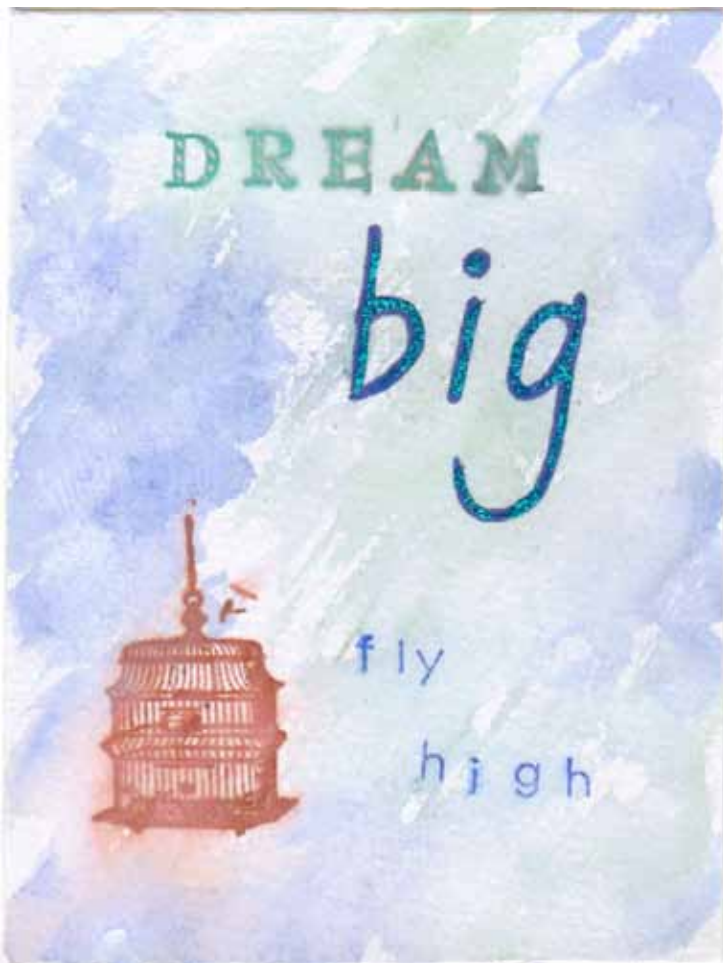


Tips & tricks for making Aspiration Cards

{ **aspirations:** hopes, goals,
guiding life principles }



Bent Tuba Studio * BentTuba.com

Materials:

- * watercolor paper cut to 4" x 6" or desired size (or use pre-cut ATC cards)
- * alphabet stamps
- ‡ ink pads , or Sharpie markers
- * watercolors and a brush , ‡ water
- * fun embellishments , like glitter glue or stick-on gems

Process:

- * Use watercolors to make colorful backgrounds. Let dry for at least 5 minutes before adding your lettering (to keep from smearing ink).
Note: stamping on a slightly wet background can result in an interesting bleed effect.
- * Write or stamp your aspiration statement over the colored background. You can also add images with rubber stamps , or create fun lines or doodles with Sharpie markers. Add any embellishments you like!
- * Place your aspiration cards where you can see them daily.

A few things we aspire to...

what words should you use? start here (or anywhere!):

Speak your mind with all your heart

Be kind to yourself

I believe in magic

Dream big, fly high

Trust the trust & doubt the doubt

Just breathe