

Book Club Host Guide:

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“Paint Outside the Lines” Workshop

Welcome, Facilitator!

This lighthearted but meaningful workshop is designed to bring the themes of Amber Lynn Richardson’s *Seasonal Syncing* to life—particularly those explored in the Fall chapter: the art of release, the beauty of imperfection, and the power of trusting your inner rhythm.

The idea is simple: use a paint-by-numbers kit—but throw away the rules. Let your participants choose their own colors, blend outside the lines, and express themselves intuitively. Through this process, they’ll feel the tension of doing something “wrong” and the liberation of creating something that’s entirely their own.

Workshop Goals

- Help participants experience the message of transformation through creative expression.
 - Foster conversation around control, perfectionism, and self-trust.
 - Provide a relaxed, hands-on activity that ties directly into the reading material.
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Supplies Needed

- [Paint-by-numbers kits](#) (or printed outlines from free templates)
 - Paints (or markers, pastels—whatever works)
 - Brushes, water, rags
 - Journals or pens for reflection
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Suggested Opening (Read Aloud)

“Today we’re going to do something intentionally imperfect. Instead of following the colors laid out for us, we’ll be choosing our own. This is about trusting yourself, letting go of control, and watching something emerge that might surprise you. You’ll probably feel a tug to get it ‘right.’ Notice that—and see if you can gently let it go.”

After the Painting: Reflection & Debrief

- Once the group has finished painting, invite participants into a circle (or virtual share) and ask the following:
 - What did it feel like to ignore the suggested colors?
 - Were you tempted to follow the instructions? Why?
 - How does this mirror places in your life where you crave control or perfection?
 - What did this exercise teach you about your own creativity or inner voice?
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Closing Thought

“We are not here to perform perfection.

We are here to experience presence.”

Let this simple art piece become a reminder that beauty often lives in what’s unplanned.

FROM THE ARTIST

The “Paint Outside the Lines” project beautifully mirrors my artistic journey and philosophy. In my mixed-media work, as highlighted in my recent exhibit at the N.C. Aquarium at Fort Fisher, I embrace sustainability and the unexpected by incorporating reclaimed materials, allowing each piece to evolve organically. This process involves making numerous decisions about color, texture, and composition, often leading me to venture beyond conventional boundaries. Similarly, this project encourages participants to trust their instincts, make bold choices, and find beauty in the unplanned—echoing the essence of my creative practice. It's a celebration of intuition, adaptability, and the art of embracing imperfection. To explore more of my work and the stories behind each piece, visit carpeamore.com.

Event Handout: “Paint Outside the Lines”

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A creative reflection inspired by *Seasonal Syncing* by Amber Lynn Richardson

Purpose of This Activity

This creative workshop invites you to explore the themes of *Seasonal Syncing*—especially those found in the Fall chapter.

You'll use a paint-by-numbers kit, but intentionally break the rules:

- Choose your own colors
- Color outside the lines
- Follow your creative instincts

It's not about following instructions.

It's about trusting your inner voice, letting go of perfection, and allowing something new to emerge.

Quotes from *Seasonal Syncing*

- ***“We cling to what we know because it makes us feel safe, even if it’s stifling. Fall asks us to release the grip.”***
 - ***“Fall is about releasing what no longer fits. It’s about understanding that sometimes the structure served you once—but now, it’s time to shed it.”***
 - ***“We are not here to perform perfection. We are here to experience presence.”***
 - ***“You can still have a plan and allow the unexpected. Fall is the collision of structure and surrender.”***
 - ***“The falling leaves aren’t failing. They’re fulfilling their purpose.”***
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Discussion Preview

After the painting exercise, we'll reflect together on how this creative experience connects to our own journeys.

- What did it feel like to ignore the suggested colors?
 - What did you notice about your desire to stay inside the lines?
 - How does this mirror something happening in your life right now?
 - What did you discover about yourself through this creative freedom?
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Take This With You!

Let your finished painting and these reflections serve as a visual reminder that:

“You don’t have to do it by the book. Your way is worthy.”

- What did you notice about your desire to stay inside the lines?
- How does this mirror something happening in your life right now?
- What did you discover about yourself through this creative freedom?

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