermaid having an underwater tea party with her dog-fish. 🧜🌊🐶🐟

*** Use your answers to title your painting. Go back to the top and add in the "Artist Title".**

1. Keep the worksheet with your canvas. 2. Work on your painting until you feel it's complete. 3. Place somewhere you'll see it daily to be reminded of what makes you happy. 4. As we grow our goals and dreams change, create a new painting as often as you like.

Visit <http://ArtPush.org> or <https://www.CreativeArtProgram.org> to download a blank worksheet. © Copyright 2011 by Artist JessicaWarren.net