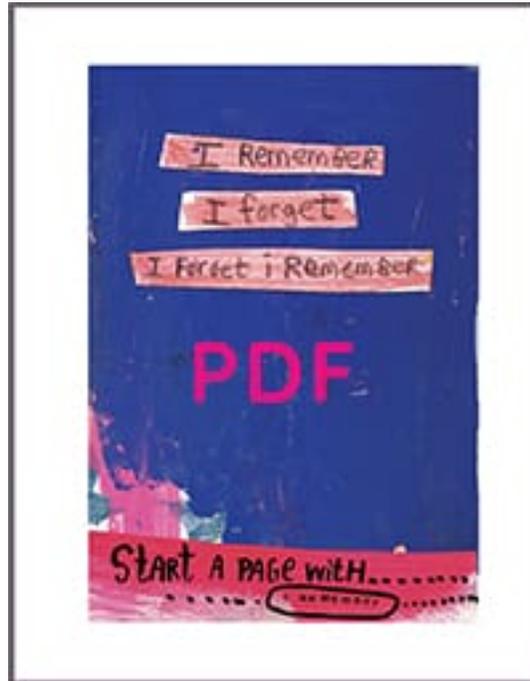


WEEK #4 Prompts

Click to Open Printable PDFs!



Week 4 Mini Version (print, cut, fold, pick at random) – 3 Pages

<https://images.carlasonheim.com/wp-content/uploads/2026/02/22150031/anythingweek4miniprompts-1.pdf>

Week 4 Large Version – 10 Pages

<https://images.carlasonheim.com/wp-content/uploads/2026/02/21180150/Anythinggoesweek4promptslarge.pdf>

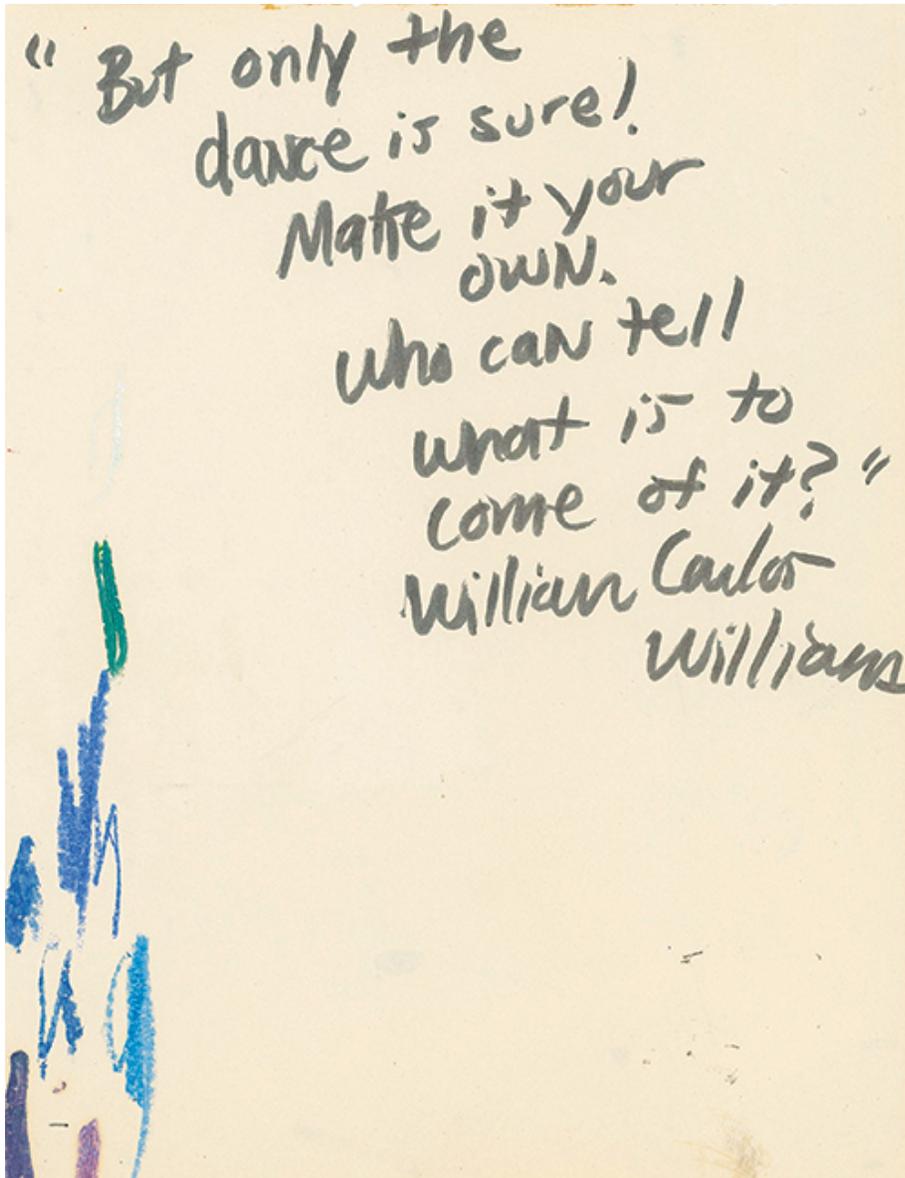
Kara's Week #4 Note



I think I have a plan. For what I'm going to say in this email. Been carrying an idea in my mind for a week. But then just before I sat down, I opened an old notebook. It must have been at the bottom of my cluttered bag at some point where water had spilled. Many of the pages have this marker bleeding effect that makes me smile. It feels like I'm seeing it for the first time. I suppose keeping a messy bag sometimes has its benefits:

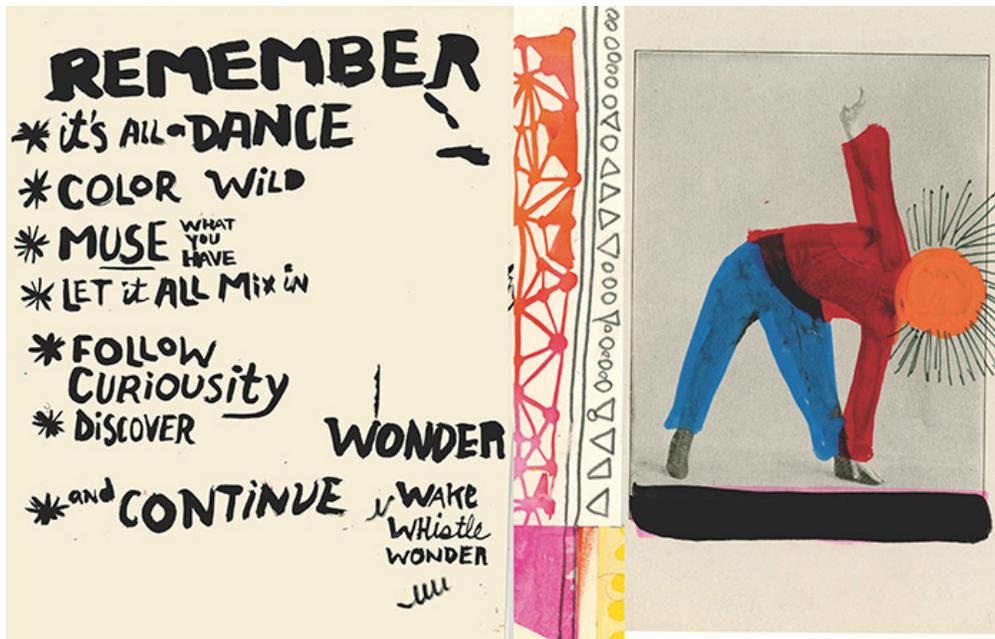


So as I sit down to actually write, my preconceived thinking thoughts for this email dissolve. The writing is taking a different path, one I couldn't have known or translated solely from thought to page.



I touched on this before. So probably am repeating.

But that is just it, the making can't be mapped completely. The process of life and creative projects has an order all its own. There are twists and turns and splotches that appear from gliding your hand across an oil pastel marked page.



We can have a plan or an idea of where we think we are going. But when the going starts, so much unfolds along the way. It reminds me of taking a walk. The space between leaving and arriving at some destination is full of many tiny unplanned moments.



On my walk yesterday, I saw a little girl with a giant fluffy green hat smile, then watched my coat's strange shadow move across the snow, wandered into a new bookstore, bought an illustrated book which was then wrapped in this gorgeous patterned red and pink paper that I certainly will reuse. None of that I could predict or imagine before I opened my door.



A notebook is a safe place to take a kind of walk, for any and everything to just happen. But as a reminder for both me and for any who may need it, try not to edit too much while you are playing. Let the critical mind (the one that likes to label good or bad) take a break, in order to grow the wild creative meandering one that leads with intuition. Which I believe is a different sort of intellect. One that when we let it, will spill it's splash.



The artist Corita Kent said,

**"Don't try to create and analyze at the same time.
They're different processes."**

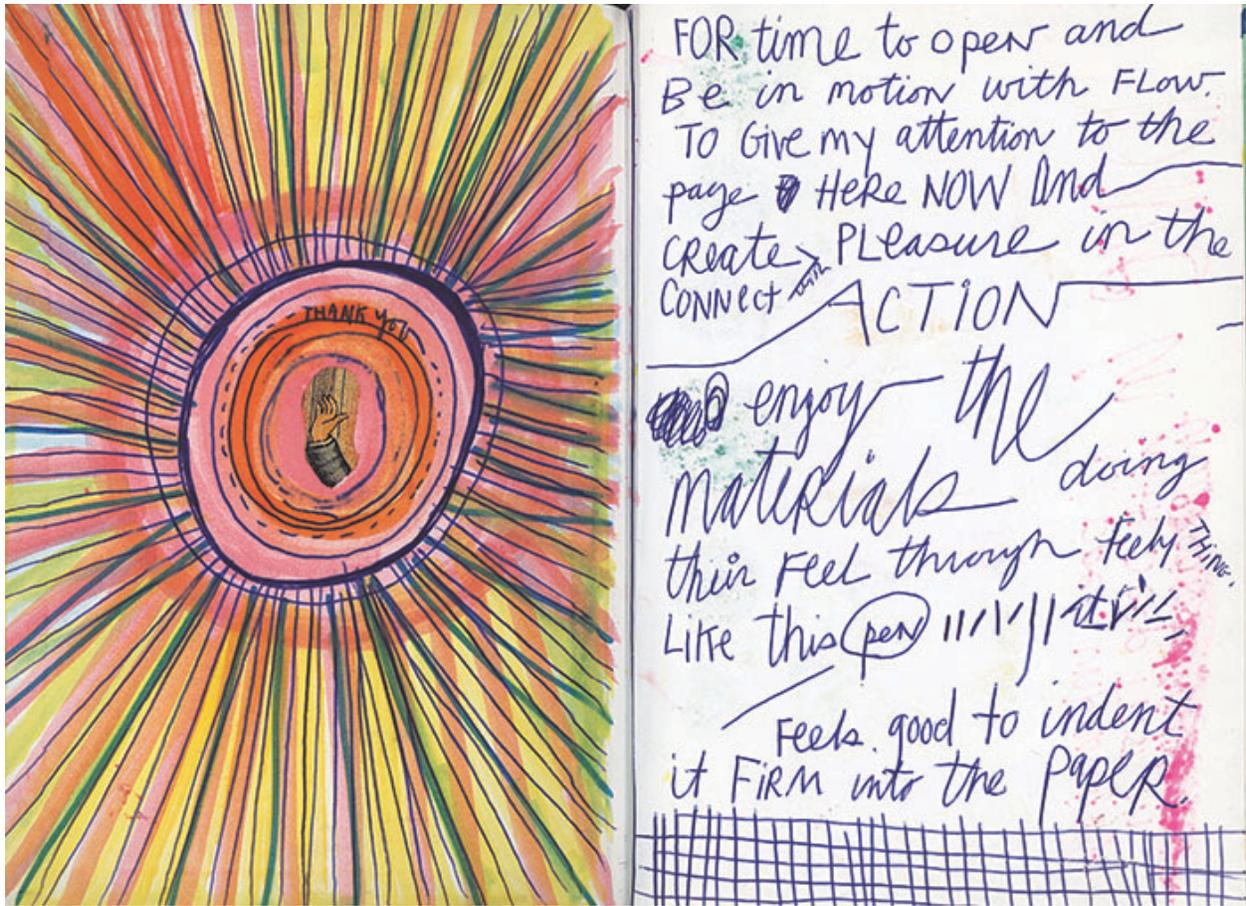
Some months or years after closing a notebook, I often will reopen it and scan my tracks for information. And I invite you at some point later on to do the same. Revisiting notebooks after they have been played gives you distance to then look at it with a fresh perspective.

You may ask...

What images or materials or combination of things resonate?

Is there anything I would like to carry forward and play with some more?

Where do I pause and go aaaahhh?



It's all for you and your trail to continue.

And I hope you do just that, keep going.

Draw, tear, glue, mark, write, paint, doodle, stamp, explore the pages in any way that feels nourishing and exciting to you. And even if you don't know where you are going, you will certainly discover and experience something new.



THANK YOU for spending this month alongside Carla and me.

It has been such a pleasure to share this practice and be inspired by you all.

See you on zoom and or along the way,

Kara

* * *

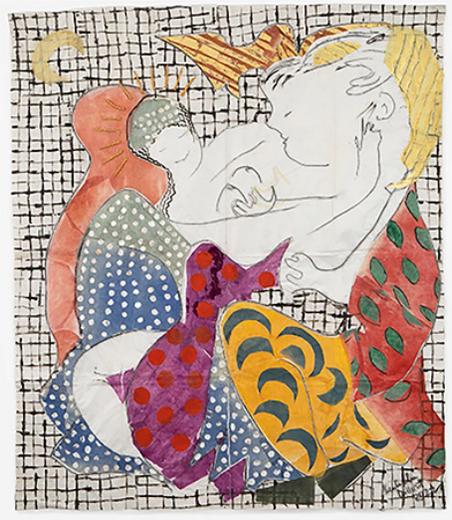
3 things

Here are three things I enjoyed recently:

1.

Love. Love. Love. This artist! This woman! Listen to Isabella Ducrot. She shares about her approach so beautifully.

“It is an adventure. I didn’t know what was going to happen.” <https://channel.louisiana.dk/video/isabella-ducrotnear-to-happinesshttps://www.instagram.com/ducrotisabella/?hl=en>



2.

This book showing the notebooks of illustrator Jesus Cisneros has lots of inspiration. He writes, “Over the years, I have learned to be receptive to the things that happen on paper when I draw and I like not being in full control, not knowing exactly what is going to happen.” — Jesús Cisneros <https://www.unseensketchnbooks.co.uk/publications/edition-7/>

3.

This video. About the wonder of working with your hands.

<https://www.instagram.com/reel/DT-vi9YDZzs/?igsh=bjNycWc0cDc3cm1l>

Carla's Week #4 Note

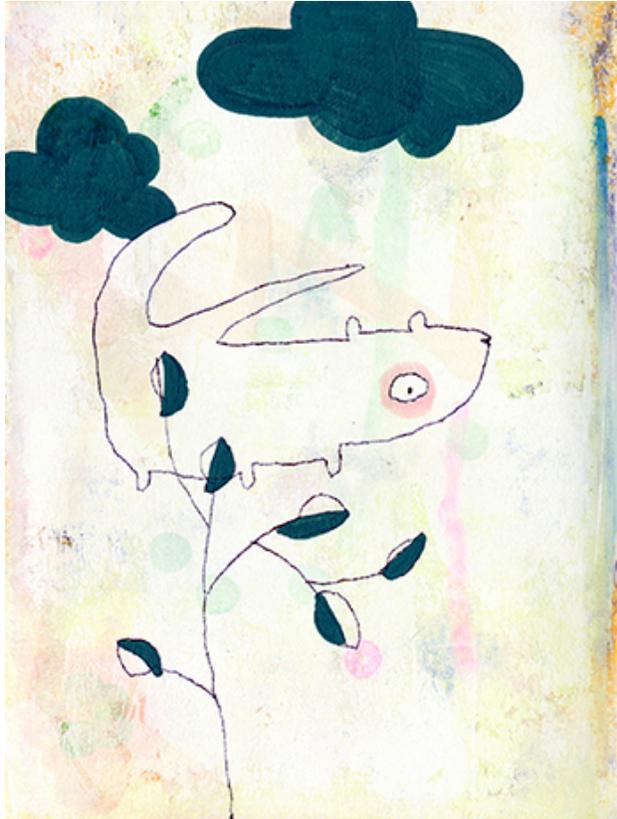


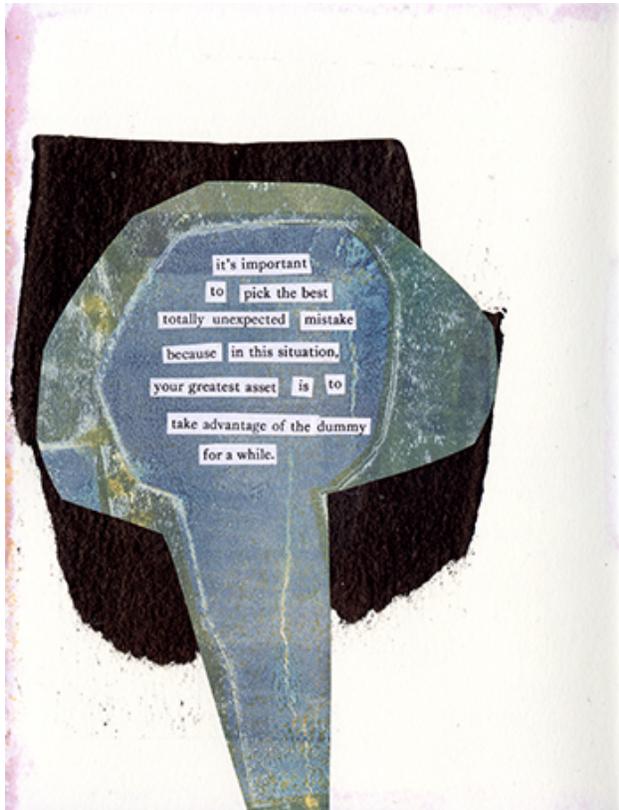
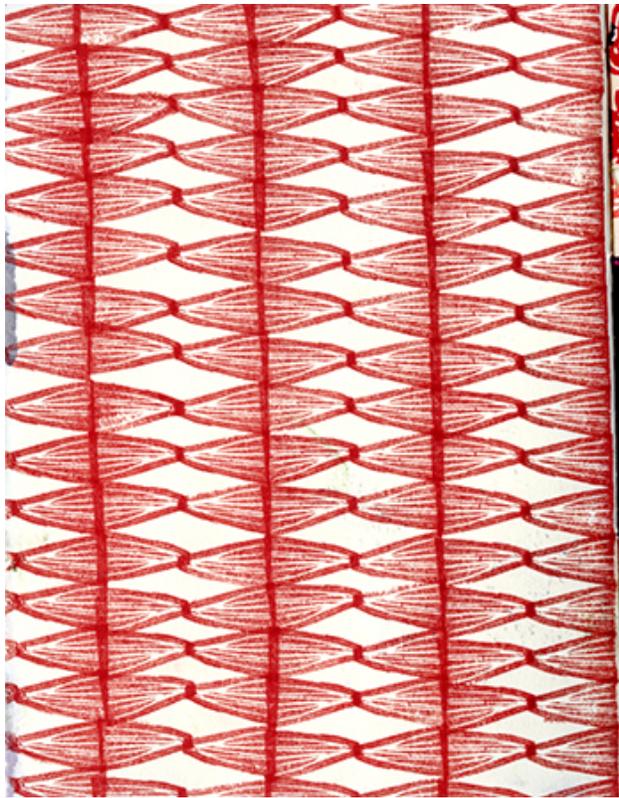
Hi Everyone!

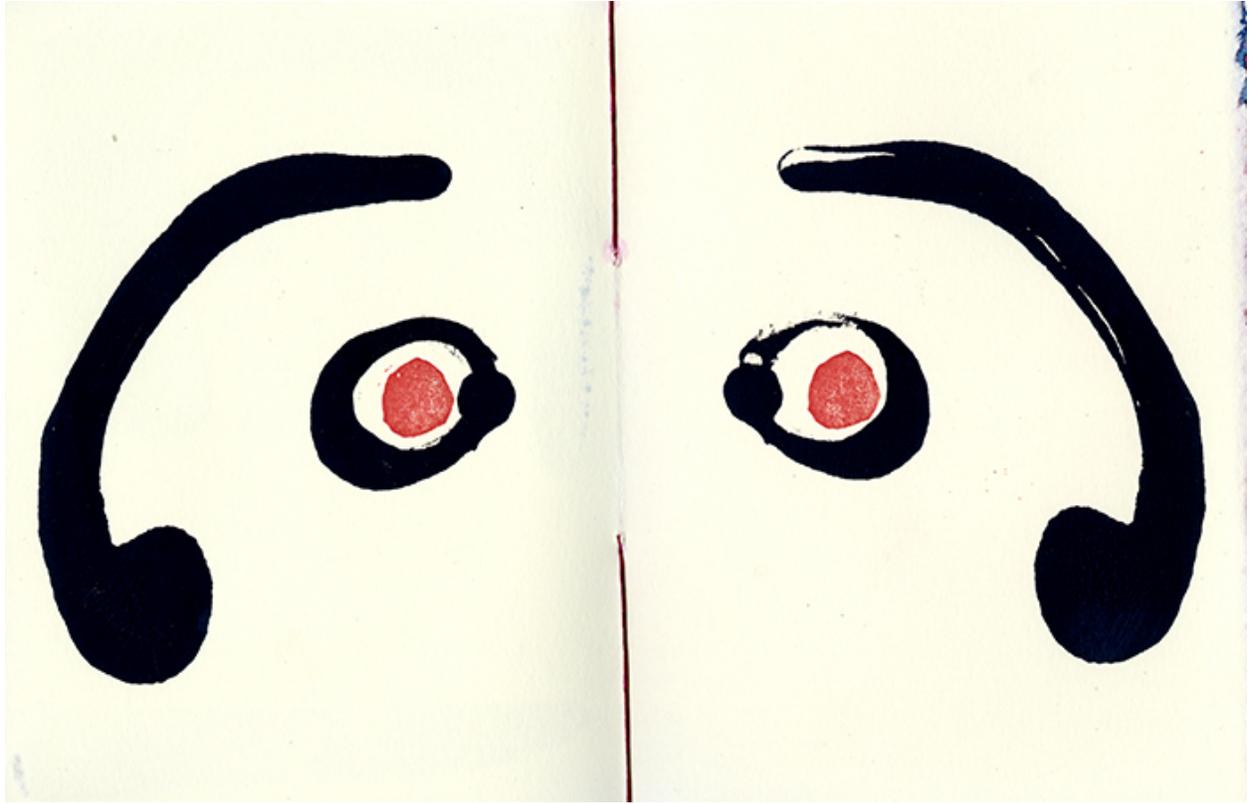
One thing I love about classes like this, where we get to interact "almost" in person via Zoom, is that questions come up that can spark this here last Note of the class! Yesha asked if Kara and I could share some pages that weren't completed yet, and it resonated because a few days before, while lying in bed as one does, I had thought about doing exactly that.

Here are eight spreads from one of my notebooks that I consider unfinished:









As I look at these now, I'm thinking that one or two of these spreads ARE finished, or could be.

But all of these spreads were started in the last month and stalled out for some reason. And I need to be honest that some of them kind of mock me when I open up to them, taunting me that there is no way I'm going to be able to resolve them in ways that I like. And that I had better get cracking.

There are many solutions to this, of course... the main one being that, if I don't like a page or a spread, I can just paint or collage over it. And I have done that, many times!

But I'm wondering if the idea of "finishing everything" is a concept that can be revisited. Kara alluded to this in our last Zoom session.

WHY do we have to finish everything?

Life isn't like that... at all!

There are many things in our daily lives that don't get finished. The dishes and laundry just to name two. Our To-Do Lists get only partially done each day. Conversations get interrupted and never finished. Dreams and aspirations fall by the wayside as years go by. Degrees don't get earned, meals are left uneaten, toilets remain unscrubbed.

As humans we are in a constant state of flux... we begin things, and then we either finish them or we don't. Not finishing is as natural as finishing... and maybe even more common! So why do we feel like a failure if we don't finish every drawing or painting or artwork that we begin?

I decided to see if there was anything on the inter-web (as we call it in our household) about not finishing art and if it was a "thing." And it is, and it has a name, too:

**"Nonfinito reveals the process, it lets the viewer into the work,
into the vision of the artist."**

— [mentler](#)

Nonfinito. Unfinished.

At the beginning of February, when we began our time together, I had given myself the goal to fill every page of my smaller notebook with finished work. I have not done that.

I do have the rest of the year to work on it, and I plan on working little by little to fill it. But at some point, I'm sure, I will abandon the notebook and move on to a new one, and inside it will be some unfinished pages. Already I'm feeling some peace that this might be a more realistic goal.

(And why WOULDN'T our notebooks reflect what is true in our daily lives? That we don't get to finish everything and that is OKAY?)

Art is Life; Life is Art. It's all mixed beautifully together, and I am grateful that I am able to learn how to live through making art, and vice versa.

Carla

* * *



Here are three recent inspiring things:

1.

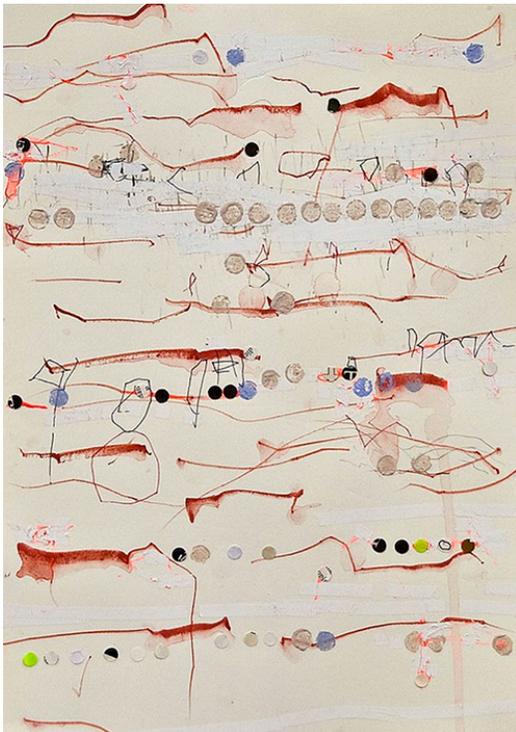
For those interested in a longer, somewhat nerdy discussion of artists throughout history not finishing work, read "NONFINITO: Art of the Unfinished" here: <https://tsofa.com/infito/>

2.

Prepare to be blown away by the artist books of Los Angeles sculptor Laura Soto... she has the globbiest notebooks on earth! Creepily gorgeous: <https://www.instagram.com/lauracatherinesoto/> and here's an interview with another luscious example: https://www.beklina.com/blogs/news/q-a-with-artist-laura-soto?srsId=AfmBOoqJkgk3FTY3V241Vm9_1rIjrxhrWVFpW6n8vdLi8DvuL1NlyB36

3.

Asemic writing looks like writing but uses lines and symbols that possess no specific, literal meaning, and is something I want to explore more this year. I am so inspired by this piece by Josias Scharf, part of his "Love Letter" series. Here is his Instagram account: <https://www.instagram.com/josiasscharf/>



This PDF was created from the artwork and emails shared by Kara and Carla during the February 2026 online class, Anything Goes! Thank you so much for being a part of the class!