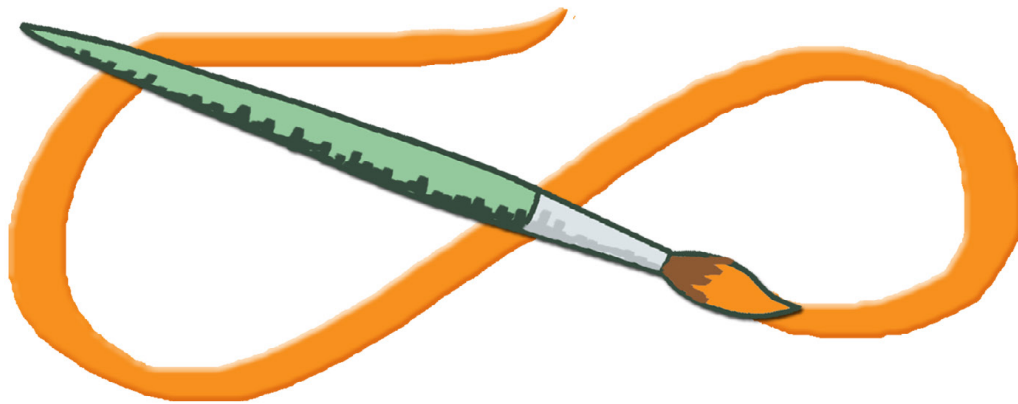


# Intentional Painting Planner



Stimulating questions  
to help you start your paintings  
with confidence

**Kim Victoria**

Painting With Intention



# Kim Victoria

Painting With Intention



## Intentional Painting Planner



15 Questions to ask yourself BEFORE you start a painting

*Stimulate your thought process before you paint to:*

- get past blank canvas block (paper, too)
- define your purpose, goal and intention for the work
- stay focused
- be aware of needed adjustments as you go along
- finish the painting with the emotion and theme you wanted at the start
- develop your own preferences

### *How and why this planner works*

The creative process always starts with an idea. The idea can be anything from:

- a new time-saving kitchen gadget
- computer software that solves a problem
- a better system for office efficiency

to:

- a plot line for a novel
- a theme for a song

or (in our case):

- a concept or idea for a painting

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## Form your idea

Before you start work on a creative idea make sure that idea is formed enough that it makes the starting process easy. It only takes a few minutes to **attract into your consciousness** all the important aspects of your idea, saving you time, **avoiding frustration** and disappointment (possibly materials and money, too). In addition, by using this Intentional Painting Planner, your whole process of painting creation **will flow** with greater ease.

## Benefits of having a formed idea

As you **develop your idea** you build enthusiasm, confidence and focus. In addition you also **avoid** the dreaded **Artist's Block**. How can you be blocked when you see so clearly the image you are wanting to paint?

The **biggest benefit** shows itself as you are finishing your painting. If you have held true to your original concept throughout the painting process, you will **see the idea manifest** before you, and **you will know when the painting is done**, because the idea will feel visually complete (no need to overwork a completed canvas or paper).

## Use this template again and again

**Copy this Intentional Painting Planner** as much as you want (*for personal use only*) and use it for your next 7 paintings, minimum. Take breaks during the work to **review your initial idea** and the details you've written down.

Rather than stifle your enthusiasm and spontaneity, this planning stage will enable you to **flow with the experience and keep inspiration alive**. Experience what it is like to make your own directed decisions, and notice for yourself how a little planning shifts your success. (I realize this intentional planning won't suit everyone, but for many it can make a big difference in their abilities.) Remember this: experienced painters do this automatically. It takes practice and time to build this automatic knowingness.





## Writing is Powerful

Finally, please trust me here, you do need to **write the answers to these questions**. Writing has a magic to it that reinforces memory and aids idea development. (See the end notes for more benefits to writing.) No one will see these notes unless you share them, so scribble, doodle, flip the paper over and draw thumbnail sketches, however you want to play with your idea is perfect.

### *Watch my video series on Youtube*

for more ideas for each of the questions and sections.

This link takes you to the introduction: <https://youtu.be/ddpQCa1Mnag>

**Enjoy yourself, have fun,  
and remember:**

**Monet didn't try to put 11 ideas on one canvas,  
he painted 11 different ideas about the same subject  
on 11 different canvases.**





## Before I start a painting I ask myself these questions

### Focus on the Basics of the Subject

1) Is there a **specific purpose** for this painting: practice, personal goal, commission, inventory for a show, addition to a series, challenge, competition, etc.?

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2) **What idea**, subject, concept or content am I thinking about painting?  
landscape, seascape, still life, floral, portrait, figurative, animal, abstract,  
illustrative, allegorical, statement piece, free-form, etc.  
By using: photograph(s), en Plein Aire, studio set-up, sitting, memory, etc.

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3) What do I **MOST like** about this idea?  
I choose to be very, very specific about what is special to me, as in:  
the shape of the tree, the color of the leaves or blossoms, the fruit, the effect of  
the shadows, the whole orchard, the birds perched in the branches, the person(s)  
sitting underneath, the majesty or stature of a solitary tree, etc.  
This is 9 ideas, perhaps canvases, for the exact same tree.

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## What are the Details of the Subject

- 4) What **feeling quality** am I wanting to achieve? What is the **dominant emotion**?  
Or do I want to create a story or theme - what is that? (Align this with #3 above.)
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- 5) Do I want a sense of **action or movement**, or is this to be a **quiet, still** composition?  
How will I achieve either?  
If this is a new concept, I can look for paintings by the masters on the internet.  
When I find one that matches the feeling quality I want to achieve,  
I will do my best to figure out what the painter did to impart that feeling.
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- 6) Will I have a **focal point** in this piece? Why or why not?
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- 7) If a single person (or animal) **portrait** - which eye is dominant for the subject?  
By making one eye the focal point (dominant), the painting will feel more natural  
to real life, and also creates the illusion of the portrait watching passers-by.
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- 8) If a **group portrait** - which person is most important for this painting?  
One of his or her eyes can be the focal point.  
If no one - what IS the focus of attention in the painting?  
Are the people doing or looking at something? (Renoir's Boating Party is a great example of a group portrait when no one is dominant. Rembrandt's Dutch Masters is a great example of painting the individuals with a hierarchy of importance.)

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- 9) What **compositional structure** underlying the people, objects and/or scenery would enhance my goals for this painting? How will I lead the viewer's eyes? (There are basic and complex structures for composition. This is a study in itself.)

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## Choosing My Materials

- 10) What **size of canvas or paper**, and what **orientation** (horizontal, vertical, etc.) is best for my emotion or theme?

Horizontal/Landscape paintings add an element of calm and peace simply because of the orientation, whereas Vertical/Portrait paintings feel more attentive, awake, and alive. I want my composition to benefit from an optimal orientation.

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## Tools & Materials continued

Brushes, palette knives, or \_\_\_\_\_

\_\_\_\_\_

What other tools do I want to use, such as stencils or stamps: \_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_



## Make Crucial Beginning Decisions

- 13) Shall I make **thumbnail drawings** and/or **color sketches** to help me make better decisions and adhere to my goal, or can I see my idea clearly in my mind, or by using this photographic reference, and then hold that idea throughout the painting process?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I can make lots of these little drawings, no more than 2" x 3.5", to help me develop my idea, decide on an orientation, find the masses, see where the focal point will be, and more. There are no details in these little concept sketches, they are easy to do, so I choose to keep them very simple.



- 14) If I **start the painting** with an overall tone to the canvas or paper, what color will I use? Or do I want to work directly on the white surface? Why?

If a white surface feels intimidating, I can paint it with a neutral mid-tone gray or color to get started. This doesn't work for most watercolor paintings, but is great for oils, acrylics, pastels, and even mixed media. If I am still not sure, I can test a tone out on scrap paper first. If I am working on a canvas, I can rub a tone on with a rag and decide, then wipe it off again or modify it to match the mood I want to create.

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- 15) Are there any **other decisions** I want to make now that will affect how I proceed with the painting process?

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I am enthusiastic about this painting and,  
now that I've prepared my mind, heart and materials,  
am fully ready to get started.





## Share with Others

Have you thought of any questions not listed here that you find useful? I would love to know what those are. Please email me with your suggestions: [info@kimvictoria.com](mailto:info@kimvictoria.com), or visit my Facebook fan page: [www.facebook.com/kimvictoriaartist](http://www.facebook.com/kimvictoriaartist) and let me know; then we can share your ideas to help others. Thank you!

## A Few More Notes:

During the progress of the painting you can review your intention for the work in the answers to these questions, and any thumbnail sketches, to evaluate what is working and what you might choose to adjust. You might also have realized that you became more excited by something a little different than you originally intended. Write down your adjusted idea and what inspired it here; yet, before you make changes to what you started, consider that you might want to simply paint another composition.

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At or near the completion of the painting review your answers while looking at the painting as a method of self-critique.

Did you achieve the desired result? Can you explain why or why not?

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What was this particular painting experience like?

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What inspiration grew out of this project and what would you like to try next time?

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*Many artists find a strategy or plan helpful to get in the mood and focused on the creative process.*

*Give this Intentional Painting Planner a try and let me know how it works for you.*





## Information Record of this Painting

Dates of work and completion \_\_\_\_\_

\_\_\_\_\_

Medium \_\_\_\_\_

Substrate or Ground \_\_\_\_\_

Dimensions \_\_\_\_\_

Date of finish varnish or other protective coating applied (when needed)

\_\_\_\_\_

Framing: yes \_\_\_\_\_ no \_\_\_\_\_ details \_\_\_\_\_

\_\_\_\_\_

Working title of the painting \_\_\_\_\_

Final title \_\_\_\_\_

Catalogue number \_\_\_\_\_

Important thoughts you want to share \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





## Benefits of writing in this Planner

- You have a record of your materials.
- You have the date of painting.
- You have a journal of your thought process.
- And most important is that you can easily write an artist's statement and back-story about the composition to share your story of Intentional Painting.
- Galleries love to have the written story about the art they represent.
- Collectors love to know the story of the art they purchase, it helps them make the decision to purchase, and they enjoy the art more because they can tell their friends the story, and they feel connected to you.
- When you can talk about your painting process you engage people, who then care about your art more (caring = enthusiasm = more sales).
- You can look back at your writings about your creative process for inspiration with current work.
- Imagine what it would be like if any of the great masters of art had ever journaled about their individual paintings, how much richer our understanding of their process would be. Consider the future of your art, and what people might want to know about it.

Other benefits you can think of:

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## Artist's Statement

I believe Painting With Intention is a practice that helps artists be more focused, clear and mindful, so they can create paintings aligned with their heart, preferences, and personality.

The greatest of the Old Masters of Art were intentional painters. I teach Visual Language and techniques of the Masters in an easy to understand manner for both beginning students and more experienced painters. My mission is to expand this knowledge, aligning it with current spiritual and philosophical ideas including Law of Attraction.

I share my knowledge on the web site, mostly for free:

- video demonstrations of my processes
- a blog on art concepts
- a glossary of artist terms
- free beginner art class videos
- low-cost painting classes
- opportunities for individual attention
- my experiments and finished art

Learn more about me, and subscribe to my newsletter:

[www.KimVictoria.com](http://www.KimVictoria.com)

### ***Watch my video series on Youtube***

for more ideas on each of the questions and sections.

Link to the introduction: <https://youtu.be/ddpQCa1Mnag>

Your art is about your unique preferences  
and the choices you make based on those preferences.

Discover YOUR preferences,  
joy and enthusiasm will blossom in you,  
and your art will shine.

Kim Victoria

