

Book Of Days 2019

Your Word Of The Year with Effy Wild



Welcome to your very first lesson in Book Of Days 2019!! YAY!!!

Many of us choose to begin each year with a word that acts as a touchstone or a reminder of our intention for the year. Some work with a word a month, even, and others just let the year unfold and reveal itself as it will. Either way, this lesson can be worked as a way to enter the year with an image of yourself (if you choose - otherwise you can use an image that represents you) and a word, phrase or quote that feels good to you.

My word of the year is beloved, which I adore because there are many ways I can play with it. "Beloved, Be Love, Be Loved, Love" are all intentions for my year ahead, and so this word is perfect for me.

I wanted to start my year off by moving away from the colour rut I've been in for a while, so I purposefully chose to work with colours (and even paints) that I don't normally use. The results delight me, and I am so glad I did this! If you've been reaching for the same colours over and over again yourself, maybe join me in reaching for something different to start your year off fresh!

The techniques featured in this lesson are: working with etching into wet paint, using a photograph of yourself/an image that represents you, creating a door in your journal, and using a sewn edge to create texture and interest. It's a pretty long lesson, but you will find a speed painting version

to take a look at before you dive in so you can assess what parts of this tutorial you want to tackle, and which parts you may want to leave behind. It's all up to you!

Below you will find your supplies list, and links to all of the videos. Below that, you find pictures of each step, and written instructions on what I did. This will include tips, or mentions of any issues I ran into while created the spread.

Grab a coffee, tea, or whatever you're drinking today, and join me in getting this year off to a gorgeously colourful start!!

SUPPLIES

Printed image of yourself or something that represents you.
Glue stick.
Masking tape.
Craft mat and craft knife (to cut your door).
Glue (I'm using Beacon 3 in 1).
Waxed thread + needle
Envelope + paper to go inside (or whatever you like!)
Washi tape
Acrylic paint (I'm using Deco Art and Golden Fluid acrylic).
Acrylic Ink (I'm using Liquitex muted colours).
Gloss medium (Tri-art or Soft Gel Gloss)
Pigma Micron 0.5 or any waterproof black pen
White paint pen (I'm using Uni-Posca)
Black paint pen (Also Uni-Posca)
Silver Gel Pen (Unibal Signo Broad)
Faber Castell Pitt Pen (I'm using a deep periwinkle blue)
Krylon Low Odor Gloss Spray (to seal the pen!)

VIDEOS

Password for all videos is beloved2019

[Introduction](#) | [Speed Painting](#)

[Part One](#) | [Part Two](#) | [Part Three](#)

THIS MONTH'S WORKBOOK



[Click To View](#)





On the second spread in the journal, glue down an image of yourself or one that represents you. I used glue stick for this.



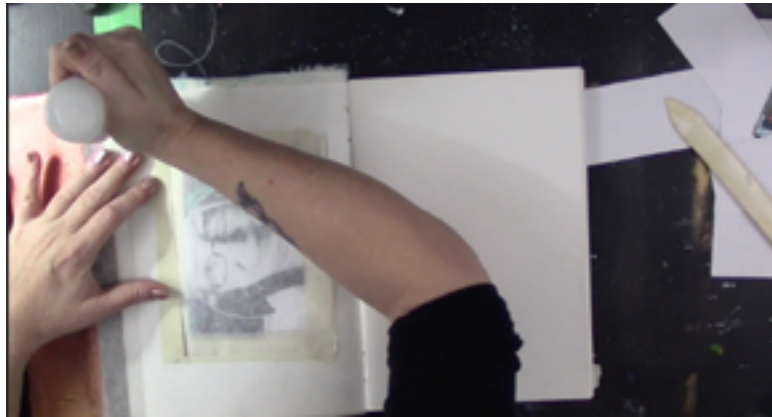
Add a frame using any tape you like. I used masking tape. Seal with matte medium (or any other sealant you like).



Using your craft knife and a craft mat, cut your doorway.



Use a bone folder or the handle of a pair of scissors to make sure your door hinge is nice a crisp and opens easily.



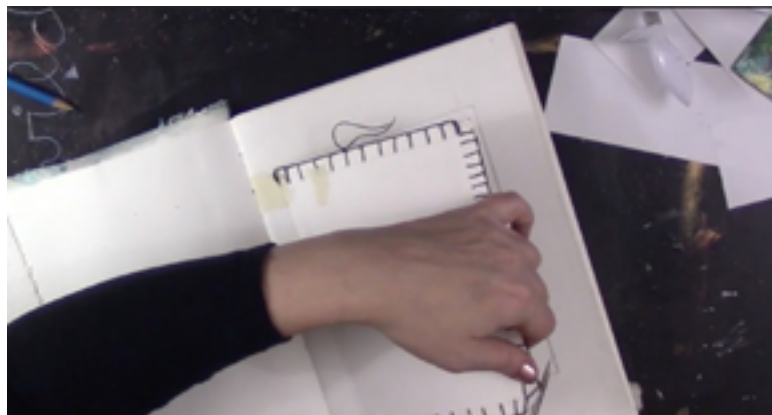
Using any glue you like, glue the left hand facing page to the right hand facing page. I'm using Beacon 3 in 1 adhesive.



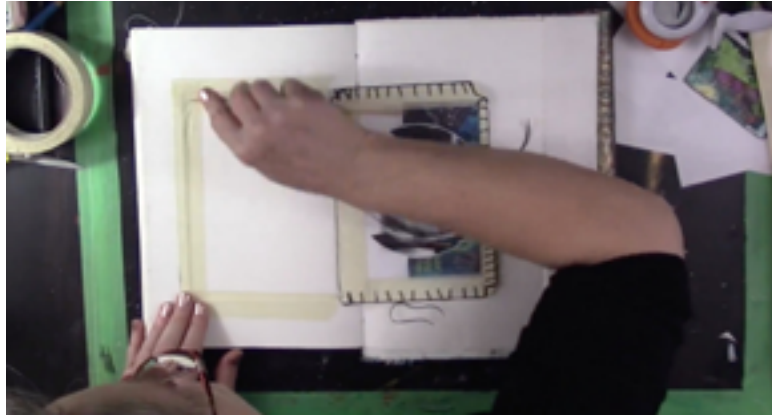
Trim the edge of the right hand facing page if you like.



Sew around your doorway using any stitch you like. I'm using a blanket stitch. Please consult YouTube for stitching tutorials if you have no idea how to do this, or skip it if you prefer.



I trimmed the edges of my doorway so they'd be rounded.



I taped a frame around the edges of my right hand facing page using masking tape.



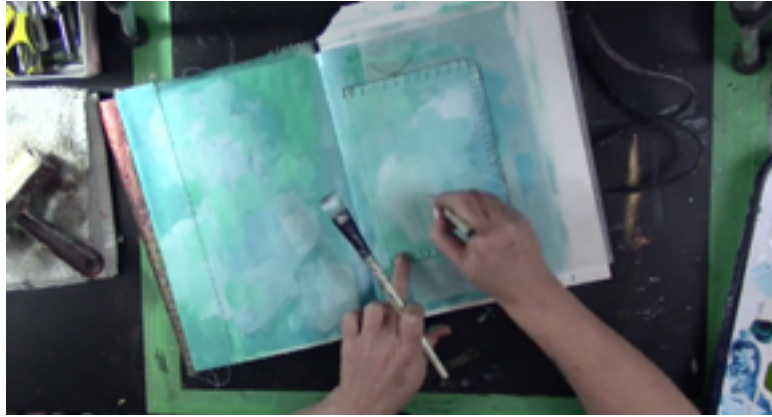
Glue an envelope to the right hand facing page so that it will appear when you open your doorway. I also added some cute washi tape around the envelope.



Paint! I used a variety of blues from Deco Art + titanium white paint.



Dry as you go so that you don't transfer paint where you don't want it! Make sure to create some darker areas and lighter areas to keep things interesting.



I'm etching into wet paint to add some symbols that are coming up for me - leaves and spirals wanted to happen, so I let them.



Adding white paint over top of the blue paint makes the etched symbols really pop.



Protect the inside of your envelope with something you can slip inside it, and seal with gloss medium. I'm using Tri-art gloss polymer. I also added this to the masking tape frame around my photograph.



I added my word of the year, "beloved" and a love heart to the image of my face using a Pigma Micron 0.5 pen.

Then, using a combination of white paint and acrylic ink, I painted my envelope and the masking tape frame. I used the same etching technique I used in the blue areas of the spread.



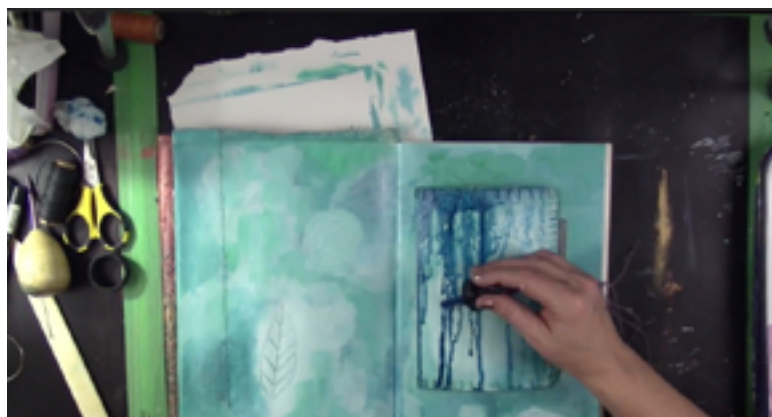
I repeated the gloss layer on the flap of the envelope and then embellished with more etching. I also drew the part of the leaf that the flap was obscuring onto the flap.



Using a white paint pen, I added some highlights and dots to the elements in the spread.



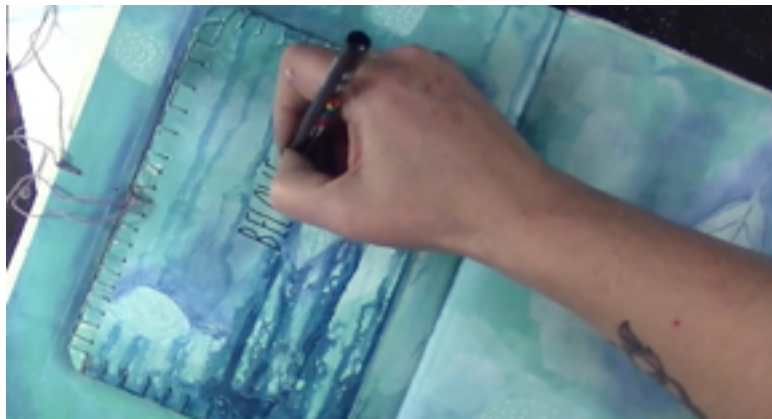
I also added a closure to the door way by punching a hole in the right hand facing page, threading through some waxed linen (purple) and then adding some more waxed linen to the edge of the door. Now the door can be tied shut.



Using Liquitex acrylic ink, I added drippage to the doorway.



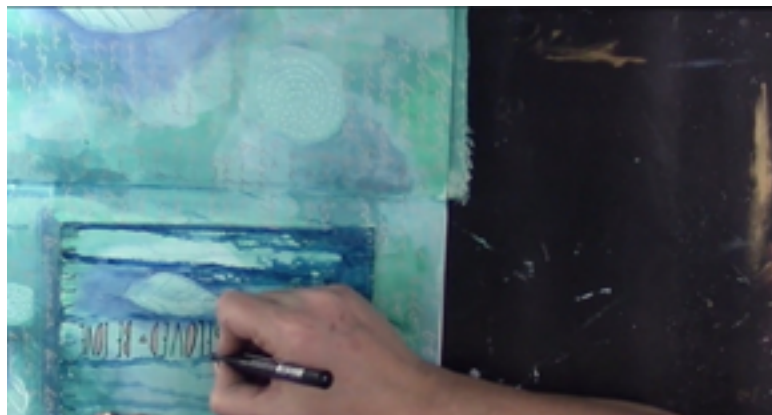
Using a Faber Castell Pitt Pen in a grey-blue, I added shading around the door frame, and the other elements in the blue part of the spread.



Using a black paint pen, I added text to the doorway. It says "Beloved, Be Love".



Using a silver gel pen (Unibal Signo), I added different variations of my word of the year all over the spread. "Beloved, be love, love, be loved", etc.



I added silver gel pen to the insides of the letters on my doorway, and thickened the writing using a black paint pen.



I added the year and an arrow to represent moving forward into the new year.



I sealed with Krylon Low Odor gloss, which will prevent the gel pen from smearing and create a beautiful, unified finish.



VOILA! YOUR TURN!

