* Excerpt from "Sketchbook Dares: 24 Ways To Draw Out Your Inner Artist"
by Laura Lee Gulledge (published 2018 by Abrams Books)

I DARE YOU TO HOLLABACK!

We might not be able to stop our critic from shouting put downs, but we can shout over it louder with positive self talk.

1

First list your put downs as critical "you" statements . . . and your pep talks as encouraging "I" statements.

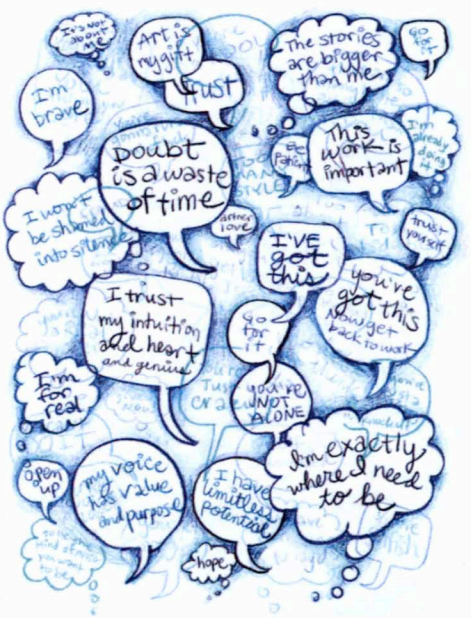
2

Then fill your page with speech bubbles containing your put downs. Using lighter drawing tools for this.

3

Speak over/draw over with speech bubbles containing your pep talks, this time using darker drawing tools.

4



Add shading as desired to bring out your pep talk speech bubbles and pull together the drawing.

whoislauralee.com