

MY LIFE AS ART

Each unit on this chart represents a day, the total being 100 years, or 365 days (not counting leap years). If you are very lucky you might get to fill all of these days, most people don't, but what with? How many of them can you remember? And how much do you want to forget. We sometimes spend so much time thinking about now, and what has passed than thinking about what might be, is it so bad to think ahead

and plan your life, of just see what happens. If you were to fill in the each of these days with a different colour to represent something particular, how would the picture turn out. You might look at the finished picture and make some changes that you would like to see. Remember that life can be like art it's all about contrast, so when you look at sad events don't see them as negatives, just see them as the

background that completes the whole picture. The past is the past and the future can be somewhat influenced or coloured by you, obstacles can be overcome merely by surrounding them with colours or contrasting colours that make them seem so insignificant. When all is said and done, what will your life art look like, and who will hang it when you are gone.

MY PALETTE

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Each colour should represent a time or feeling, stick to these colours. You could use one palette to represent just the highs and lows of your life, with only 2 colours and tints to represent degrees of each. Always remember you can plan for the future, regardless of whatever is to come. One last point, great art does not necessarily need many colours to create something meaningful.