

# Process Book

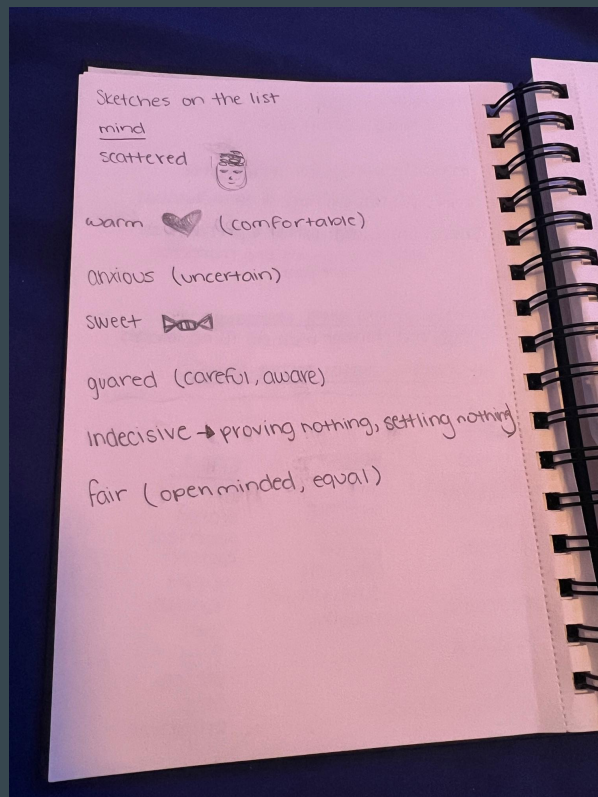
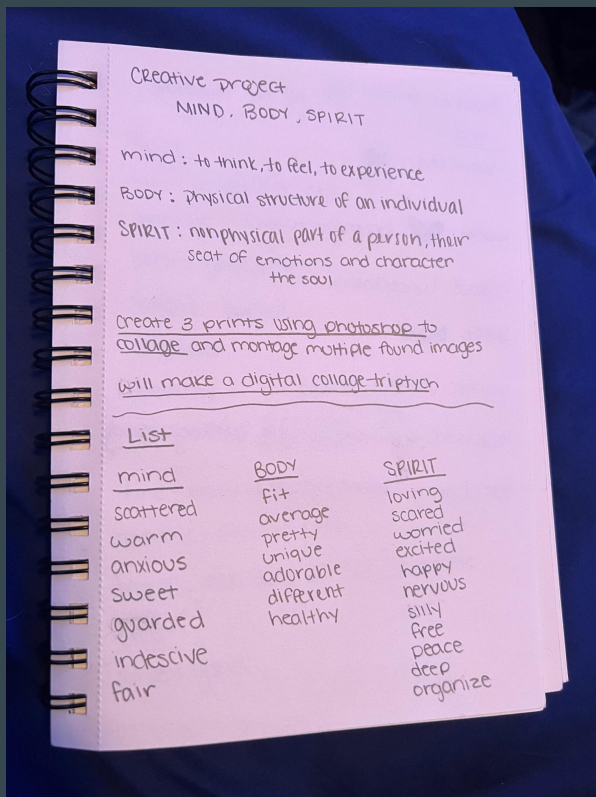
## Creative Project\_Mind/Body/Spirit



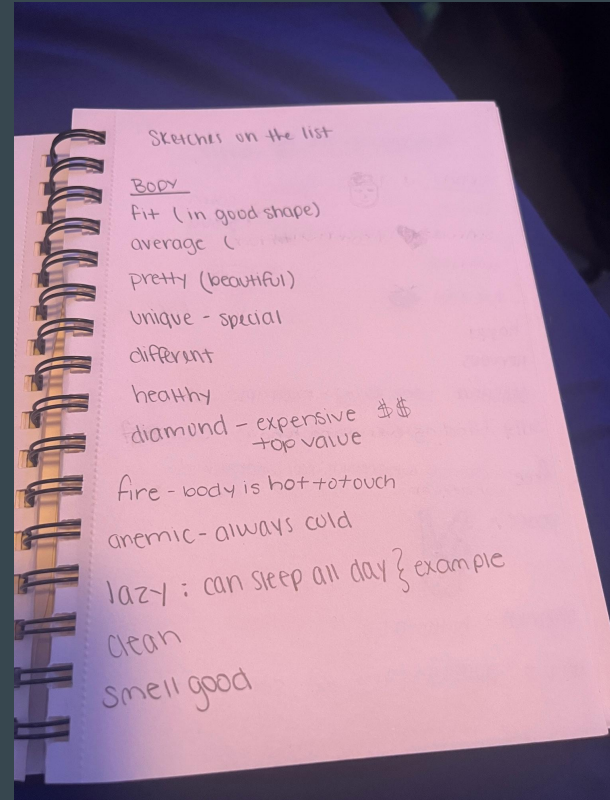
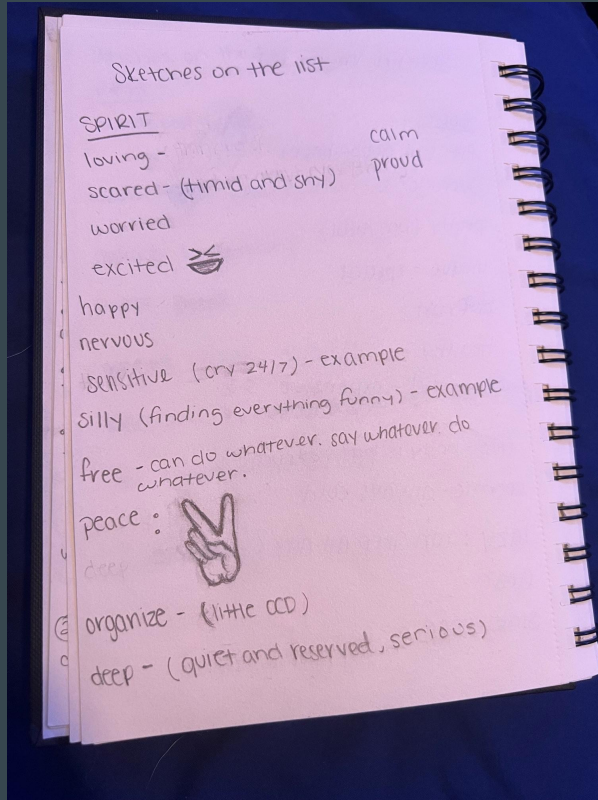
Paxstyn Spaulding  
ART2602C Intro Digital Art

SPRING 2023

# Research



# Research



# Word List

## Mind

- Scattered
- Anxious
- Sweet
- Guarded
- Indecisive
- Fair
- Soft
- Serious

## \*Add Words\*

- Nice

# 5 words I chose to go off of

- Guarded
- Soft
- Indecisive
- Fair
- Serious

# Images for Mind



# Reasons for choosing the words

I chose these 5 words out of all the words I came up for “mind” because I felt they related to me the most. The two words I kind of went with to start my design are indecisive and deep. I focused more on those main two words to inspire my thoughts on what I want to design.

# What I want to create. An idea.

I want to show the man with the two pathways as the main focus in my collage. Then have the the background of it completely different.



# Word List

## Body

- Fit
- Pretty
- Unique
- Different
- Healthy
- Expensive
- Fire
- Anemic
- Lazy
- Clean
- Warm

## \*Add Words\*

- Nice

# 5 words

- Pretty
- Clean
- Adorable
- Sleepy
- Nice

# Images for Body



# Reasons for choosing the words

I chose these 5 words out of all the words I came up for “body” because I recently started back up working out. So I feel very confident and comfortable with my body. I think highly about myself and the way it is.

# What I want to create. An idea.

I think I want to create for the “body” category is something that leaves the pink clouds picture as the background. Then perhaps showing something being lazy in or on the water and bringing a picture to described what the picture would smell like if actually there.

# Word List

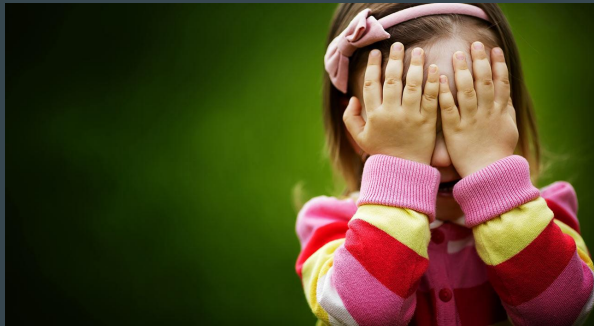
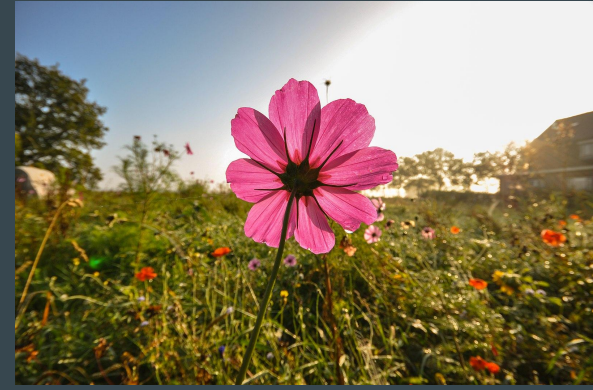
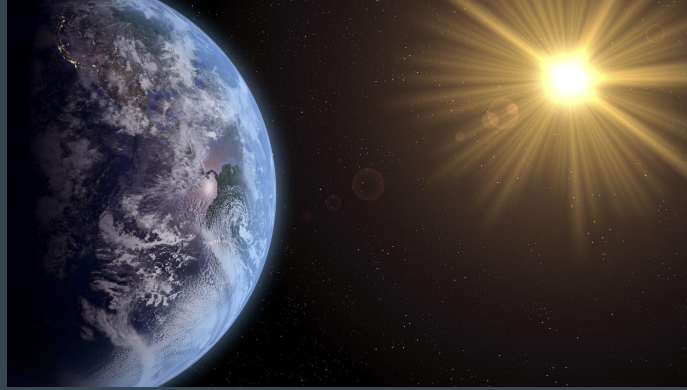
## Spirit

- Loving
- Scared
- Shy
- Worried
- Excited
- Happy
- Nervous
- Sensitive
- Silly
- Free
- Peace
- Organize
- Deep

# 5 words

- Bright
- Shy
- Free
- Peace
- Sensitive

# Images for Spirit





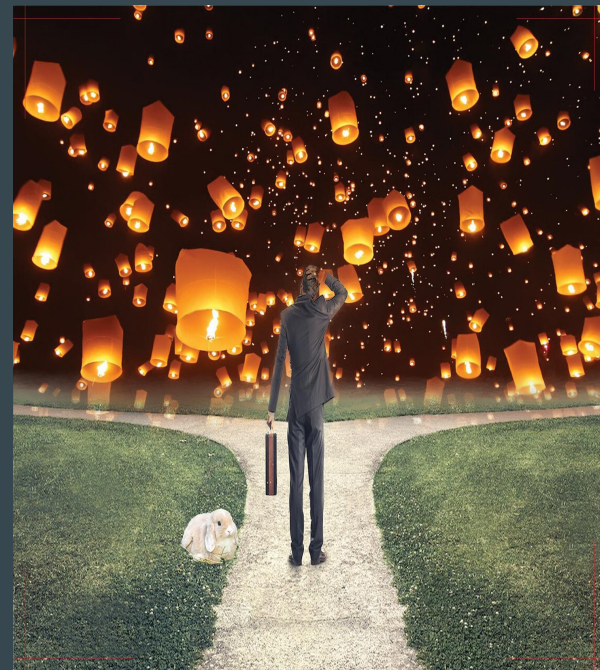
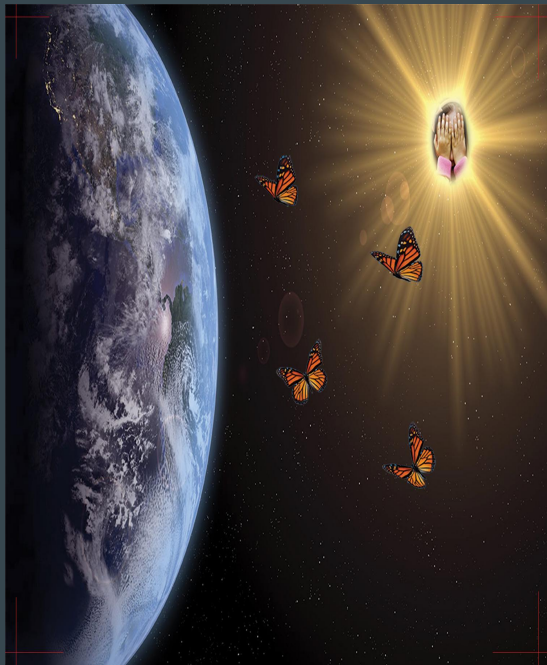
# Reasons for choosing the words

I chose these 5 words out of all the words I came up for “spirit” because I believe it describes my personality and set of emotions I have. It explains that I am reserved but am an extremely freeing person with their emotions and is a peaceful person.

# What I want to create. An idea.

An idea I'm stuck on with creating an image for spirit is to take the little girl covering her face inside the sun. I think this represents that I am shy but I am shine bright with my personality peaking through.

# Final Design



# Artist's Statement

The Creative Project-Mind, Body, Spirit is a project that involves having to find images to create three collage prints using an photo editing software such as photoshop. The found images are to be involved together into one print image to address the prompt within the project. The prompt is mind, body and spirit. This will need to be a self portrait of what one's mind, body, and spirit represents.

The images will reflect on one's personality on their mind, body and spirit. As well write down key words that describes each prompt. Then those words will be guidance to choosing the images for the prompts for the project. It was ideal to choose at least 5 images for each.

Now there are many options with the describing words and the multiple found images. It will make the process a lot more smoother to create and design.

# Projection Reflection

So after this project, it opened my eyes to the way things work with photoshop. I never used photoshop before and using it for the first time was overwhelming. I took this opportunity to go through the process with a sense of patience. I tend to get very frustrated when I don't know how to properly do an assignment or anything really. It felt smooth trying to do the assignment instead of getting too stimulated and irritated. The way I did this project, I worked on it as long as I could and then took a little break. I didn't wait until I was too frustrated. I made sure to keep my emotions on a steady and neutral level. Therefore, I will put these little techniques each time I am working with something I don't know how to do.

# URL-Mind

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<https://br.pinterest.com/pin/27866091425295748/>

<https://www.eliteprep.com/blog/mindfulness-part-1-am-i-breathing.html>

<https://www.dreamstime.com/stock-photos-sunrise-dandelion-field-beautiful-image31066833>

<https://www.southernliving.com/culture/activities-and-entertainment/outdoor-recreation/animals-and-wildlife/florida-neighborhood-overrun-by-bunnies>

<https://www.afar.com/magazine/lantern-festivals-thatll-brighten-your-life>

# URL-Body

<https://proper-cooking.info/3d-digital-artwork>

<https://www.pngwing.com/en/free-png-ndrni>

<https://unsplash.com/photos/-98jVaVuGv0>

<https://physics.aps.org/articles/v15/40>

<https://br.pinterest.com/pin/27866091425295748/>

# URL-Spirit

<https://relevantmagazine.com/justice/environment/the-monarch-butterfly-has-been-added-to-the-endangered-species-list/>

<https://www.thegardnerschool.com/blog/6-tips-for-managing-toddler-meltdowns/>

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<https://www.openaccessgovernment.org/mystery-of-the-sun/102118/>

[https://commons.wikimedia.org/wiki/File:Field-meadow-flower-pink\\_%2823698372354%29.jpg](https://commons.wikimedia.org/wiki/File:Field-meadow-flower-pink_%2823698372354%29.jpg)