



Supply List to the POSITIVE THINKING Workshop

by Dale Anne Potter © 2011

I am keeping this supply list simple as its not about the supplies, its about journaling your way to a more **POSITIVE** life!

I personally am using an old book that I have altered to be my journal. By altered, I mean, I have glued some pages together and cut out others.

You can start with an inexpensive **composition book** from the dollar store. This workshop is 52 weeks, so you may want to get a bunch of composition books while the school supply sales are on right now. One composition book might be enough if you are only doing one page at a time, and not a 2 page spread.

Glue stick - I personally prefer UHU (& again sale time right now)

White glue - this can be children's white Elmer's glue or Aleene's tacky glue or acyclic matte medium)

Paint brushes - a set of all different sizes is good. I like to have those 1 inch sponge brushes on hand also. You will one that you will keep just for the glueing. Pick **3 of your favourite colours of acrylic paints**. This can be dollar store acrylic paint or whatever else you can find.

Scissors

Pens for journaling (my personal favourite is Bic ballpoint - black as they will write on acyclic paint) but its your choice.

and

start collecting or piling up some **old magazines**.

That's it - easy peasy.....see you on August 15th.

THANK YOU for registering for the POSITIVE THINKING workshop!

Don't forget to invite some friends to join you & could you please take just a minute and Retweet to Twitter or Share on your Facebook page about this workshop?

<http://daleannepotter.com/positive-thinking-everyday-workshop/>

Let's help as many people as we can! **THANK YOU** ever so much!!!