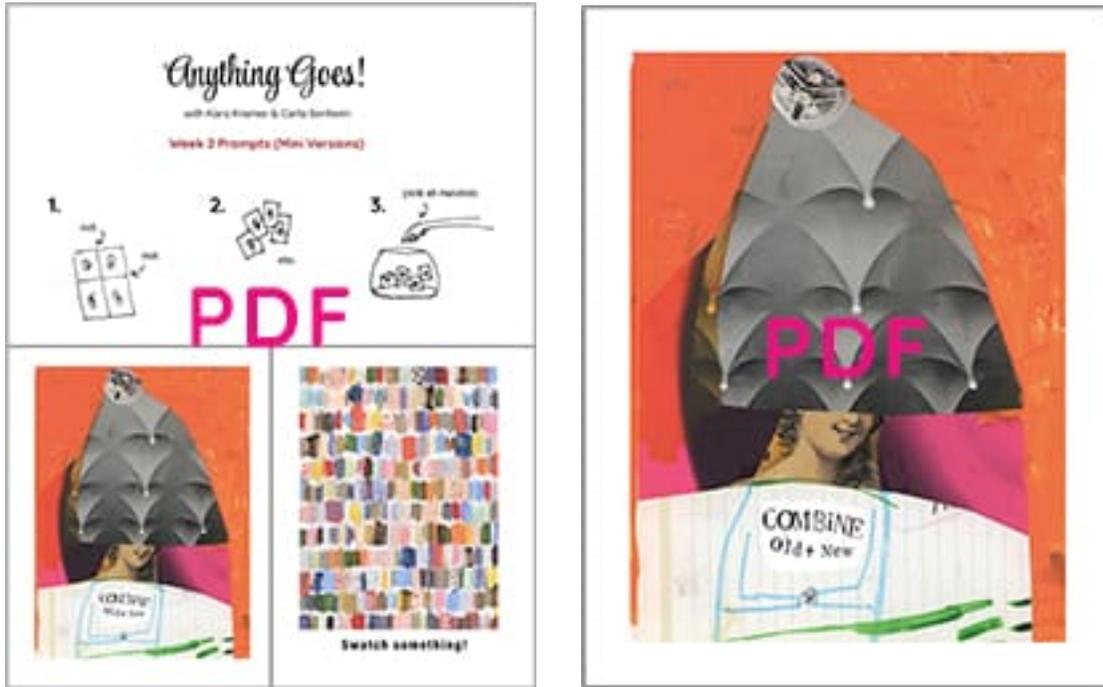


WEEK #2 Prompts

Click to Open Printable PDFs!



Week 2 Mini Version (print, cut, fold, pick at random) – 3 Pages

<https://images.carlasonheim.com/wp-content/uploads/2026/02/07154803/anythingweek2miniprompts.pdf>

Week 2 Large Version – 10 Pages

<https://images.carlasonheim.com/wp-content/uploads/2026/02/07161136/Anythinggoesweek2promptslarge.pdf>

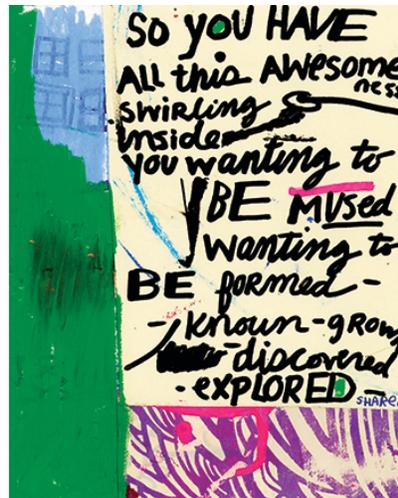
WEEK #2 – Kara's Note of the Week



It's exciting to see how the prompts are getting you moving. I just love it. Keep it going!

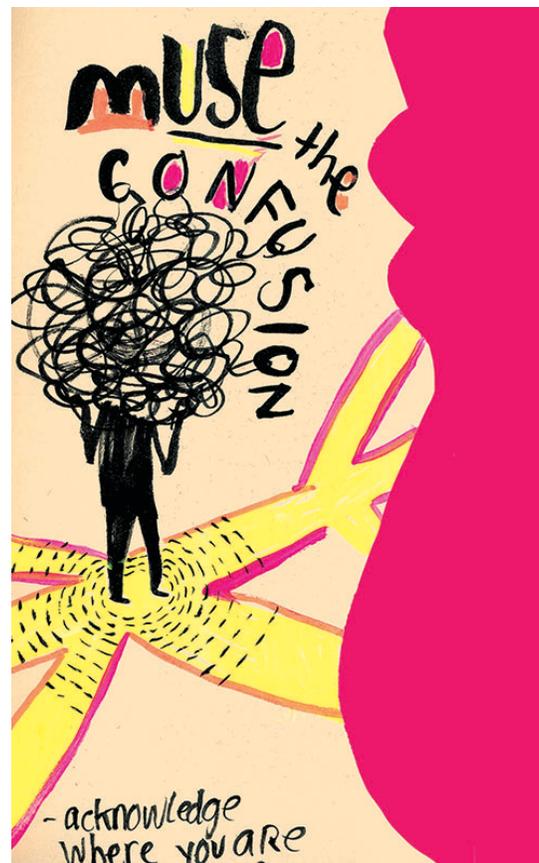
I have a collage hanging in my hallway. Walk by it every day. It's made from colored scraps and bits of old drawings pieced together in a patchwork way. One section has some writing that says "mUSE what you have."

While writing this email, I was having trouble with WHAT I wanted to say. There was some resistance. Started and stopped, started and stopped. Then as I was walking in the hallway past this collage, I paused.... what does "mUSE what you have" even mean? I should know, my hand wrote it. But I've learned that doesn't prove squat.

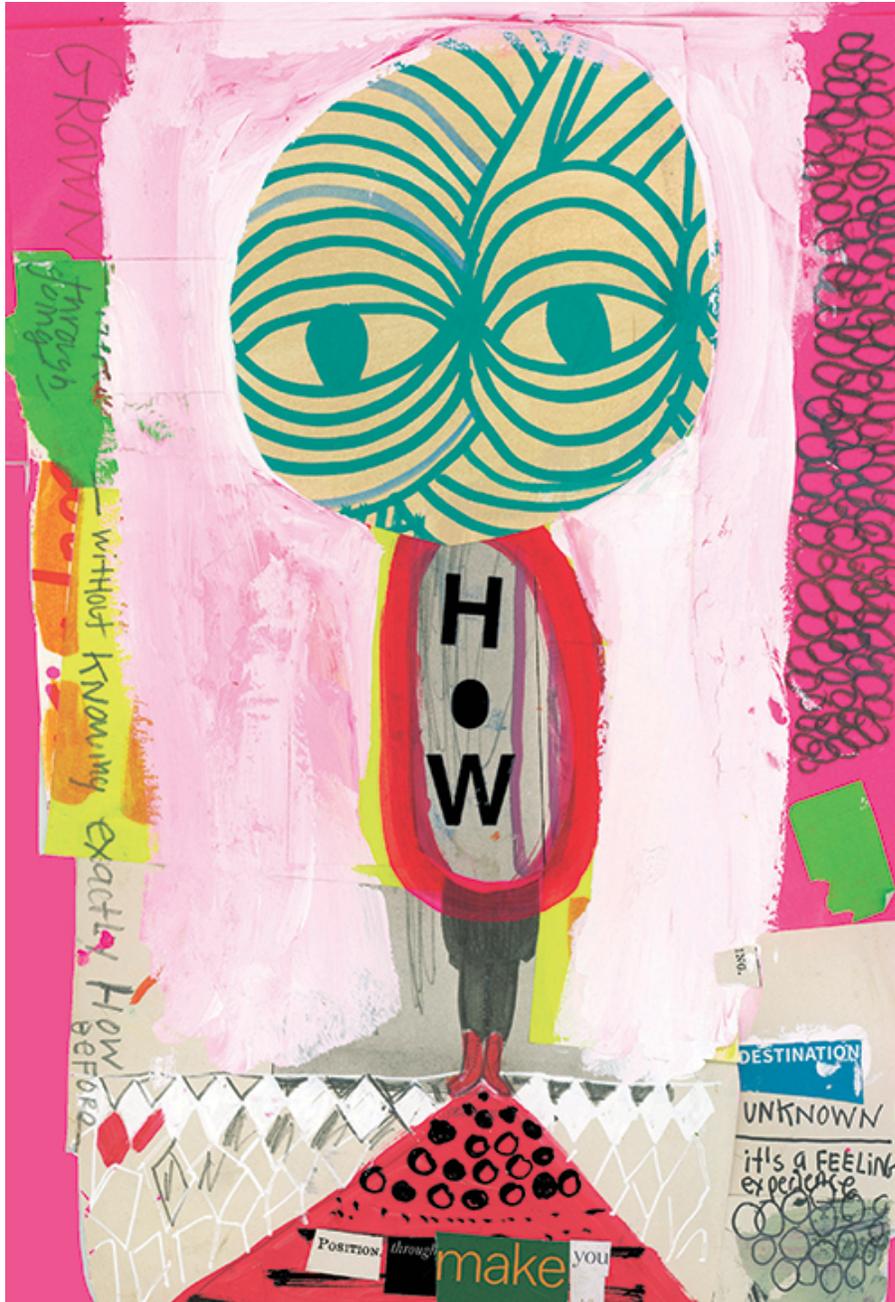


Feels like a reminder of sorts. Also a nudge ...to mUSE the materials that are already within reach. Or the amount of time I have. Or the energy available. Or even to bring whatever is going on internally onto the page. Am I feeling confused? Then mUSE the confusion.

I know I spoke in last email about the quieting of mind chatter. But also, sometimes I find it helpful to invite what is circling around inside out first onto the page. Actually give it air time.



Whatever is going on in your life can be content material. Even if it is a stepping point from which you can gain access into something else. An area that seeks clarity. A question that keeps popping up. A conversation you had or want to have. mUSE it!



There is no lack of materials or possible content. There is so much available. All around and within. I think what causes resistance at times is having a preconceived idea of WHAT we think this thing we are creating should be and should look like. Once you let go of that idea and let the process guide, (or take a walk in your hallway)....a certain freshness rises and surprises.



I didn't plan to use words in my notebooks, it just happened. Sometimes I simply play with the shape of letters, found poems, and sometimes more journal like inquiry. Writing is sprinkled through my pages all in a mix with various art materials. Images and words. I enjoy and need them both.



As you spend more time in your notebooks, and fill further pages, you can observe patterns.

Both perhaps literal pattern making but also patterns in WHAT continues to appear.



What do you enjoy and want to explore more? Do you like to practice drawing things from life, memory, imagination? Or notice that your hand just wants to make abstract marks all day long. Or maybe it's a combination of things. Every day something different. Do you gravitate to using certain materials? Whatever you notice...try and embrace it. They are sign posts and information. There is no right or wrong here. It's all you discovering more you.

Have fun!

Kara

P.S. Extra prompt:

mUSE something you have. It can be a literal material like a piece of found paper you have been holding onto, or a swatch of old fabric, a tea box package, broken crayons, paint that is at the back of the box. Or something someone has said to you, or that you

overheard, some thought or question that has been swirling inside your heart and mind. Interpret as you like!



* * *

3 things ...

Here are three things I enjoyed recently:

1.

A friend introduced me this week to the collages of the artist John Evans. He made a daily collage with bits and pieces pf found images (mUSING what he had) for 40 years. Amazing! <https://nicellebeauchene.com/exhibitions/john-evans/> (scroll down to see close-ups!)



2.

Watched this documentary... here's a trailer! <https://www.youtube.com/watch?v=B9OCYOD-e9s>



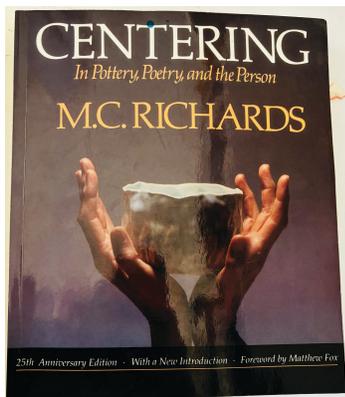
... which lead me to discover Tape Art. This is the project of one of the main artists Michael Townsend from the documentary who creates these awesome murals in hospitals, organizations, all over, with using just the material of tape. Check out the documentary too! Loved it. <https://www.tapeart.com/tape-murals>



3.

I've been revisiting some books on hand and keep returning to certain passages. One of them is this quote in the book *Centering: in Pottery, Poetry, and the Person* by M.C. Richards.

“The creative spirit creates with whatever materials are present. With food, with children, with building blocks, with speech, with thoughts, with pigment, with an umbrella.....” Then she goes on to say... “The sign is the light that dwells within the act, whatever its nature or its medium.”



WEEK #2 – Carla's Note of the Week



Hi Everyone!

I hope you are well today!

On Wednesday, Kara recommended we check out the documentary Secret Mall Apartment, so I watched it and loved it! (It's currently streaming on Netflix in the U.S.)

Basic story: Eight artists find an unused space inside a huge mall and secretly fill it with couches, tables, lamps... everything you need to meet up and talk about art, hang out and play games... and even live in. And they tend to this "apartment" for 4–5 years before being caught by the powers that be.

Here is one of my favorite moments from the movie, where the brother of Michael Townsend (who maybe could be called the ringleader of the project), talks about whether the secret apartment itself can be considered "art":

From Secret Mall Apartment
Documentary.

Brady Townsend, talking about his
brother Michael Townsend:

BT: I'm not sure if it moves
over to the area of being
artistic. I think this is
just his creative mind
trying to express itself in
every possible way."

interviewer: Isn't that art?

BT: [Sighs, whispers] Damn it.

I don't think I could love this more.

And it totally ties in with Kara's "mUSE What You Have" missive on Wednesday! Because besides art supplies and time (or lack of time)... here are some other things that we "have."

We have love for our children and our pets and our neighbors and our plants.

We have skills in cooking and golf and humor writing and spreadsheets.

We have the ability to laugh with our people and talk about things important to us and have disagreements and make up.

We have the patience to wrestle boots on a toddler and listen to a partner's never-ending dream every morning over coffee.

I personally have the impulse to get in my car at least once a week and drive to the local thrift store where I get most of my art supplies; you might have the fortitude to research the best art supplies for the best purpose and use those supplies the best way!

You most likely have the skill of keeping a clean, dog-hair free house, while I have the skill of wearing dog hair on all of my clothes.

(You get the picture.)



What non-tangible things do YOU have?

Let's use EVERYTHING— the supplies, the time, the love, skills, patience, impulses, and even grievances and limitations—we can channel ALL we have into our art and, specifically this month, our Anything Goes Notebooks!

* * *

Related, I wanted to share with you a recent project that I hesitate to call "art" for several reasons, the main one being that I don't consider myself a poet, I am actually scared of reading and writing poetry in general, etc. etc.

The series came about this way: I went to the thrift store, bought a book on how to win sailing races, and then "wrote" the poems shown below by tearing out single pages of the book and challenging myself to come up with poems from words and sentence fragments cut out of those single pages (my rule: one page, one poem... I couldn't go looking for the perfect word; I had to use what was on the page in front of me).

One really fun aspect for me was that I could re-imagine the sailing terminology for different things. For example, "luff into the puff" has a specific meaning for sailors, but in my world, it's the sound of "nonsense" words together and their imaginary meaning that makes me laugh. (For this reason, I will probably make sure that these poems have a clear warning that they aren't for the sailors among us... they know too much!)

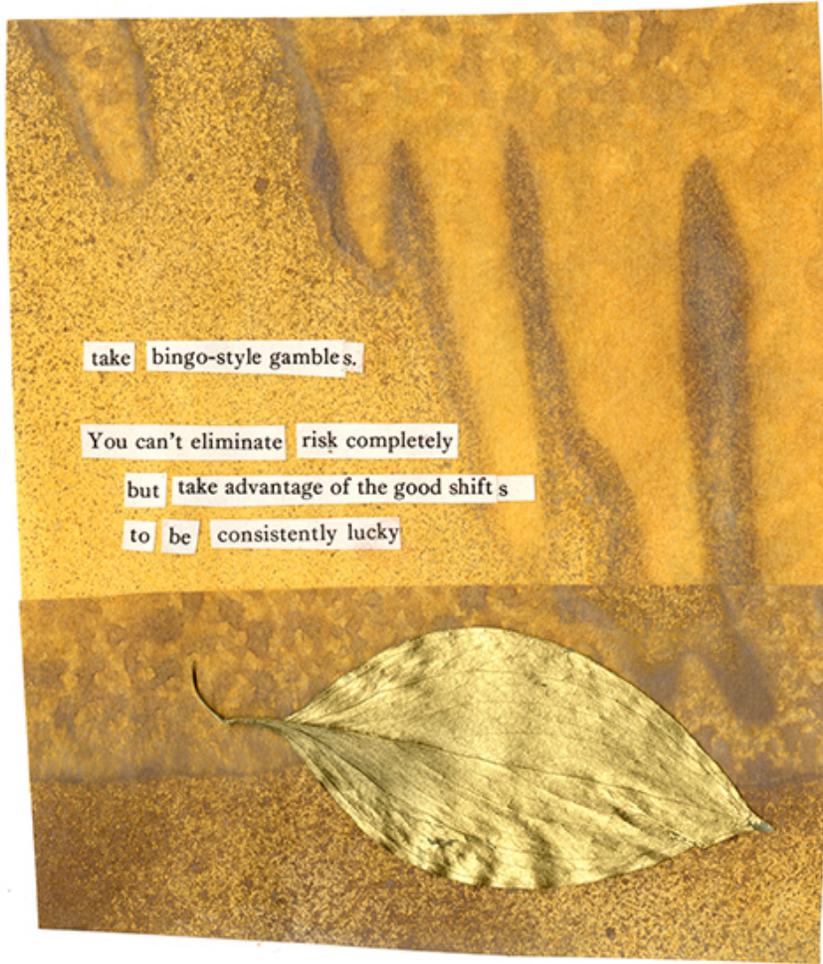
Here are eight of my found "not-for-sailors" poems!





Once you
launch at speed, you
are going to find yourself
in an extremely uncomfortable
course alteration
where you
almost certainly will insist
on tacking immediately

Don't

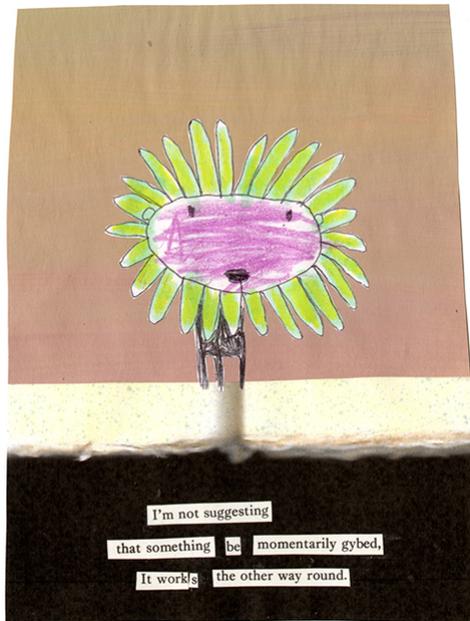


take bingo-style gambles.

You can't eliminate risk completely

but take advantage of the good shifts

to be consistently lucky



I'm not suggesting

that something be momentarily gybed,

It works the other way round.



I fixed a lump of disastrous.

to be allowed to feather a little

this worked

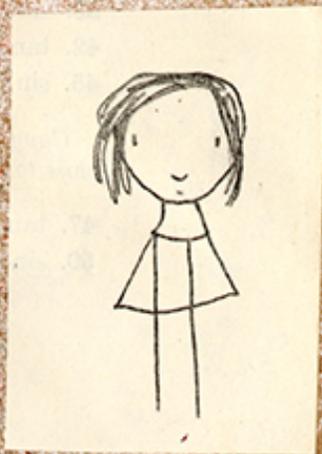
you have to anticipate
wind in heavy weather
but you will develop senses
see it coming

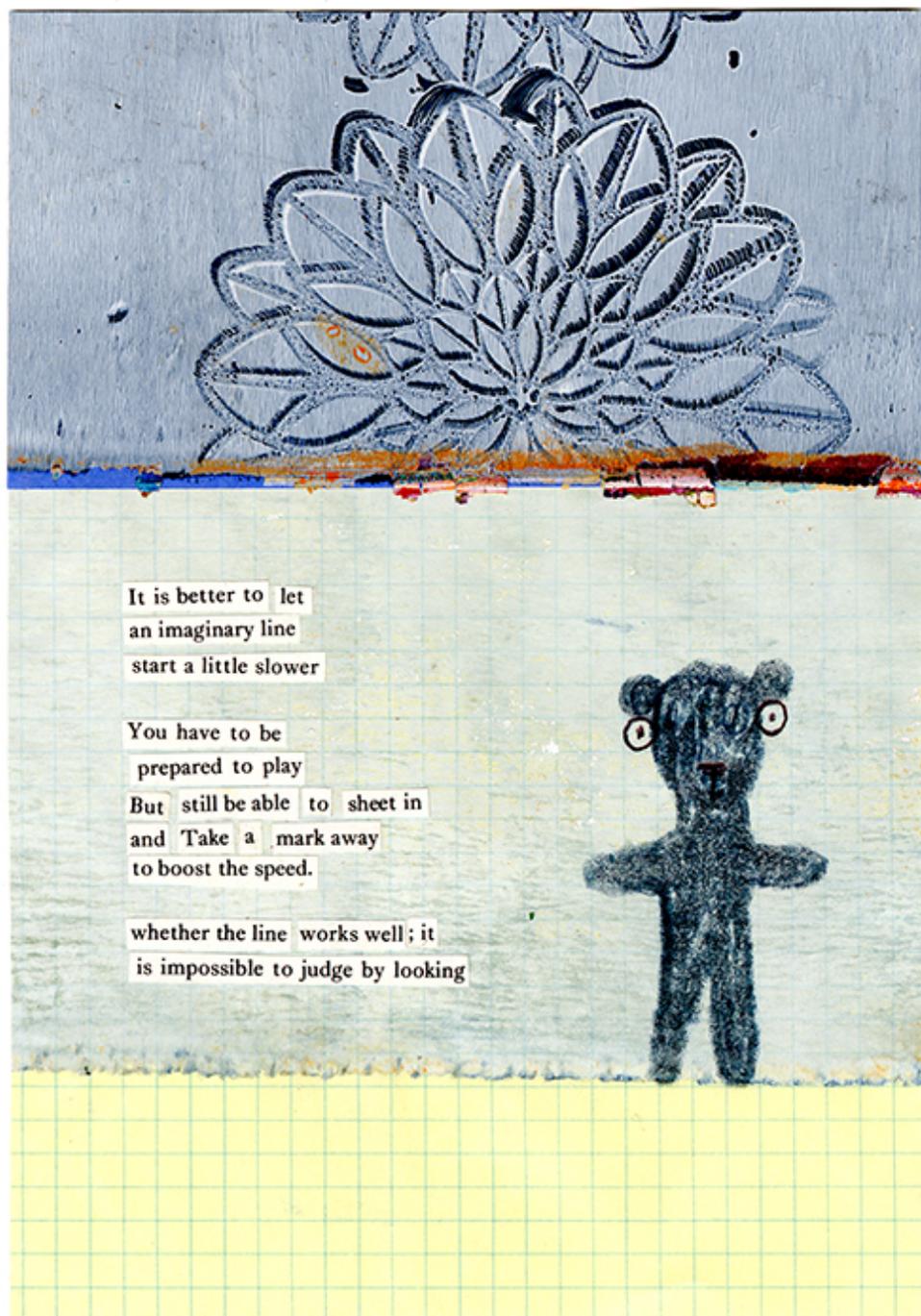
again — with all your attention —

keep looking
acquire the automatic skills

and

every twenty seconds or so
luff into the puff





It is better to let
an imaginary line
start a little slower

You have to be
prepared to play
But still be able to sheet in
and Take a mark away
to boost the speed.

whether the line works well; it
is impossible to judge by looking





"Art" or not, this series is definitely an example of my "creative mind trying to express itself in every possible way!" I used my beliefs about my limitations around writing poetry combined with love for randomness and puzzle solving and serendipity, pasted them onto found artwork and papers I had in my collage boxes, and turned it all into what will be a little 'zine when I'm finished.

I hope that you will begin to see that anything you do, make, paint, draw... it's all utilizing what you "have" at that moment in time, which is a really exciting thing about making art, I think.

Carla

* * *



Here are three recent inspiring things:

1.

I follow comedian Tara deFrancisco on Instagram (@taradefrancisco), and she had a 10-second message today that we all should hear! <https://www.instagram.com/reels/DUoBY-6Et2b/>

2.

I'm a big fan of Japanese artist Takako Aoki (based in Spain). Here is her instagram account! <https://www.instagram.com/illust.takako.jp/?hl=en>

3.

I love the [calendar drawings by artist Giada Ganassin](#)