



CLASS WORKBOOK

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"Happiness is not a goal...it's a by-product of a life well-lived."
-Eleanor Roosevelt

A promotional graphic for a class by Laura Pennock. It features a circular portrait of Laura Pennock at the top left. Below it, the text reads: "LAURA PENNOCK MONDAY 08.03.2020 TOOLS FOR OPTIMAL LEARNING MOTIVATIONAL CLASS + PDF". At the bottom left is the "FABATV" logo with the tagline "FACE AND BODY ART TELEVISION" and the website "FABATV.COM". On the right side, there is a grid of nine colorful tiger face art designs. The signature "Laura Pennock Design" is visible at the bottom right of the graphic.

Join Laura in her debut class on Fabatv. In this Class Laura will show you how to bring your learning skills to the next level. Learn the best ways to be productive while watching classes and taking workshops! This class is great for all levels ! Let Fabatv inspire you today!

CLASS NOTES:

2 THINGS I LEARNED FROM THIS CLASS:

DESIGNS I WANT TO RE WATCH:

SOMETHING THAT INSPIRED ME:

★ LEARNING ZONE:

-remember your 5 senses. Add good and remove bad influences



★ BUILD A COMPASS:
-inspiration vs intimidation

★ CAPTAIN YOUR OWN LEARNING!

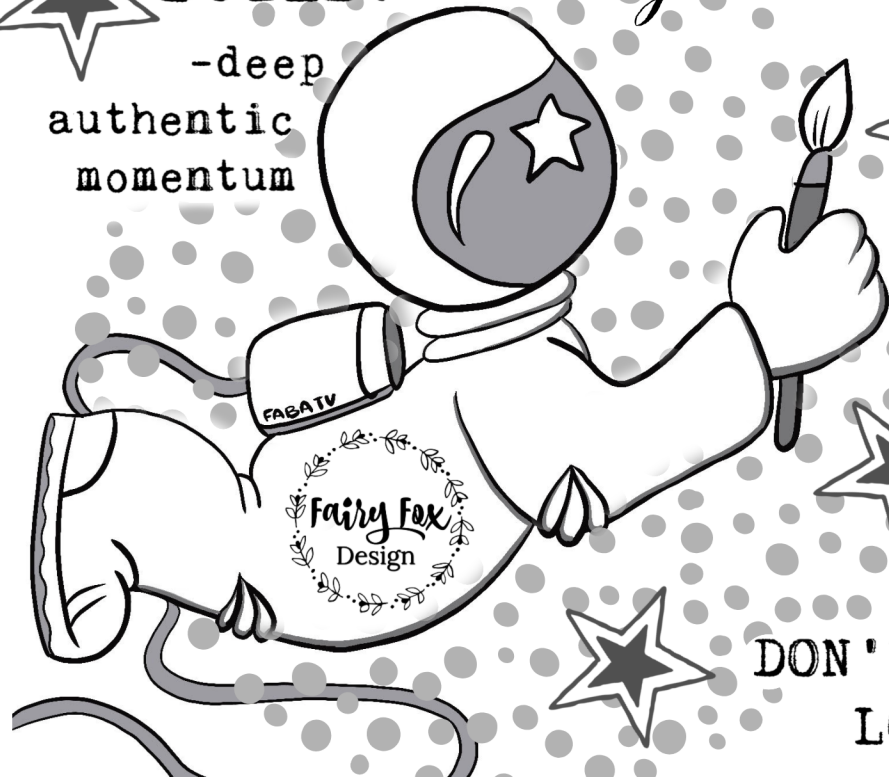
★ IDENTIFY DEMONS

Tools for Optimal Learning

by Laura Pennock

★ BUILD:

-deep authentic momentum



★ PRACTICE:

-in public
-one skill at a time
-a few minutes a day

★ START A FACE PAINT JOURNAL

★ DON'T GET LOST IN SPACE!!!



Face Paint
Thumbnail Sketch

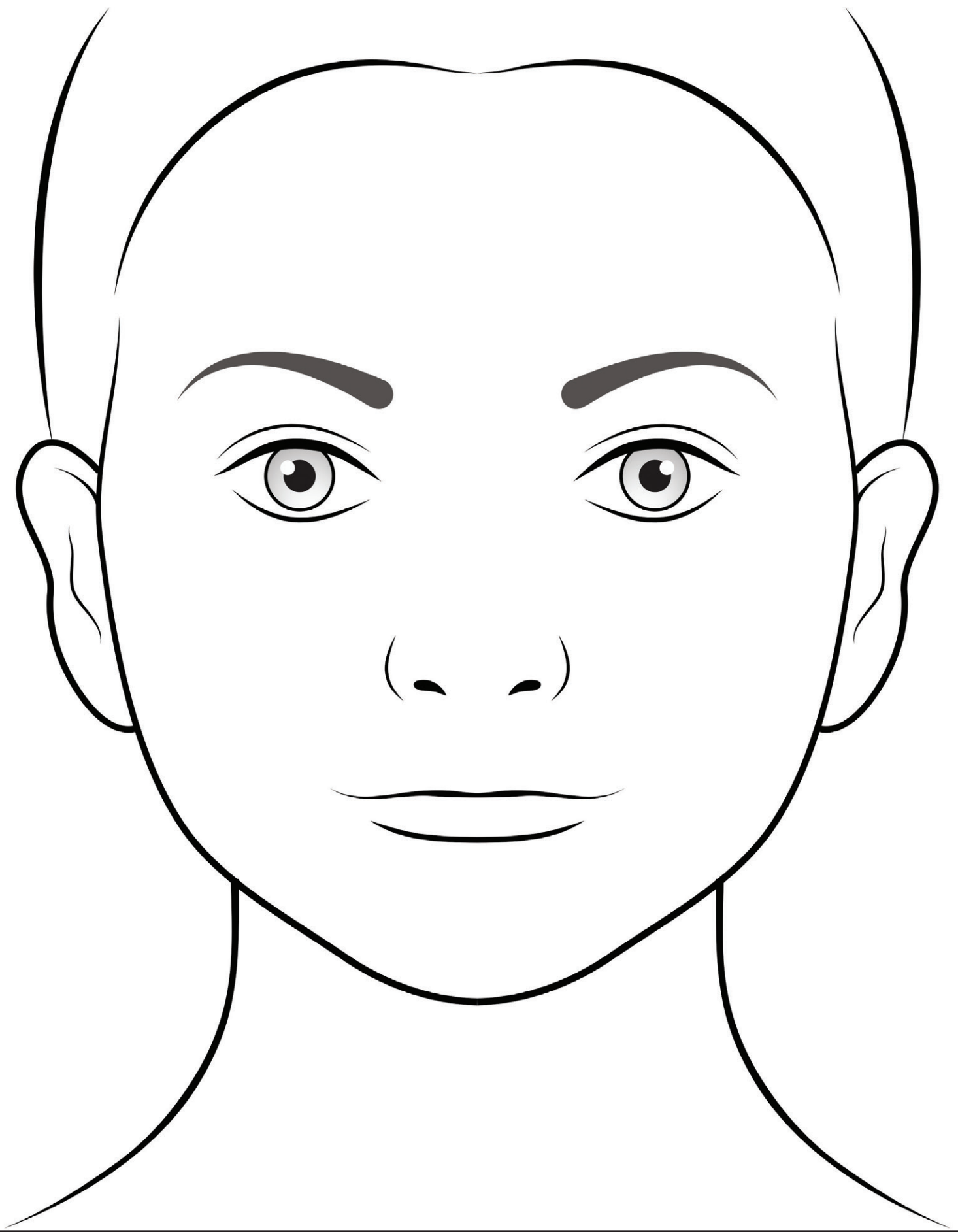
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Face Paint
Thumbnail Sketch

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Face Painting Practice Sheet





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