

X marks the spot

Quote

Doing the best at this moment puts you in the best place for the next moment. Oprah Winfrey

<http://www.brainyquote.com/quotes/quotes/o/oprahwinfr121212.html#b9QHqE0TDrZ3Vkex.99>

Bible Verse

Give careful thought to the paths for your feet and be steadfast in all your ways. Proverbs 4:26

Inspiration

London 2012

<http://www.youtube.com/watch?v=xW5abat5NEU>

Journaling

Think about your life at this moment. Is it how you expected it to be? Are there changes you would like to make? Where would you like to be in 12 months time?

(This is a more practical look at life now than the Vision questions from two days ago.)

Technique Challenge

Try this technique from Kaz Hall using washing up liquid and Dylusions inks

<http://www.youtube.com/watch?v=MomrByWWV9k>

or with Distress Inks

<http://www.youtube.com/watch?v=CIhg3zvp-Ts>

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