

Day 1: Permission

Quote

Dream and give yourself permission to envision a **you** that you choose to be. Joy Page

Bible Verse

Let us come before him with thanksgiving and extol him with music and song. Psalm 95:2

Inspiration

The Permission Slip – art journal page

<http://www.youtube.com/watch?v=IUQjxLqzrEA>

Creative Affirmations

<http://www.youtube.com/watch?v=PbbiJjvOeWY>

Sony Advert

<http://www.youtube.com/watch?v=INzT3IJnF-k>

How it was made

<http://www.youtube.com/watch?v=vysuzs4xM1U>

Journaling

In order to complete this month long project what do you need to give yourself permission to do? Make a mess? Spend time on art?

What things are you thankful for that will enable you to take part?

Technique

Use one of the techniques from the Ranger Distress techniques list.

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LET US COME BEFORE HIM WITH THANKSGIVING AND EXTOL HIM WITH MUSIC AND SONG.
PSALM 95:2