

THE JOURNAL

Modest Fly Art Studio Gallery Quarterly Newsletter



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TEAMWORK MAKES THE DREAM WORK



SPENT THE DAY IN SAN JUAN CAPISTRANO WITH OUR TEAM COOKING UP AN ITALIAN DINNER FROM SCRATCH.



HOLIDAY RECAP



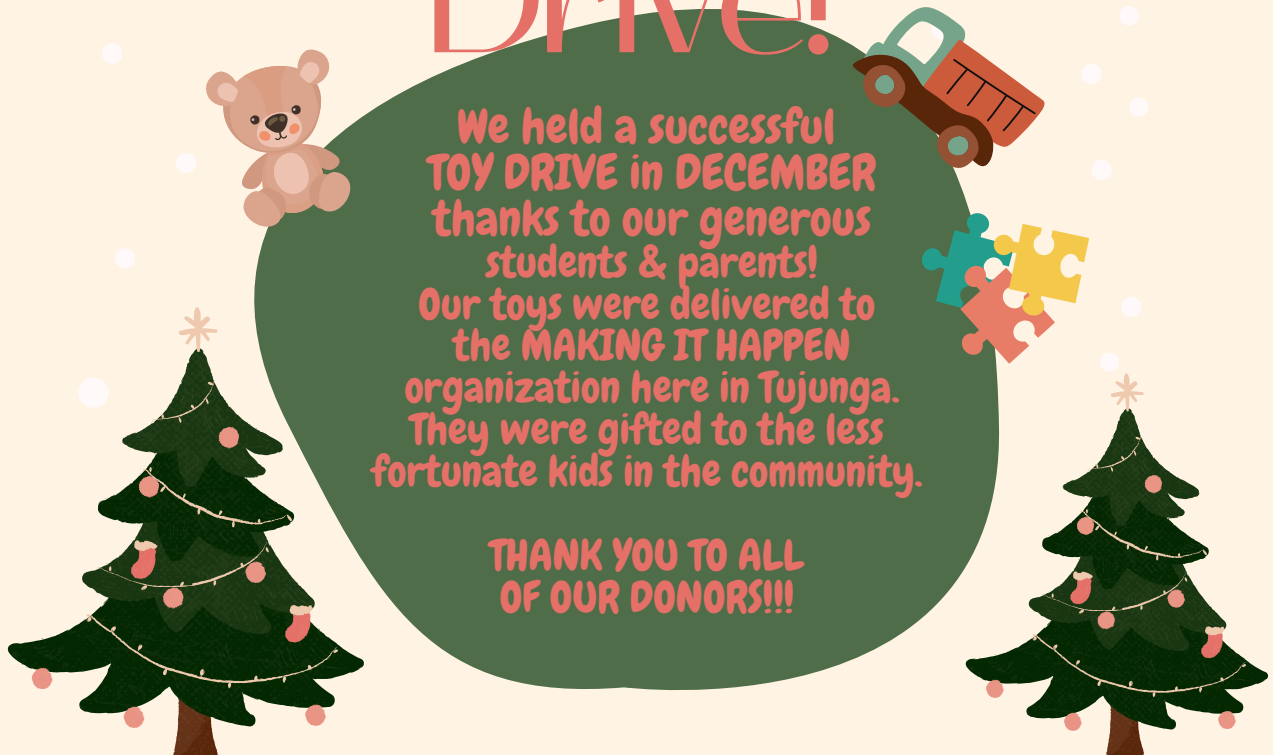
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Toy Drive!

We held a successful TOY DRIVE in DECEMBER thanks to our generous students & parents! Our toys were delivered to the MAKING IT HAPPEN organization here in Tujunga. They were gifted to the less fortunate kids in the community.

THANK YOU TO ALL OF OUR DONORS!!!



Highway to Happiness

Why getting comfortable with change is a positive pattern to foster.

Noticing the seasons change can be a sweet and poignant reminder of the transformative nature of life. Whether you're sensing the heat of summer sliding into mellow fall, or happy to see winter's frosty coat being cast off in favor of the green buds of spring, these quarterly markers can bring changes to mind.

The vast array of reds, golds, and yellows in the trees in fall is another timely reminder of how beautiful change can be. The seasons may not be the first thing you associate with personal change, but for many they represent a tangible shift that can be a good opportunity for a fresh start and the chance to explore a sense of newness. If you're ready for some of that in your life, this could be the perfect time of year to find it.

How do I make a start?

When contemplating change, it can be difficult to know where to begin. You may have things in mind but feel unsure how to take the first steps or be disconnected by the word "goal", feeling it's mostly connected to work. But you can have fun with it too. It's all about how you decide to approach it.

Olivia Stefanino, an author and coach based in the UK, explains: "When you're looking to make changes and set goals, opt for something you really want for yourself, and something you believe in. Even if it seems difficult to achieve, if the goal has meaning for you and you own it, you'll keep going." She adds: "If you've set the goal because you feel you should do it or only to please or pacify someone else, that's when it can be together."

One way of considering what's important to you is to let go of your ideas about what you feel you need to do and should do, and instead imagine you have a magic wand. How would your life look and feel if you could wave the wand and make it just the way you want? The idea is to give yourself permission to say what you want, providing it doesn't hurt someone, and not hold back or think small. Be honest and go for it.

1 How can you make this fun?

When focusing on change, aim to feel motivated and energized by your choices as opposed to overwhelmed and daunted. Here's one way to look at the process differently. Consider taking a road trip to a new destination. You might be excited about the trip even though you know parts of the journey will be challenging. You've got good reasons for wanting to reach your destination. It's a place you want to visit.

As you've not driven on this route before, you'll probably look at a map or review your satnav beforehand to ensure you know which direction to go in. You make a note of key roads and landmarks to indicate progress and reassure yourself you're heading the right way. There are often myriad ways to get there. You might take the scenic, slow route or the usual blast-down-the-highway option. It's your decision.

Then there are the practicalities to consider:

- What time do you need to arrive?
- How long will the journey take?
- Is there any possibility of delay?
- How much is the trip going to cost?
- Is it a lone journey or do you prefer to have a co-driver?

You might be able to see where this is going, but it's easy to apply similar principles from the road-trip analogy to the process of change.

2 Destination

Begin by defining where you want to end up. You might want to be more creative and start an art project or wish to wear a self-made garment but haven't the first clue how to sew. You've taken that first step to define where you want to go, but what does this look and feel like?

Take time to visualize your outcome and how it would feel to achieve it. Picture yourself putting on that new dress you made - the color, the material, and the style. See yourself wearing it and feel your pride.

3 Route

Even though you have a destination in mind, you know there are many ways to get there. Which ones are you going to take? What new behaviors do you need to introduce? Go at it with a positive attitude and remember that change takes time. To reach the point of zipping up that dress, you might:

- Embark on sewing lessons to learn new skills or follow instructions online
- Spend time with a friend or who has these skills and ask if they'd be prepared to help
- Put aside dedicated sewing time
- Make some simple pieces to get you started
- Invest in a sewing machine or buy a second-hand one, then set up a dedicated space in your home where you can sew.

4 Landmarks

On the way, you see landmarks indicating your progress:

- You know the basics and are moving on to more advanced techniques
- You're progressing to more difficult items
- You buy the pattern and the fabric for the dress
- You start to make it
- You finish it, wear it to an event, and can almost hear your satnav making the announcement: "You have reached your destination."

You're likely to see tangible results with a creative project - the dress is proof of your achievement. However, it can be helpful to write down what it is you want to achieve in advance and keep a note of how you're progressing so you can chart your success. There's plenty of anecdotal evidence to suggest that those who have written goals achieve greater success.



5 Timing

Do you need to reach your destination by a certain date? Perhaps you want to wear the dress to an event you already have in your diary? You, therefore, have a deadline. Having a timescale helps you focus. Without one, it's easy to keep telling yourself "I'll do it tomorrow."

This is one reason seasonal goal setting can be interesting. Some people love long-term goals. They like nothing more than to consider a one-year plan or longer. For others, this can feel like far too much of a commitment.

A possible compromise is to set a three-month timescale. This shorter period gives you an opportunity to see real progress and if you start now, achievements can be made before the start of the next season. You can start any day you want. Today, even.

If you wish to create a habit of committing to something on a daily basis, one technique is to put a cross through the calendar each day you achieve it. It's great when you see a buildup of crosses; you're also less likely to want to buck the trend and have a cross-free day, and it enables you to build new habit in a relatively easy way.

6 Support

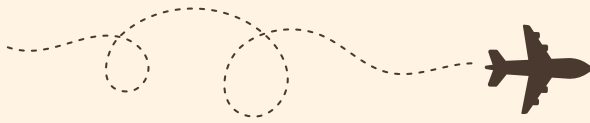
Do you want to travel alone or have someone along for the ride? If you opt for a co-driver, it could be someone you know to be supportive or a friend who's also interested in seasonal goal setting. Knowing you'll be sharing your progress is a great way to keep the momentum going.

7 Diversions

All trips have an element of the unknown, no matter how much you plan ahead. You may get delayed or need to take a diversion. If that happens, go easy on yourself, give yourself space and think it over. It might be that it's simply not the right time for you to take this trip. If you feel you're not making the progress you want, perhaps it's time to reflect and ask whether you're really committed to this change or if it's the right one for you at this time.

"When you're contemplating what you want, think about what you'd want for your best friend or child, for example - you'd want the very best for them, so apply the same approach to yourself," says Olivia. "Set your plans in motion from a place of love. You're more likely to succeed if you set out to do something that brings you joy, fills you with excitement, and comes from the heart."

"Highway to Happiness", Breathe Magazine.



MY ROADTRIP, AT A GLANCE



Destination - where are you going?

Think about what's really important to you. When you reach your destination, what will it look and feel like? Do you feel excited, energized, and filled with joy about this trip?

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Route - which route do you want to take?

Be specific about the steps you need to take to reach your destination. What new behaviors do you need to introduce? Remember that there are many ways to get somewhere. Do you want to take the highway or scenic route?

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Landmarks

Are you on the right road? What will you pass on your way to your destination that indicates you're making good progress?

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Timing - what time do you need to arrive?

Set some timescales, such as the three-month suggestion.

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Support - are you going it alone or do you want a codriver?

Sharing your progress with someone else can be an added incentive to keep going. Who might you take along for the ride?

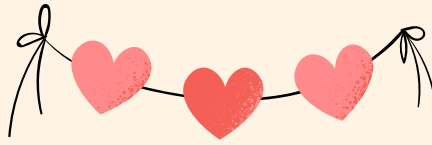
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Additional thoughts - fuel and spending money

What else is there to consider to make the most of your trip?

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DIY HEART SHAPED CRAYON FAVORS

Here's a Fun Activity to try at home for Valentine's Day!

YOU WILL NEED:

- ♥ a heart shaped ice cube tray or silicone mold (heat safe)
- ♥ crayons (colors of your choice)
- ♥ paper for cards
- ♥ oven or microwave
- ♥ optional: glitter



STEP 1

Break apart crayons of your choice & arrange in heart shaped molds.



STEP 2

Bake at a low heat or microwave until melted.

STEP 3

Let your crayons cool and harden. Prepare your Valentine's day cards.

STEP 4

Tape or tie the crayon hearts to your cards & there you have it! Valentine's favors!



ART CLASSES AT HOME

If you are having trouble scheduling another extra-curricular activity into your week, you can have us come to you!

One of our instructors will drive to your home with the necessary materials and apply our curriculum to one-on-one sessions.

The class is 1 hour and 30 minutes and there is only one flat monthly fee. The fee applies to one to three students that are at that same location.

For any additional questions, please contact us and we will be happy to assist you!



Organize your own Paint Night!



Enjoy a relaxing and fun evening spent painting with your favorite people! We provide all painting materials and will work with you in figuring out how we can cater to your specific event's needs!