Simplification is the name of the game this week.

Go for a walk in nature or gaze out your window. As you observe, notice the major shapes around you.

When I look out my window or go for a walk down Highway One, I first notice the shape of sky, water, mountain, and trees. Then I notice smaller shapes within the big shapes. One tree in the forest, one rock jutting out of the sea.

The collaged and paintings can become postcards you send to a friend or family member!

I found this exercise very inspiring personally and hope you do too!