



The 20 Minute Artist™ Program Workbook

Welcome to The 20 Minute Artist™ Workbook!

A great way to use this workbook (and to get going in the program) is to view the videos before you start working, and jot notes down as you watch. Then do the project. That will help you have a feel for what is needed in each project. This workbook has detailed information on materials for each project. I encourage you to write in a positive note to yourself as often as possible.

Just remember to enjoy the process and have fun!

Notes:

“Follow your bliss.” Joseph Campbell



SHOPPING GUIDE

All of the supplies for this course can be found online and at all major art stores. I have also included a link to the [supplies page](#) on my site. By all means, buy whatever fits your budget. I never want materials to become obstacles to making art. I've listed these according to their **Blick item number**. You may find these items for less at other locations.

Paint - this is called the “Primary Mixing Set” throughout this workbook.

Golden Artist Colors 1 ounce fluids

Quinacridone Magenta Item #00638-6141

Hansa Yellow Medium Item #00638-4721

Phthalo Blue G/S Item #00638-7801

Titanium White Item #00638-1011

Mediums

Golden Polymer Medium Gloss Item #00628-1115

Golden Acrylic Glazing Liquid Item #00628-2115

Golden Heavy Gel Gloss Item #00628-1035

Brushes - These are the “Primary Set”

Princeton Real Value Golden Taklon Set of four short handle item #06223-9171

Loew Cornell 1” utility brush brown nylon set item #05655-1039

Plastic Palette Knife

Richeson Plastic Painting Knife trowel offset 3” item #03105-1003

Canvas Panels

Blick Canvas Panel 8” x 10” item # 07008-0810

Odds and ends

Blue masking tape, Q tips, paper towels, styrofoam plates or freezer paper, white garbage bags, water container.



SHOPPING GUIDE CONTINUED Materials per project

Project 1 - Wonderland with Stencils

Paint - Primary Mixing Set

Brushes - Primary Set

Plastic Palette Knife

Canvas Board 8" x 10"

Q tips

Stencils

I don't have the number of the stencil I used but this is a close match. Michaels FolkArt® Painting Stencil, Caribbean Item# 10240890. You can also check my [**Pinterest board for stencils**](#).

Westcott C-Thru Circle Template Blick Item#55475-1008



Notes from Tesia

Be sure to let layers dry thoroughly before putting the next layer down.

*“The scariest moment is always just before you start.”
Stephen King*



Notes

A large, empty rectangular area with a light green background, intended for writing notes.



Project 2 - Lost and Found

Paint - Primary Mixing Set

Brushes - Primary Set

Plastic Palette Knife

Canvas Board 8" x 10"

Paint Pens

Montana Acrylic Paint Pen 2 mm Shock Blue
Dark Blick Item #19907-5031

Montana Acrylic Paint Pen 2 mm Power
Orange Blick Item #19907-4521

Montana Acrylic Paint Pen 2 mm Fire Red Blick
Item #19907-3121

Sharpie Fine Point Marker Black Blick Item
#21316-2001



Notes from Tesia

- You can get empty paint markers and fill them with Golden High Flow colors to get a wider range of colors.
- Be sure to let paint dry before working on top with Sharpie markers.
- Sharpie markers are not lightfast, they will fade. Use Golden High Flow Black paint in a refillable marker if you want permanent color.

“Inspiration exists, but it has to find you working.”
Pablo Picasso



Notes

A large, empty rectangular area with a light green background, intended for writing notes.



Project 3 - Textural Landscape

Paint - Primary Mixing Set

Brushes - Primary Set

Plastic Palette Knife

Canvas Board 8" x 10"

White heavy duty paper or junk mail



Notes from Tesia

It's difficult to see both in the video and in this image but there is a slight shift from Magenta to Red in the "hills". The hillside in the lower one-third of the canvas should be more Red. The hillside above that should have a definite Magenta color.

*"Do not compromise yourself. You are all you have got."
Janis Joplin*



Notes

A large, empty rectangular area with a light green background, intended for writing notes.



Project 4 - Abstraction From Chaos

Paint - Primary Mixing Set

Brushes - Primary Set

Plastic Palette Knife

Canvas Board 8" x 10"

Graphite Pencil

Heavy duty white paper

Exacto knife or scissors

Ruler (optional)



Notes from Tesia

Remember, you are only using the source image for inspiration. Our goal is not to copy it but to be inspired by it, recreating another artwork that interprets the original.

See page 10 for detailed instructions on making a viewfinder.



*“Dance first, think later”
Samuel Beckett*

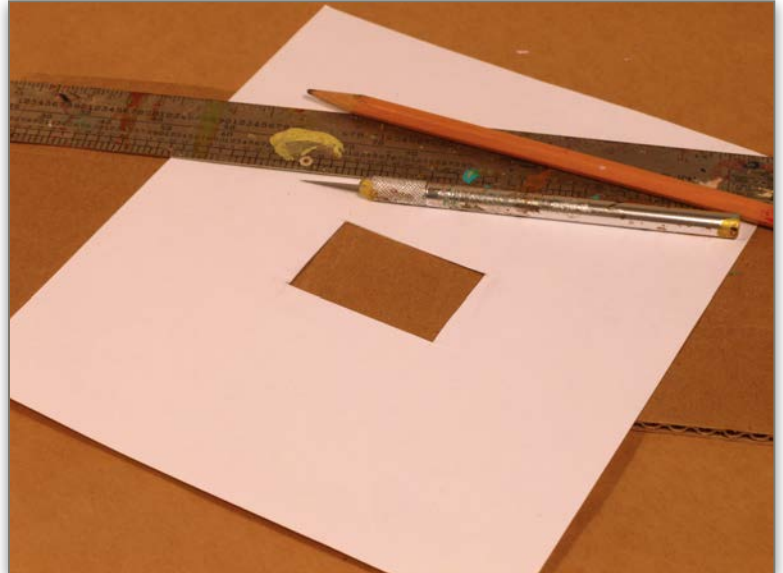


How To Make a Viewfinder For Project 4 (excerpted from my book “Acrylic Painting with Passion”).

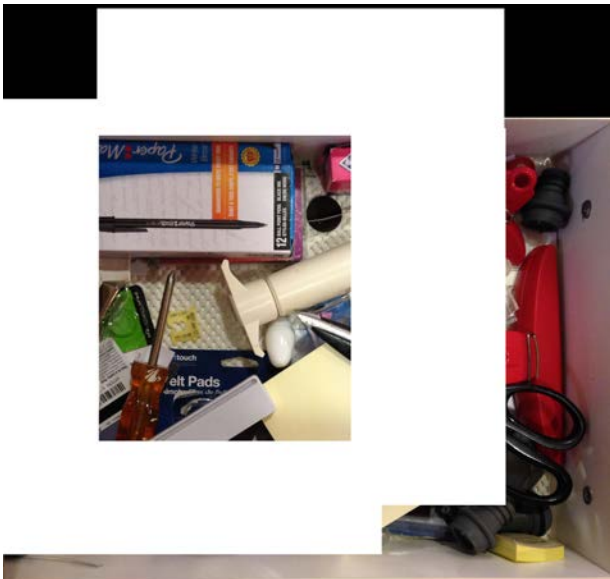
If you are working on a square canvas, your viewfinder should be square. If your canvas is a rectangle then you need a rectangular viewfinder in the correct proportion.

An 8” x 10” canvas needs a viewfinder that is 1-½ inches by 2 inches. A canvas that is square (i.e. 12” x 12”) needs a viewfinder that is 2 inches by 2 inches.

Take into account the complexity of the image you are working from. In some cases, you will need to use a larger viewfinder if the image you’re working from has less detail.



Use a clean white piece of bristol board or watercolor paper to make the viewfinder. Using a sharp knife, cut the window out of the paper revealing your viewfinder.



You can also create simple cropping bars from two pieces of paper or board. These can be used for a variety of sizes.



Notes

A large, empty rectangular area with a light green background, intended for writing notes.



Bonus Project

Color Wheel Mixing Project

Paint - Primary Mixing Set

Polymer Medium or Glazing Liquid

Brushes - Primary Set

Plastic Palette Knife

Styrofoam plates or freezer paper

Bright white bristol paper like

Strathmore 300 Series Bristol Board

Pads Blick Item #13307-1013

You can also use bright white card stock from an office supply store.



Notes from Tesia

Be very patient and take your time when mixing. You can see in the video that even I don't get it right the first time.



Notes

A large, empty rectangular area with a light green background, intended for writing notes.



Bonus Project

Kitchen Drawer Mixed Media

Paint - Primary Mixing Set

Mediums -

Polymer Medium Gloss

Heavy Gel Gloss * optional

Brushes - Primary Set *plus*

1" Loew Cornell Utility Brush Brown Nylon

Blick Item #05655-1039

Plastic Palette Knife

Canvas Board 8" x 10"

Kitchen aluminum foil

Old vegetable bag



Notes from Tesia

You can use a piece of fabric or rice paper instead of the vegetable bag. If you use a heavier weight object like the vegetable bag, you need to use Heavy Gel Gloss to glue it down. If you use lightweight paper or fabric, Polymer Medium Gloss is fine to use as a glue.

“Creativity takes courage.” Henri Matisse



Notes

A large, empty rectangular area with a light green background, intended for writing notes.



Bonus Project

Paper Towel Collage

Paint - Primary Mixing Set

Mediums - Polymer Medium Gloss

Brushes - Primary Set *plus*

1" Loew Cornell Utility Brush Brown Nylon

Blick Item #05655-1039

Paper towels with paint on them

Plastic Palette Knife

Canvas Board 8" x 10

Old credit card or Bondo spatula

Q tips



Notes from Tesia

Yes I really use paper towels in my paintings. I've sold them that way too. Once the paper towels are embedded into the polymer materials they last forever. They make a wonderful surface to paint on.

Be sure to let the paper towel layers dry thoroughly before you paint on top of them. When you are finished, and the painting is thoroughly dry, cover the entire painting in a layer of Polymer Medium Gloss to protect the surface from dirt.

"Blessed are they who see beautiful things in humble places where other people see nothing." Camille Pissarro



Notes

A large, empty rectangular area with a light green background, intended for writing notes.



Bonus Project

Magic Marker Abstract

Paint - Primary Mixing Set
Brushes - Primary Set *plus*
Plastic Palette Knife
Canvas Board 8" x 10
Black Sharpie pen fine point

Optional:
Paper plate
Exacto knife

Notes from Tesia

Of all the techniques I teach, everyone, hands down, loves this one the most. There's something very soothing and rewarding about this technique. The technical term for this is "blind or pure contour drawing" but I prefer to call it "lizard brain." See page 19 for detailed information on setting up a still life and drawing with your lizard brain. And if you don't believe me on how important this technique is, read the quote below from Betty Edwards, the Queen of Drawing.



"Whatever the actual reason may be, I can assure you that Pure Contour Drawing will permanently change your ability to perceive. From this point onward, you will start to see in the way an artist sees and your skills in seeing and drawing will progress rapidly."

Betty Edwards - Drawing on the Right Side of the Brain



**How To Draw with your Lizard Brain
(excerpted from my book “Acrylic Painting with
Passion”).**

Set up a complex still life. Use unusual items and make sure to use varied sizes and shapes of items. Put some things on their side or upside down to make the shapes even more unusual.



Cut an X in the middle of the paper plate with the Exacto knife or box cutter.

Push the Sharpie marker through the X in the paper plate.



Position yourself in front of the still life with your Sharpie/paper plate combo and begin drawing on the canvas, make sure you can't see what you are drawing.

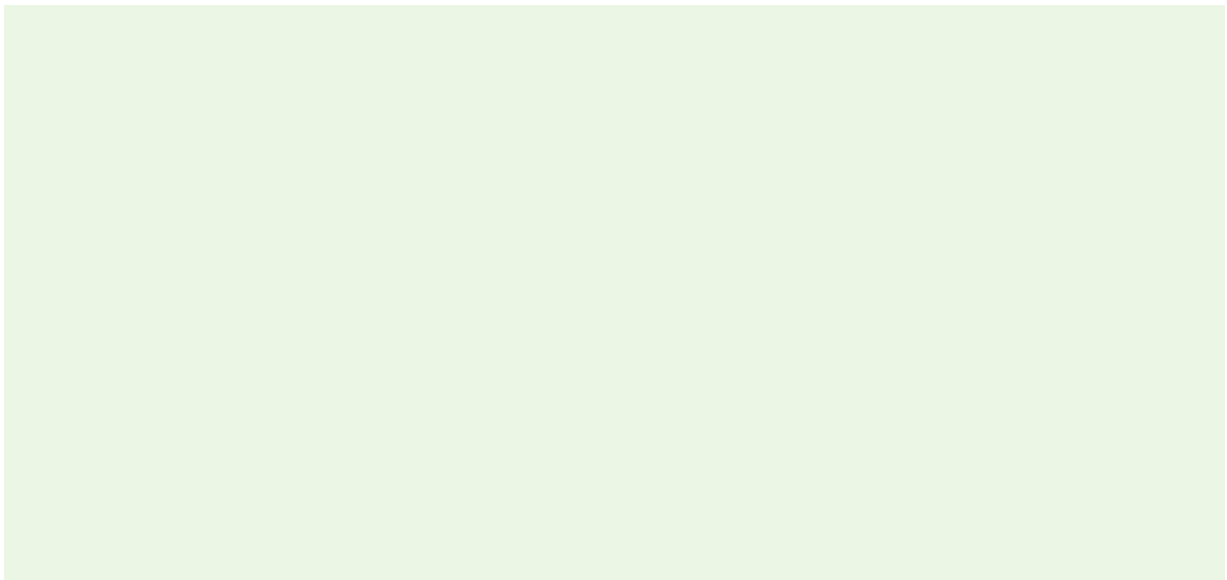




FAQ about acrylic paint.

1. Drying time - acrylic dries faster in hot, dry climates. If you want to slow down the drying time add a little Acrylic Glazing Liquid to your paint.
2. Don't use water as a medium. Use Polymer Medium Gloss to thin your paint and make it more transparent. Using water to thin your paint will degrade the quality of the paint and it will not bond as well to the canvas. (You may use water when working on paper.)
3. Extend the amount of paint you have without degrading the quality. If you are using Golden paint you can extend the amount of paint by adding Polymer Medium Gloss to the paint. Start with 30% Polymer Medium Gloss and add 70% paint. This will extend your paint without making it too transparent.
4. Let layers dry thoroughly before painting on top of them.
5. Never store acrylic paintings face to face. Wrap them in HDPE (high density polyethylene) plastic. White or black garbage bags are made from HDPE.
6. Wash your brushes with a mild soap and warm water. Never let the acrylic paint dry on your brush. Keep brushes slightly wet while working.

Notes:





Further Reading

Golden Artist Colors:

http://www.goldenpaints.com/artist_mixguide

http://www.goldenpaints.com/technicalinfo_faq_xv_colorwheel

http://www.goldenpaints.com/technicalinfo_mixguide

The links below are Amazon affiliate links. I make a small fee when you purchase through these links. Your cost is never increased.

Betty Edwards "Color"

Betty Edwards "Drawing on the Right Side of the Brain"

Tesia Blackburn "Acrylic Painting with Passion"

Patti Brady "Rethinking Acrylic"

Michael Wilcox "Blue and Yellow Don't Make Green"

Austin Kleon "Steal Like An Artist"

Anna Held Audette "The Blank Canvas"

David Bayles "Art and Fear"

Steven Pressfield "The War of Art"

Twyla Tharp "The Creative Habit"

Thank you for joining me inside The 20 Minute Artist™ program. I hope I've helped you establish an art practice that will enrich your life. It's always my pleasure to work with creative people. Keep making art!

"The essence of all beautiful art, all great art, is gratitude".

Friedrich Nietzsche





Tesia Blackburn - The 20 Minute Artist™

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