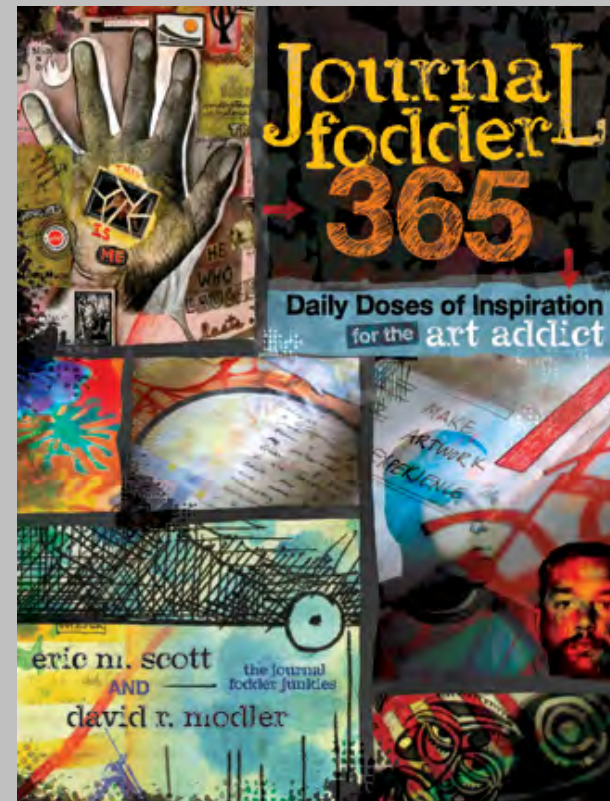


Thank you for joining us for today's webinar
hosted by Eric M. Scott & David R. Modler



bestselling authors of *The Journal Junkies Workshop* and
Journal Fodder 365

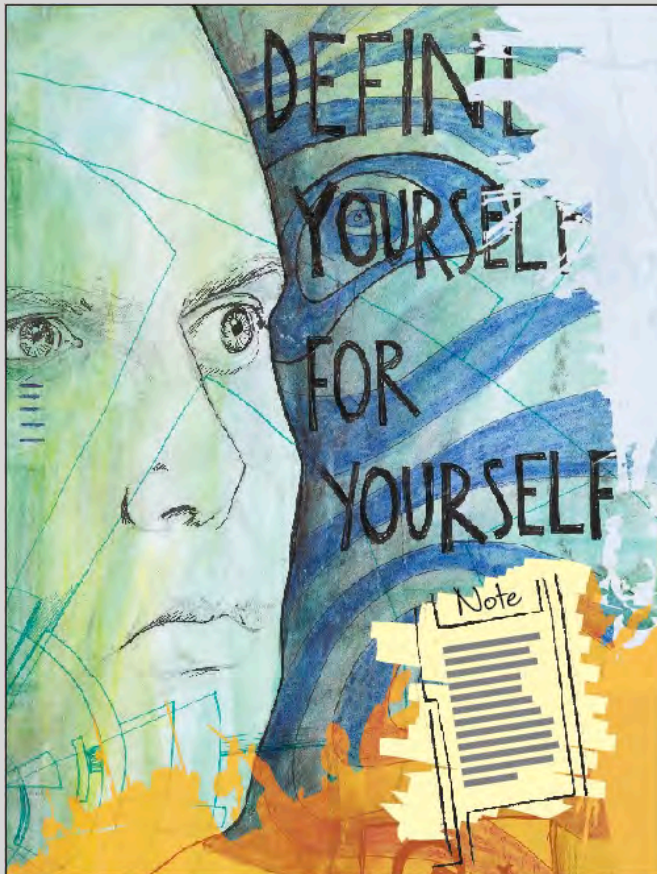
About the Journal Fodder Junkies



Photo by Christine Polomsky, F+W Media, Inc.

Boys will be boys.

Journal Fodder 365



Personal Mythologies and Histories

WHERE HAVE I BEEN AND HOW DID I GET HERE?

Begin your journey by reflecting on your past as you delve into your identity. Explore who you are as well as the stories you tell yourself. Explore significant people and events in your life as you slowly introduce or reintroduce yourself to the visual journal.

No matter what you put into the journal, it becomes a reflection of who you are, who you think you are and who you want to be. What better way to begin your exploration in the journal than to review who you are? As you work, keep thinking about your past and the stories you have built about yourself. Reflect on your personal journey to this point in your life. Think about the things that are important to you, and examine your strengths and areas for growth. Identify your core values and how they relate to your personality. Where did these concerns come from? Who has influenced them? Pain along with joy is a part of all of our lives. As you explore your identity and how it relates to your experiences, learn to lean into the pain and celebrate the joys. Confront the disquieting parts and embrace the pleasant memories. It is all about you.

GATHER YOUR FORCES

This is the story of your life, so gather fodder and ephemera to help narrate and illustrate that story. Make a reconnaissance trip to your parents' or grandparents' attic or basement. Pull out those old dusty boxes and rummage through those old photos and school papers.

Along with this personal fodder, look for some atypical types of images such as ID photos. You present these work, school, passport, or driver's license photos as proof that you are who you say you are. Do these images truly reflect who you are, though? Do they represent all that you encompass? They may be unflattering, but they plainly and blatantly depict you as you appear. How can you take ownership of these standardized images?

additional art-illery

13

Personal Mythologies and Histories

Gather Your Forces



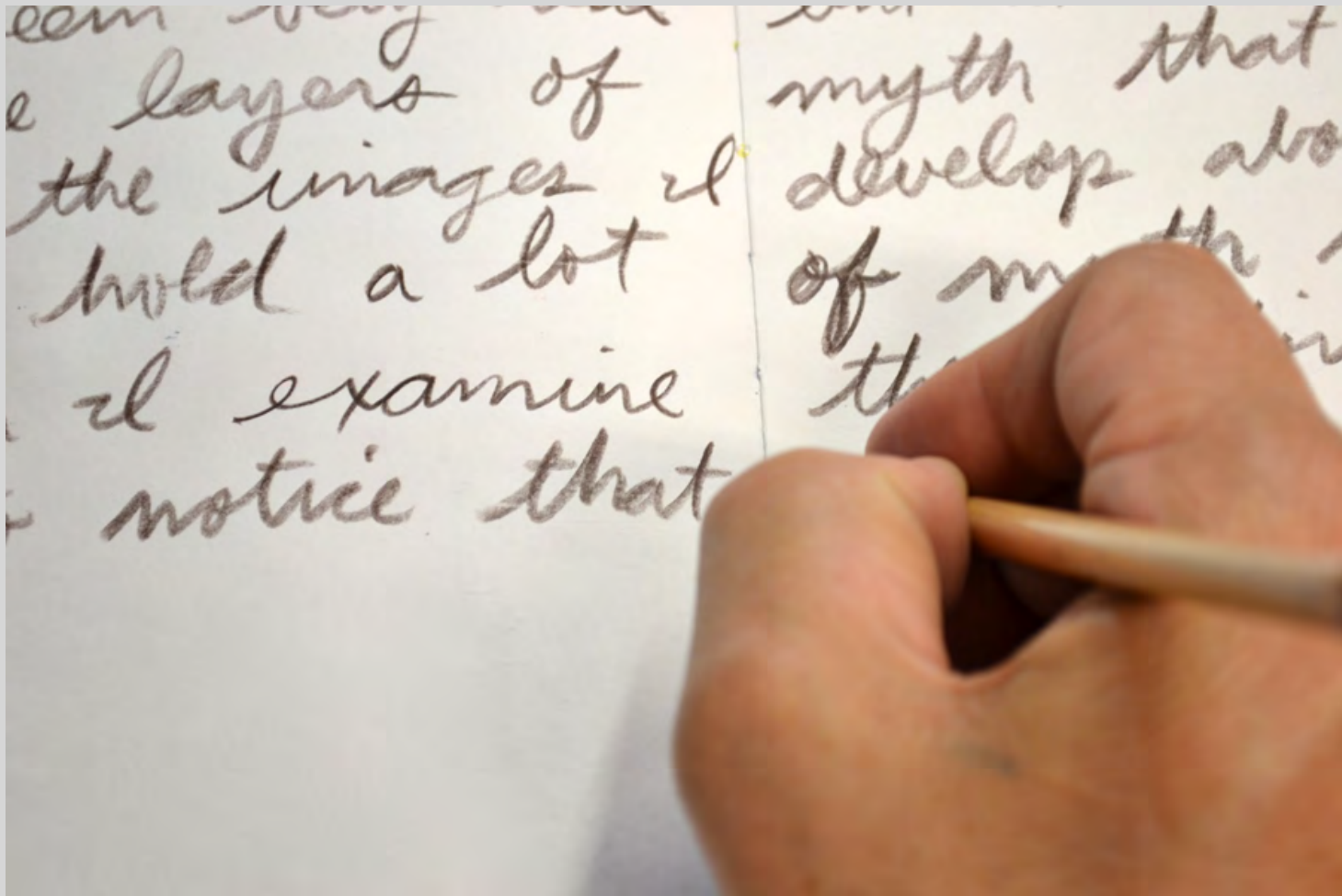
Fodder!!!



Prompts

- Writing Prompt 1:
I am
- Writing Prompt 2:
Pivotal People
- Writing Prompt 3:
Roads Taken and Not Taken
- Writing Prompt 4:
Personal Mythologies

Writing with water soluble material.



Painting over the writing.



When I think about my life about the stories that make up my experiences tend to seem very real but as I think deeper about them I can begin to see the layers of myth that creep into my personal narrative and how the images I develop about myself that are based in truth but seem to hold a lot of myth really seem to stick. For some reason when I examine the information I am trying to focus on I start to notice that I tend to concentrate on the things that are happening that are not so great. There are lots of good things that are going on in my life right now, but when I contemplate a definition of my existence I find I lean toward my concerns about what is not working out for me. The house that is the thorn in my side always seems to come out front and center, cannot seem to get rid of it, cannot sell it, cannot get someone to consistently rent it, feel I can just never seem to move forward with that process. I also find myself dwelling on money. Never seems to be enough if it never seem to be able to make enough or get the money I am used to some kind of timely fashion. But I am doing okay, I make end meet, of course I feel it could and should always be better, it could be wise. I just need something to break, to get a leg up on all of this stuff, even though I know in my heart it could just require more patients and take more time.

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Embellishing the text.

consistently rent it,
that process. It
to be **ENOUGH** if it,
I am sure in some
AKE each meet, of

al but as it
L myth that
el **develop** about
t of myth re
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seem very real
E **LAYERS** of
the images
to hold a lot

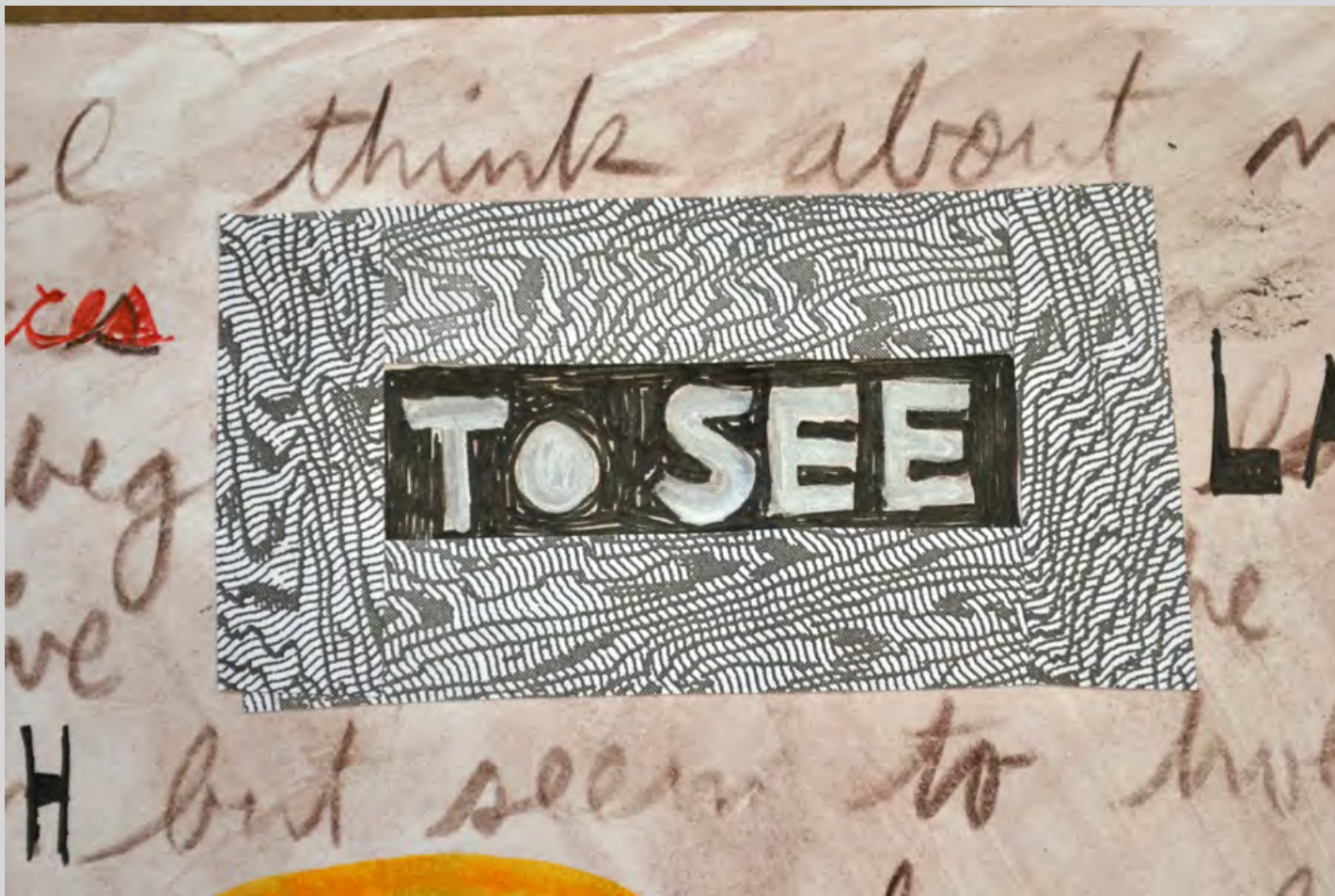
re images
hold a lot
el **examine**
notice that
at our rest at

When I think about my life about the **STORIES** that make up my **experiences** tend to seem very real but as I think deeper about them I can begin **TO SEE** the **LAYERS** of myth that creep into my personal narrative and how the images I **develop** about **MYSELF** in **TRUTH** but seem to hold a lot of myth really seem to stick. For some **reasons** when I **examine** the information I am trying to focus on I start to notice that I tend to **CONCENTRATE** on the things that are **happening** that are not so great. There are lots of **good** things that are going on in **MY LIFE** right now. When I contemplate a definition of my existence I **find** I lean **TOWARD** what is not **WORKING** out for me. The house that is the thorn in my side always seems to be in front and **center** cannot seem to get **RID OF** it. I cannot get **SOMEONE** to consistently rent it, feel I can just **never** seem to move forward with that success. I also find **MYSELF** dwelling on moving **ENOUGH** never seem to be able to make **enough** if it, kind of timely fashion. But I am doing okay, **I MAKE** ever meet, of course **I feel** it could and should always be better, it could be worse. I just need something **to break** to **GET** **A LEG UP** on all of this stuff, even though I know in my heart it could just require more patients and **take more** time.

Collage



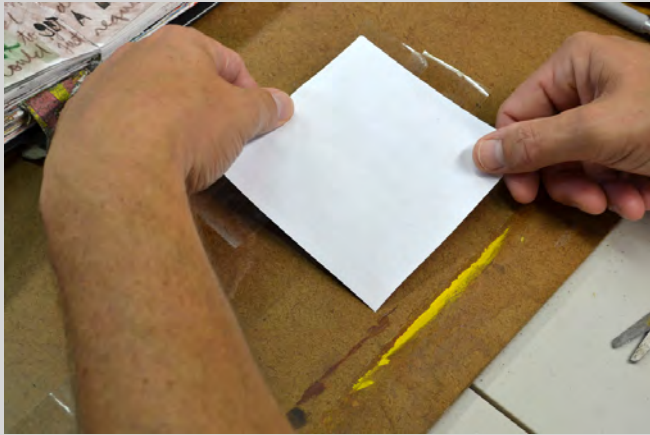
Framing the text with collage.



When I think about my life about the **STORIES** that make up my **experiences** I can begin to see very real **TO SEE** **LAYERS** of narrative in **TRUTH** but seem to hold a lot of **Reasons** when I **examine** focus on it start to notice that **happening** that are not so that are going on in **MY LIFE** right definition of my existence **I find** what is not **WORKING** out for me. my side always seems to come out. **RID OF** cannot sell it cannot feel it can just **never** seem to move forward with **MYSELF** dwelling on moving **never** seem to be able to make **enough** kind of timely fashion. But I am course **I feel** it could and should I need something **to break** to **GET** enough of power in my heart it could just

but as I think deeper about them **develop** also **MYSELF** are based of myth **stick**. the information I am trying to I tend to **CONCENTRATE** on the things great. There are lots of **good** things **enough** but when I contemplate a **I lean TOWARD** concern about The house that is the thorn in front and **center** cannot seem to get **SOMEONE** to consistently rent it, **ENOUGH** it, **or** get the money I **I MAKE** end meet, if doing okay, **I MAKE** end meet, if always be better, it could be wise. **A LEG UP** on all of this stuff **require** more patience and **take more** time.

Tape Transfer



Tape it.



Trim it.



Burnish it.



Soak it.



Rub it.



Glue it.



Stick it.

Solvent Transfer



A photocopy and a Chartpak Blender.



Apply marker to it.



Burnish it.



Reveal it.

When I think about my life about the **STORIES** that make up my **experiences** I can begin to see **real** layers of narrative in **TRUTH** but seem to build a lot of **myself** **reasons** when I **examine** those things that are not so **happening** that are not so **MY LIFE** **definite** **WORKING** **find** **RID OF** **MYSELF** **never** **enough** **could be** **to break** **GET**

TO SEE

LAYERS

MYSELF



TOWARD

SOMEONE

ENOUGH

but as I think deeper about them **develop** also **MYSELF** **personal** **we based** **stick** **the information** **am trying to** **I tend to** **CONCENTRATE** **great** **There are** **delicious** **new** **but when I** **in** **about** **I learn** **TOWARD** **concerns** **The house that is** **front and** **center** **cannot** **seem to** **get** **SOMEONE** **to** **move forward** **with** **the** **Never** **seems to** **get** **the money** **I** **MAKE** **and** **most** **of** **doing** **okay** **always** **be** **better** **it** **could be** **A** **LEG UP** **on** **all** **of** **the** **still** **require** **more** **patients** **and** **take more** **time**

Cut Outs



Cut it.



Remove it.



Glue it.



Stick it.

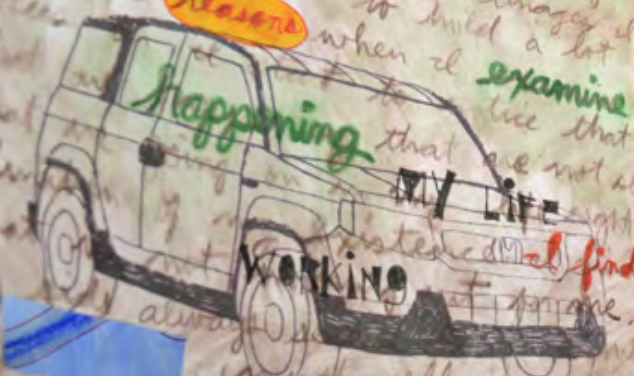


Flip the page to reveal it.



When I think about my life, I can begin to see **real** experiences I can begin to see **real** narrative in **TRUTH** but seem to be living a lot of **reasons** when I **examine** that I am not as **MY LIFE** as I find **WORKING** **never** seem to move forward with the **MYSELF** **never** seem to be able to make **enough** **to break** **GET A LEG UP**

the **STORIES** that make up my life but as I think deeper about them I tend to **CONCENTRATE** **TOWARD** **SOMEONE** **NEVER** **I MAKE** **GET A LEG UP** **take more**



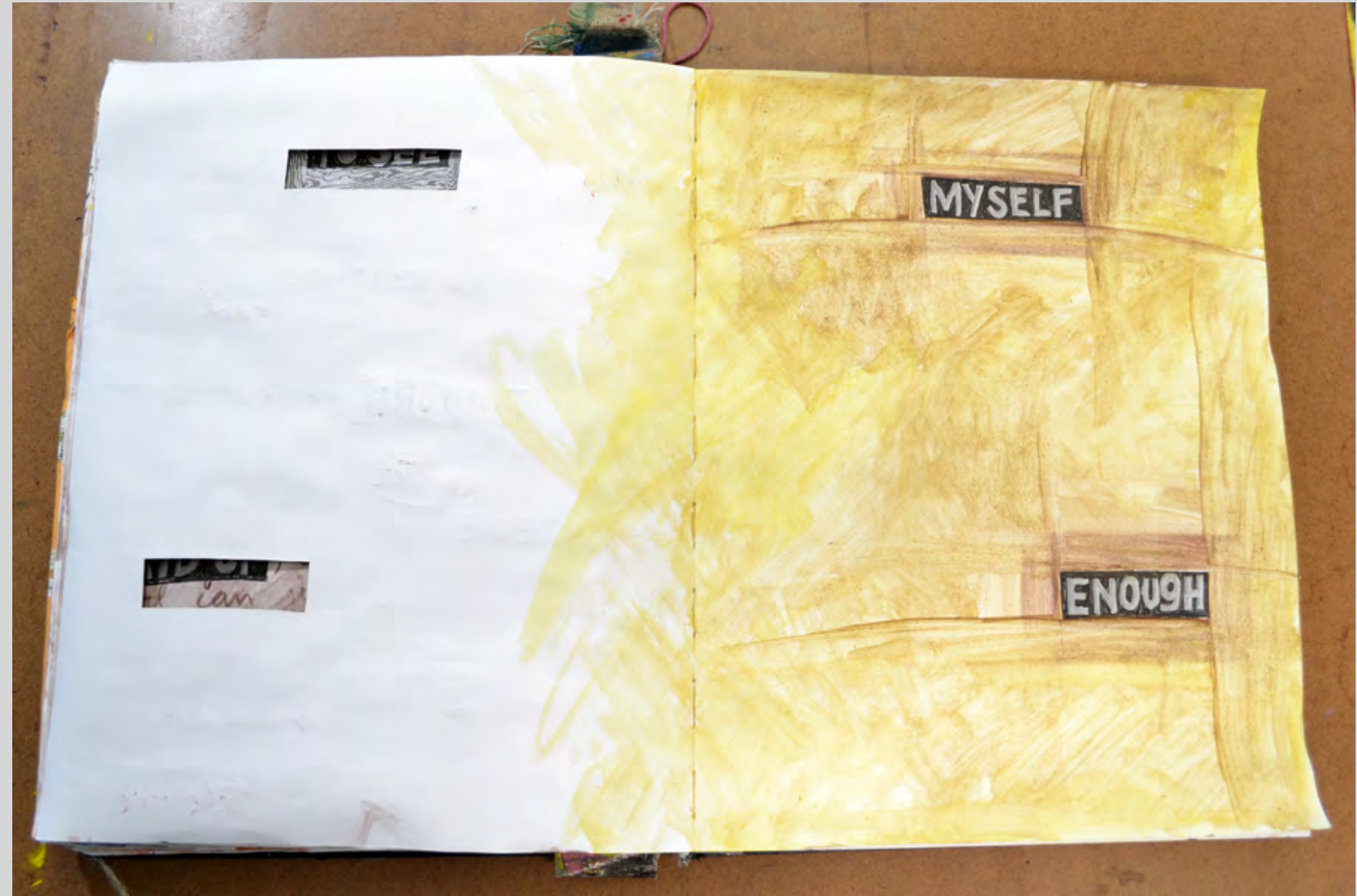
Moving into a new page.



Watercolor pencil.



Brushing on
watercolor paint.

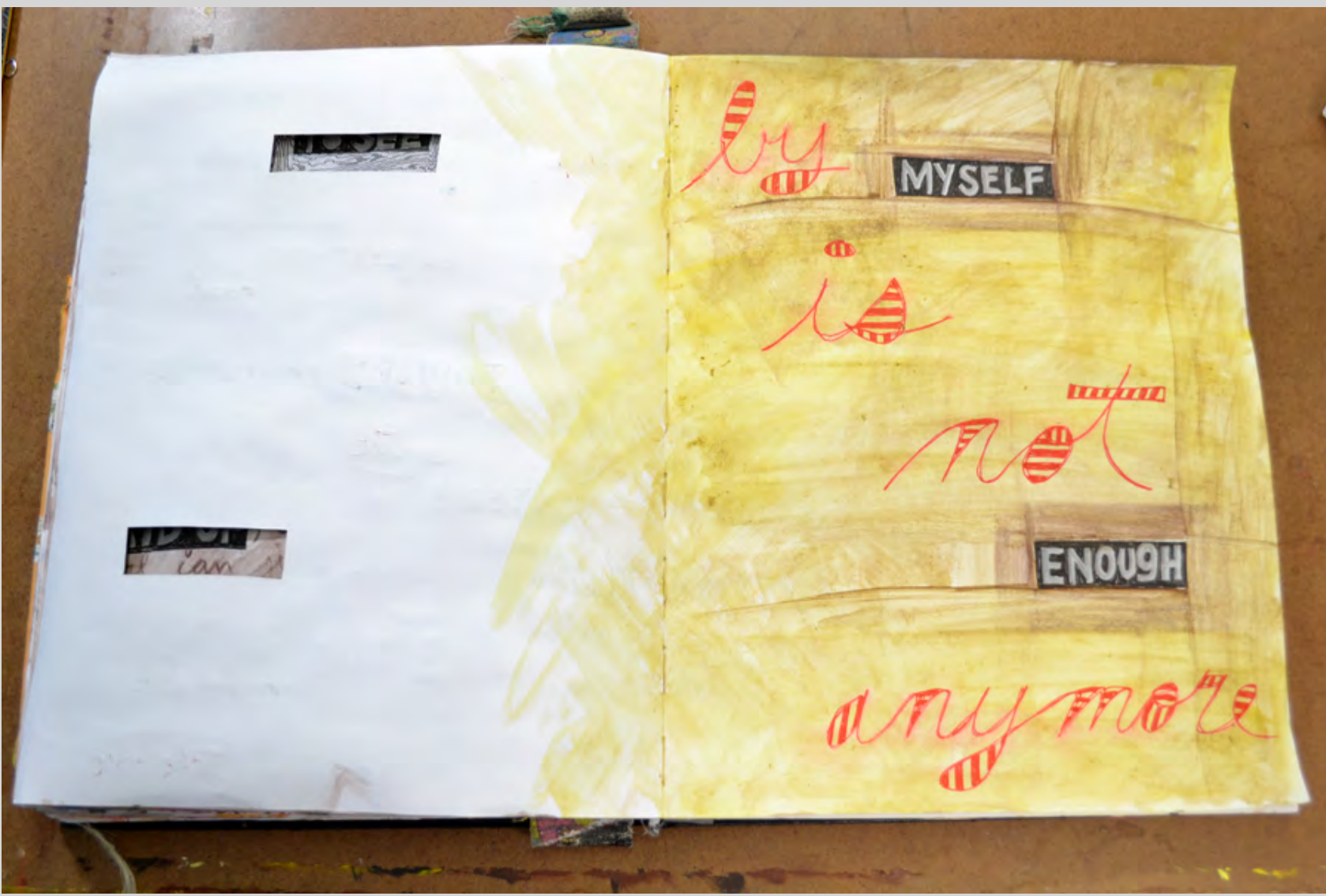


Adding more watercolor
to make a wet surface.



Writing into the wet paper with pen.





LOVE

can

by

MYSELF

is

not

ENOUGH

anymore

Returning to a page and working into the solvent transfer.



Adding some lines with pen.



When I think about my life about the **STORIES** that make up my **experiences** but as I think deeper about them I can begin to see the **very real** **develop** **MYSELF** **TRUTH** but seem to hold a lot of myth and the information I am trying to focus on is not so great. There are lots of **good** things about my life that I don't think about when I'm in the house that is front and center. I can't seem to get **SOMEONE** to help me. **Never** seems to be able to make **enough** money. I feel I could and should **to break** through it. I know in my heart it could just

When I think about my life about the **STORIES** that make up my **experiences** but as I think deeper about them I can begin to see the **very real** **develop** **MYSELF** **TRUTH** but seem to hold a lot of myth and the information I am trying to focus on is not so great. There are lots of **good** things about my life that I don't think about when I'm in the house that is front and center. I can't seem to get **SOMEONE** to help me. **Never** seems to be able to make **enough** money. I feel I could and should **to break** through it. I know in my heart it could just



RID OF

MYSELF

ENOUGH

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GET A LEG UP

take more

never seem to be able to make enough money. I feel I could and should to break through it. I know in my heart it could just require more patients and take more time.

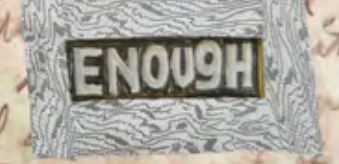
Painting with watercolor.



When I think about my life about the **STORIES** that make up my
experiences I can be **TO SEE** **LAYERS** of **real** **develop** also **MYSELF** **MYSELF** **MYSELF**
I can be **TRUTH** but seem to build a lot of **MY LIFE** **MY LIFE** **MY LIFE**
For some **reasons** when I **examine** **MY LIFE** **MY LIFE** **MY LIFE**
focus **happening** **MY LIFE** **MY LIFE** **MY LIFE**
that **MY LIFE** **MY LIFE** **MY LIFE** **MY LIFE**
definitely **MY LIFE** **MY LIFE** **MY LIFE** **MY LIFE**
what **MY LIFE** **MY LIFE** **MY LIFE** **MY LIFE**
may **MY LIFE** **MY LIFE** **MY LIFE** **MY LIFE**
get **RID OF** **MYSELF** **MYSELF** **MYSELF**
feel it can **never** seem to **MYSELF** **MYSELF** **MYSELF**
also find **MYSELF** **MYSELF** **MYSELF** **MYSELF**
never seem to **be able to make enough** **MYSELF** **MYSELF** **MYSELF**
kind of **enough** **MYSELF** **MYSELF** **MYSELF**
course **I feel** **MYSELF** **MYSELF** **MYSELF**
I need something **to break** **MYSELF** **MYSELF** **MYSELF**
though I know in **my heart** it could just **GET A LEG UP** **MYSELF** **MYSELF** **MYSELF**



about the **STORIES** that make up my **MYSELF** **MYSELF** **MYSELF**
but as I think deeper about them **MYSELF** **MYSELF** **MYSELF**
myth that **MYSELF** **MYSELF** **MYSELF**
of myth **MYSELF** **MYSELF** **MYSELF**
the information I am trying to **MYSELF** **MYSELF** **MYSELF**
I tend to **CONCENTRATE** **MYSELF** **MYSELF** **MYSELF**
great. There are lots of **MYSELF** **MYSELF** **MYSELF**
but when I **MYSELF** **MYSELF** **MYSELF**
I learn **TOWARD** **MYSELF** **MYSELF** **MYSELF**
The house that is **MYSELF** **MYSELF** **MYSELF**
front and **center** **MYSELF** **MYSELF** **MYSELF**
get **SOMEONE** to **MYSELF** **MYSELF** **MYSELF**
move forward with **MYSELF** **MYSELF** **MYSELF**
Never seems to **MYSELF** **MYSELF** **MYSELF**
or get the money I **MYSELF** **MYSELF** **MYSELF**
doing okay, **I MAKE** **MYSELF** **MYSELF** **MYSELF**
always be better, **MYSELF** **MYSELF** **MYSELF**
on all of **MYSELF** **MYSELF** **MYSELF**
require more patients and **take more** **MYSELF** **MYSELF** **MYSELF**



Creating a cut page flap.



Cut the page



Fold a tab.



Put glue on the tab.



Place the tab.



Fold over the tab.



Glue on the cut page.

When I think about my experiences I can begin to see a narrative in TRUTH but seem to have a reason when I examine

TO SEE LAYERS



RID OF

MYSELF

never seem to be hard of timidity course I feel

STORIES that make up my life as I think deeper about them that also myth information I am trying to

MYSELF

CONCENTRATE

TOWARD



ENOUGH



could be

this stuff

When I think about my experiences I can begin to see a narrative in TRUTH but seem to find a reason when I examine what is happening that I always find myself rid of MYSELF

TO SEE LAYER



RID OF MYSELF

by MYSELF
is
not
ENOUGH
any more

When I think about my life about the
experiences I can begin to see **real**
narrative **TO SEE** **LAYERS** of
in **TRUTH** but seem to find a lot
For some **Reasons** when I **examine**
focus **MY LIFE** like that
that is **happening** these are not so
definition of **MY LIFE** I find
what **WORKING** out for me.
I always **RID OF** cannot get
feel it can **never** seem to move forward
also find **MYSELF** dwelling in money
never seem to be able to make **enough**
hard of timing **MYSELF**. But I am
worse **I feel** it could and should
I need something **to break** to **GET A LEG UP** on all of
though I know in my heart it could just require more patients and **take more**

STORIES that make up my
I think deeper about them
that **MYSELF** personal
are based
stick.
the information I am trying to
I tend to **CONCENTRATE**
There are lots of **good**
when I **concern** about
I learn **TOWARD**
The house that is **center**
front and **center**
SOMEONE to
I **MAKE** end meet, if
could be
always be better, it **could be**
this still
require more patients and **take more**



THANK YOU



Photo by Christine Polomsky, F+W Media, Inc.

Where to find the Journal Fodder Junkies

On the Web

- www.journalfodderjunkies.com
- www.journalfodderjunkies.blogspot.com
- Facebook
- YouTube
- Flickr

In Person

- Thursday, November 22, 2012 – Concordia University, Montreal
- Friday, November 23, 2012 – Spotlight on the Arts, QPAT Convention, Montreal
- March 6–10, 2013 – National Art Education Association, Fort Worth, TX