

The background features a light teal color with several sets of wavy, concentric lines in shades of teal and orange. These lines are arranged in a way that suggests movement and depth, with some lines curving towards the center and others radiating outwards. The overall effect is a modern, organic, and calming aesthetic.

MISTAKE REFLECTION JOURNAL

**Shifting your mindset to
view errors as stepping
stones to success.**

**"MISTAKES ARE
OPPORTUNITIES
WEARING A
MUSTACHE."**

- STEPHANIE PORCELLO

LEARNING FROM MISTAKES JOURNEY.

The creative path is a journey filled with ups and downs, twists and turns, and yes, mistakes. Often, we are encouraged to simply reflect on our mistakes to grow. Written with artists in mind, the Mistake Reflection Journal takes the learning one step further. It focuses on helping creatives REACT to mistakes.

Write down your thoughts and feelings around mistakes in this journal and see how it changes your art practice. Remember, it's not about avoiding mistakes altogether when making art. It's about figuring out how react to them so that you in remain motion doing what you love. Art!

Best,
Stephanie

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VIEWS ON MISTAKES

How do you feel about mistakes in general? Mistakes in your life? Mistakes in your art practice?

What happens when you make a mistake? Do mistakes impact your mood? Self-esteem?

WHAT BRINGS YOU COMFORT?



Save every idea that comes to mind!



Pro Tip: Once you've jotted down all your ideas, sleep on it then come back and see what new ideas you have!

WHAT BRINGS YOU JOY IN YOUR ART PRACTICE?



Save every idea that comes to mind! List favorite colors, shapes, tools and so on.



Pro Tip: Once you've jotted down all your ideas, sleep on it then come back and see what new ideas you have!

REFLECTING ON COMFORT IN ART

List what makes you feel comfortable or comforted:

Translate the comforts listed above into art form. What colors, shapes, or symbols do they represent to you? Create below!

DATE:

Do any colors, shapes, or symbols make you feel uncomfortable or give immediate feelings of dislike? Create or explain below.

DATE:

Use the space below to jot down any extra notes or doodles.

Text example

Text example

Text example

Text example

Text example

Text example



ART PLAY ACTIVITY: GIVING COMFORT TO MISTAKES

OVERVIEW

It can be difficult to simply play and create art without worrying about the outcome. I created this art exercise to help me loosen up and keep going when I made mistakes.

The general idea of this art play exercise is to experiment with your materials. Anything goes! When you feel like you make an error or something you don't like, pause and figure out how to give that mistake comfort. During the activity, you will learn several strategies. It might even start to feel like a choose-your-own-adventure game when you make mistakes!

It is my hope that this activity helps you reshape how you react to making mistakes when you are creating. Have fun!

Limit materials: Use what you have. In each category, choose 2-3 of your favorite items.

General categories:

Color: paint, crayons, magazines

Draw: pencil, charcoal, pen

Tools: paintbrush, scraper, smoother

Misc: canvas, paper

ART PLAY ACTIVITY: COMFORTING MISTAKES

Gather your materials

This is an abstract art activity. The idea is to experiment with your supplies to create intuitive shapes and colors on your canvas. If you would like to create something more realistic, feel free to use a reference photo. If you would like a reference photo, I created a pdf of several beautiful landscapes from my personal vacation photos. Use them however they inspire you! You can find them at: www.StephaniePorcelloArt.com/mistakes

Begin creating. Jump right in or choose an idea below:

- Create a circle with your favorite color
- Close your eyes and make a mark
- Look at a reference photo and draw a pattern you love

Keep experimenting and creating, switching supplies often, until you feel that you have made an error.

Action Plan: If you make a mistake, immediately choose one of the following:

- Pause (stop creating or switch to a new project)
- Reflect: what did you think or feel when you made the mistake? Take note of any tension in your body.
- Give the mistake comfort. **See next step.**

Ways to give a mistake comfort

- Give the mistake a friend. Duplicate the mistake several other times on your canvas. A mistake doesn't stand out so much when it's not alone.
- Place your favorite color, shape, design, line or collage piece next to or directly on top of the mistake. Notice if you feel any differently about the mistake.
- Hold the mistake's hand. Close your eyes and make any kind of mark near the mistake. This makes me feel like my heart is doing the creating. It's like my heart is telling the mistake, "I got you." It quiets the self-doubt in my brain.
- Empathize with the mistake. What emotions are you feeling? If they are anger, frustration, or annoyance would it help you feel better about your mistake if you **wrecked** your project on purpose? Art has magical healing powers. It can help emotions move through you. Get out those frustrations if needed. Your creative well is endless. Ending one project might just mean you are giving yourself space to move on to the next best thing.

Keep going. Keep experimenting and playing for as long as you can or would like. Each time you make a mistake, apply a strategy. Reflect. Here are some ideas:

Snap a photo of your work to study later
Let your mind wander while you make dinner
Journal

POST ART PLAY REFLECTION

THINK ABOUT YOUR PLAY SESSION. OBSERVE YOUR ARTWORK. JOT DOWN ASPECTS OF YOUR WORK THAT YOU LOVE. TAKE NOTES ON ANYTHING THAT FELT LIKE A MISTAKE.

WHAT DO YOU LIKE?

-
-
-
-
-
-
-

WHAT DIDN'T YOU LIKE?

-
-
-
-
-
-
-

MAKE IT BETTER

NOTICING MISTAKES

When you make a mistake in your art practice, how do you process it in your mind, heart, and body? Make a list of your thoughts and feelings.

Mind

DATE:

Heart

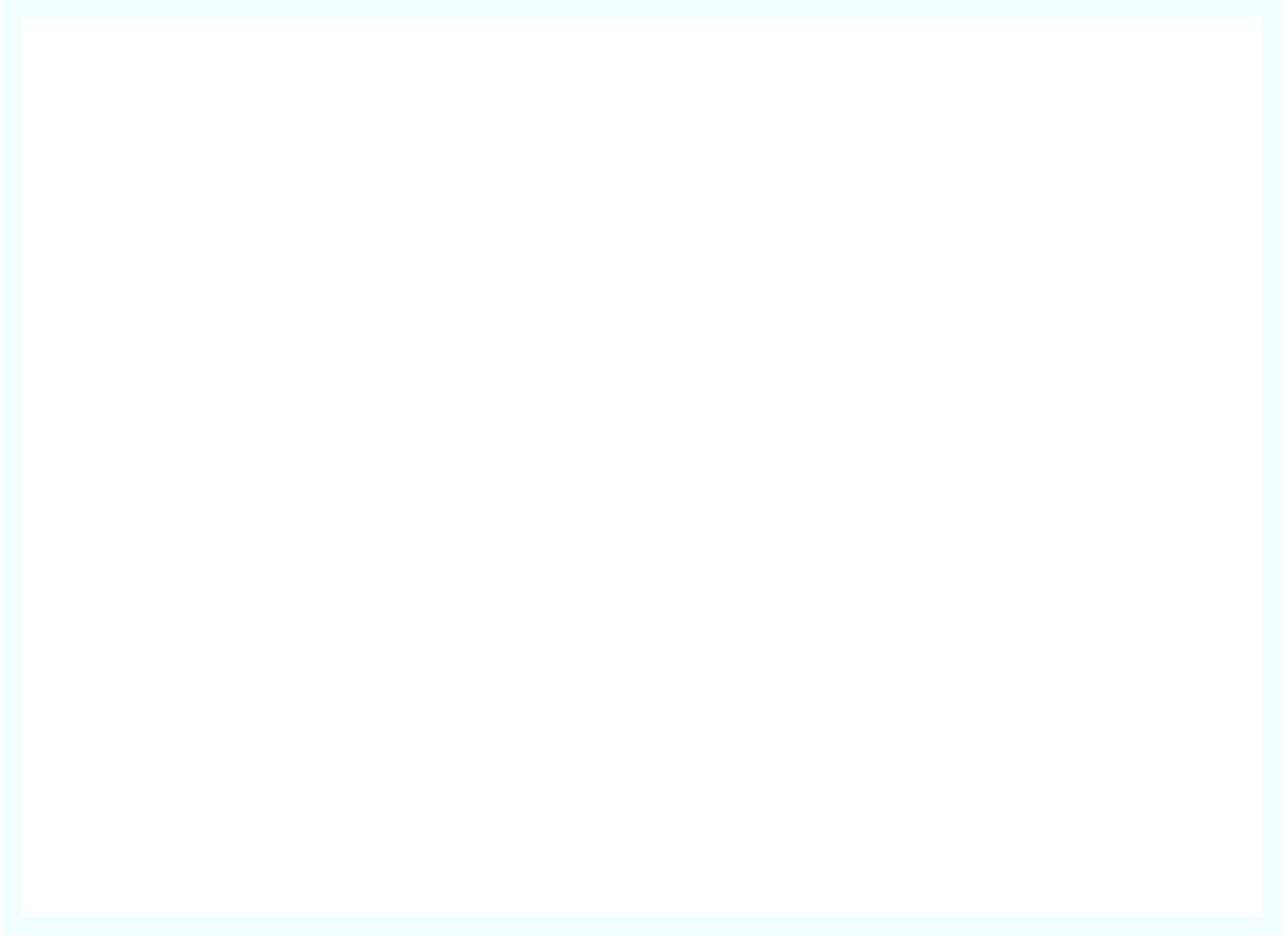
DATE:

Body

DATE:

MISTAKE REFLECTION JOURNAL

DOODLES & NOTES







NOTES
