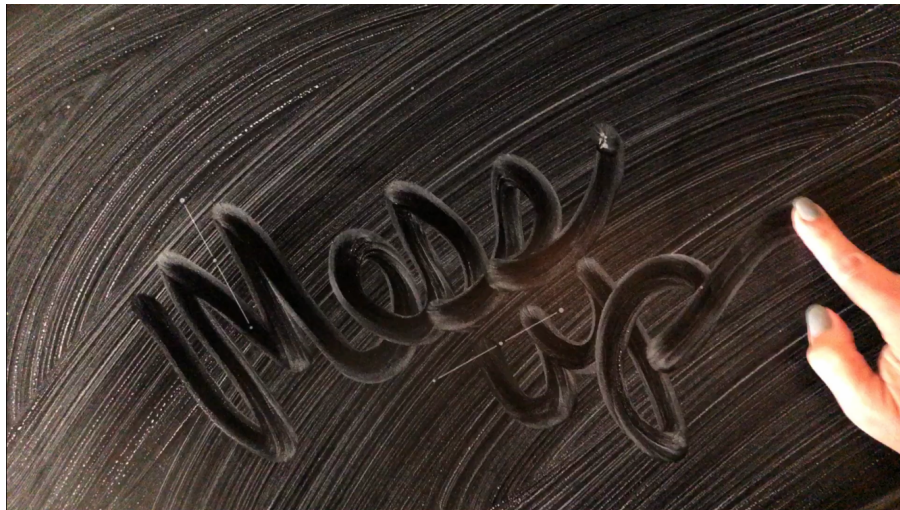


Follow the Line Newsletter Project  
January 2020

MESS UP

Remember finger painting as a kid? Sliding your hands through the cool, squishy paint and making all sorts of marks, letters, words, and the smearing it all back up again? There were no mistakes, it was all a re-do.



Your project this month is to get a little messy! I used cleaner on my glass stovetop, but you can use soap on a mirror, or shaving cream on a table.

What's a phrase you love? Write it. Then wipe it. Then maybe a phrase you hate. Guess what? You can wipe that away, too! Use this as an exercise for self-expression, and for allowing yourself to be imperfect. No one ever has to see it.

However, if you make something that totally makes you smile, share it! Make sure to tag me @heidhorch and #followtheline on Facebook, Instagram, or Twitter.

Here's a quick video to get you motivated:  
<https://vimeo.com/384442299>

Have fun, play, mess up, and don't take it too seriously.

xo, Heidi