

Deliberate Doodles

RESOURCE GUIDE

**MY TOP 5 TOOLS FOR CREATING
DELIBERATE DOODLES
I CAN'T LIVE WITHOUT
(HINT: You already have most of
these at home)**

Hello!

MY TOP 5 RESOURCES FOR MY DELIBERATE DOODLES PRACTICE I CAN'T LIVE WITHOUT (HINT: You already have most of these at home)

Hi hi!

I'm Brenda Mangalore

Artist, Mama & mentor for spiritual creatives like you - looking to live a life of joyful purpose

If you don't know me, I create art that's about connection to ourselves, and to each other.

My calling is to activate your creative & spiritual expression. I believe that art is like faith and love, chaos and structure.

There is beauty in the mess!

And if we let it, art can be an anchor of self-expression in our spaces and in our lives.

I'm also a mentor for Muses - being a lighthouse in your journey with your creativity. (that's what I hope found you here!)

Whether it's to ignite your creative spark, develop your creative voice or to find yourself living YOUR joyfully purposeful life in connection with the Muse.



My Deliberate Doodles Workshop is where I can help you begin that journey.

This resource guide is a companion to the Deliberate Doodles FREE challenge - I hope you learn from this guide that you don't need fancy tools to create a creative practice that is full of meaning

Find my art and musings on life, love and faith at <http://www.BrendaMangalore.com> & connect with me on Facebook, Instagram or LinkedIn!

Pen

A Simple Pen.

Though I definitely have my favourites. When you draw as a profession, meaning you draw as much as I do you learn to appreciate the subtleties of ink flow and colour and the way you prefer to work.

But for our Deliberate Doodles - any pen you have on hand is **ALL YOU NEED**.

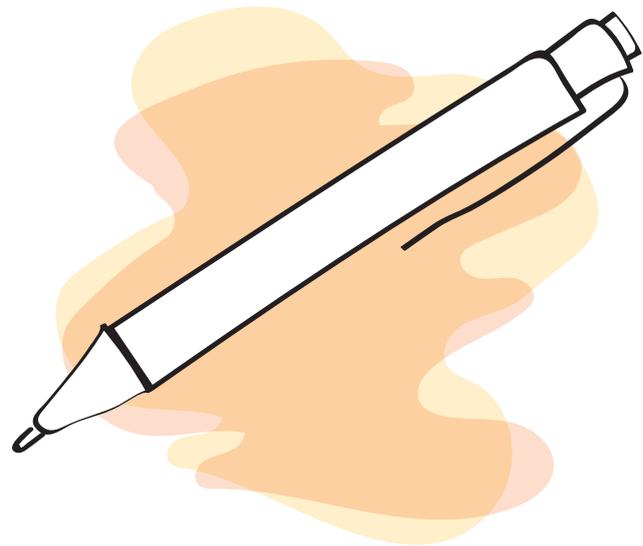
If it has ink, it can write, you can use it for the next 5-10 minutes of your doodling practice. It's the PERFECT pen for you.

We tend to get bogged down by getting the 'perfect' tool, thinking that the creativity and beauty comes from the tool itself.

While I agree that certain pens write more beautifully than others, I also know that it isn't the pen writing itself.

It's the hand actually using it that creates the art. A pen can't draw by itself.

So go, grab a pen. Don't get distracted. Don't overthink this. Just grab the closest pen (that isn't going to run out in the next 5 minutes!) and commit. ***This will be your Deliberate Doodles pen.***



PRO TIP: My favourite drawing pen for my artwork & commission clients is the SAKURA Pigma Micron. I love the 0.1 for it's extra fine line and it's a pigment ink. Meaning it's waterproof, fade proof and suits all my archival needs for my fine art original artwork

Paper

Drawing Material

As with the first tool - when you first begin your Deliberate Doodles practice - you don't need fancy paper.

You see, when you get too precious with the pen or the paper, even if you do actually do the act of drawing. The artwork will be tight & forced.

The energy won't be right because a part of you will be holding back.



So any blank copy paper you have on hand is PERFECT. If your chosen pen, works on this paper. That's the paper for you.

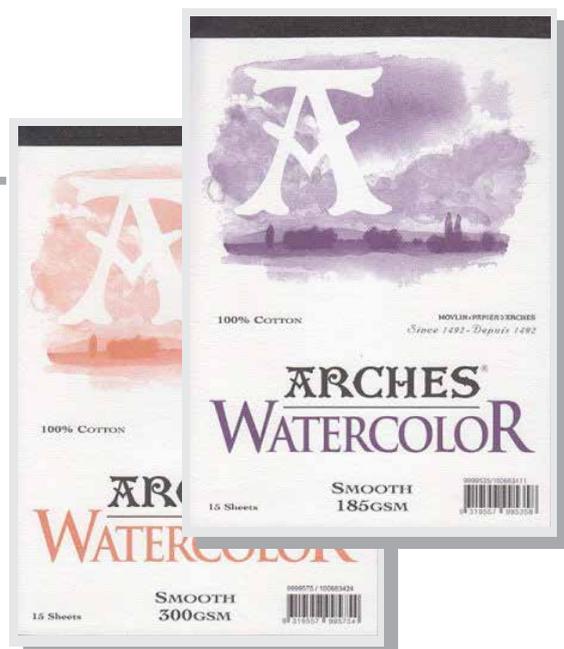
You can also use an old journal or sketchbook. Preferably with no lines so you're not distracted.

BUT if you don't have any, grab some loose leaf paper.

I find that normal, ordinary printer paper is actually quite lovely to draw on. It's nice and smooth for easy gliding of the ink. It's stiff enough to hold itself if you want to keep what you've drawn. If not, it's not so heartbreaking to throw it out.

Again, go grab what you have.

PRO TIP: My original drawings are always drawn on artist quality watercolour cotton papers. My favourite is Arches brand - Hot pressed because I LOVE the smooth surface tooth. 300GSM so it's nice and thick for framing -- while being more affordable for my clients



Words

Some of us doodle while talking on the phone (my mum).
Some of us doodle because we're bored in a meeting - but we're pretending we're 'taking notes'

But Deliberate Doodles is a combination of focus (deliberate practice) AND mindfulness (doodling)

I use words because, those letters are abstract shapes. Meaning, as long as you can read it, there's no 'wrong' way. In fact, using your handwriting is a part of my actual practice (*and I go into more detail in my online workshop*)

Instead of wasting our time with me teaching you 'how to draw' something properly. Because that isn't the point

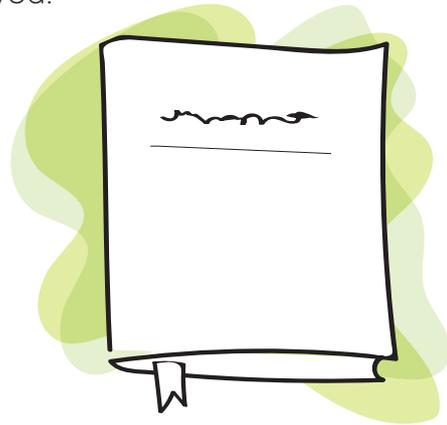
I know that if you can read this, you can write. Also, computers makes it easy to use fonts!

Plus using words also makes it easier to do the deliberate part of Deliberate Doodles.

PRO TIP: One word. Evernote. I can't go into depth in this short guide, why I love it and it's so good for EVERYTHING. *Just know it's basically my digital brain.*

Professionally I need a continuous source of inspiration, library of quotes and ongoing collection of words. Evernote is how I organise it & have access to it wherever I have access to a screen.

We're not just doodling for distraction. Using words that have meaning for you, means you'll end up with artwork that is special to your heart & with deeper inspired meaning for you.



So you need words that hold meaning for you. This is where you grab something you know will hold all the words that inspire you as you go about your days. *No, not your brain.* Is that your journal? Is that your phone?

Also think what resonates with you. Is it quotes? Is it a motto? Is it something simple like single value words like, Love, Joy, Freedom etc..



Quiet Mind

One thing I can't do is create when my mind is too noisy. Even though I believe some of the best doodling environments are when I'm in a loud cafe or watching tv.

There is a certain quiet in the mind that you have to create that allows space for the best doodles to come through.

Now, it's easy to say - just quiet your mind and start moving that pen on the paper.

But, to really slip into the most optimal state of flow you'll need:

Focus - which you need to draw around the words you're featuring

and meditative mindfulness - which you need to ensure you don't get too conscious of what you're drawing & end up with lines that feel awkward, clumsy and tight.

My favourite tool is actually a cup of coffee. Or milo. Or tea... After years of doing this, I KNOW I can't wait for the perfect time.

So even amongst the noise, chaos and mess of life & motherhood. I carve out a link with a hot drink and a mental *sigh*

This tool - a hot drink - may look different for you. *It's something you'll need to use along with the next tool.*



The best way to start is to be mindful when you hold that pen. Consciously tell yourself, to pause and set the intention to quieten your mind.

Over time, you'll develop your own link and the confidence to know that you will be in that sweet spot of meditative flow to doodle your heart out.



Practice

I know that life is intense. It's busy and full of ALL THE FEELS.

Plus add in things like, a baby, physical health, chores and relationships.

There just isn't time in the day for ALL THE THINGS

I also know that having a creative practice like Deliberate Doodles keeps me sane.

It will help you too! I know that you're here because you want something more. To help you express your creativity. Your heart.

Deliberate Doodles is a practice. This means a few things.

1) Perfection isn't the goal here, it's actually sitting down and getting pen on paper.

2) To go from awkward to creating your own style of artwork, you're going to need to draw A LOT. Like any skill, it's always a bit tough at the beginning. The more you draw, the more you find what suits you. You'll find your voice. Which means, artwork that reflects you! Not a poor copy of someone else.

3) To develop that meditative space for optimal drawing, you have to find your own link between a trigger (like my hot drink) and a quiet mind.

You can choose your own trigger, but you still need TIME to create that habit.

So DECIDE.

Commit to making this a new practice. That means putting in the time - even 10 minutes a session - and committing to doing this for at least 30 days.

It doesn't need to be a daily practice, but at least weekly.

The truth is, even with small drawings, you're still looking at hours of time drawing each individual line.



That's why it's a practice. It's why it becomes meditative. **Why you need to focus on the intention and inspired words.**

It's also why, though it's a simple art, in the end you will see the incredible intricacies of every line. Every step you had to take. The whole was greater than the sum of its parts.

Just like your life really. Every great life is build day by day, moment by moment.

Want More?

Art Should Be More Than Just Something Pretty To Look At.

Art that isn't just a crafty DIY, as lovely as that is, but filled with meaning and heart.

Imagine making artwork as an activity that feeds your creativity, rather than just needing you to use it.

So you can have a self-sustaining creative practice?
Even if you have no desire to be a professional artist.

Do you want guidance as you set up your designs & begin creating your artwork?

So it doesn't lay unseen in your sketchbook?



Do you want to know how I actually use these tools and the steps I take to create my artwork?

We have only just begun to scratch the surface of this Deliberate Doodles practice.

What I hope to share isn't just a way to make the drawings I make.

I hope you get to experience and learn a skill that will translate to a deeper creative practice and connection to your artwork. From your heart, to pen to the eyes & heart of the viewer.

The way all great art does

Are you ready for more?

[CLICK HERE](#) to join me and your future fellow creatives in my [Deliberate Doodles Challenge Facebook Group](#) to connect & chat all things doodles, inspirations & creative practice.