Niches Worksheet 4

1. Using what you’ve learned from the previous worksheets, do a drawing of your main character. If you don’t already have art skills, don’t worry, stick figures are fine—just watch the wee demo from our illustration course of stick figures and beyond, and as Stephen Levine says, treat yourself “as if you were your only child with the same level of kindness, compassion, and encouragement.” After you’re finished, pin this up near your workspace for inspiration.