



I Believe I Can Draw Takeaway

The I believe I can draw Takeaway is a fun way of looking at overcoming limiting beliefs to help empower you to be the best you can be.

Most people believe that they cannot draw. We believe that everyone can draw and the idea that they can't is simply a limiting belief and just one example of limiting beliefs that we all impose upon ourselves on a regular basis.

The best way to learn to draw or to learn anything for that matter was to start with a positive attitude and then copy the behaviour or actions of somebody who is already achieving what they want to achieve.

This Takeaway will teach you to draw a number of cartoon characters in less than ten minutes.

Here's what to do step by step.

Get yourself a pen and paper.

- Firstly think positively and follow these step by step instructions:
- We will show you the first character and then teach you how to draw it.

Here is Spike. Our first character.



Now following step by step instructions draw the character:

- Firstly in the centre of your page draw this shape, a bit like a letter 'C'.



- Now draw to number '6's just above it.



- And add a couple of upside down 'V's.



- Now draw a little V type shape to the right hand side of the page.



- Draw a simple curved line down on the right.



- And now draw a simple curved line down on the left.



- Now draw a 'mouth' shape in the middle.



- Now add some spiky hair.



- And finish off with a round neck T-shirt.



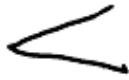
- Now stand back and look at your masterpiece.

Now repeat the exercise with this character:



Follow the instructions step by step and draw the character.

- Firstly in the centre of your page draw this shape, a bit like a letter 'V' on it's side.



- Now draw to number '6's just above it.



- And add some shapely eyebrows.



- Now draw a little curve to the right hand side of the page, and let's add a dot.



- Draw a simple curved line down on the right.



- And now draw a simple curved line down on the left.



- Now draw a 'mouth' shape in the middle.



- Add some wavy hair.



- And finish off with a nice V neck sweater.



- Now hold your masterpiece aloft and show everyone else in the room.

Now let's have one last go and learn to draw a character that you should recognise.

Follow the step by step instructions one last time.

- Begin with a letter 'C' nose.



- Now draw to number '6's just above it.



- Now add some simple eyebrows.



- Now draw a little curve to the right hand side of the page.



- Now draw a few short lines underneath the nose.



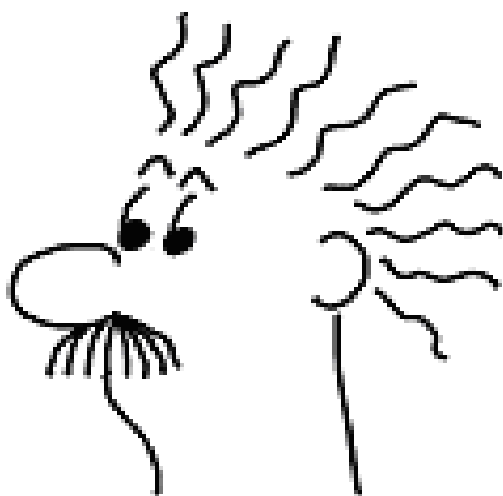
- Draw a simple curved line down on the right.



- And now draw a simple curved line down on the left.



- And finally finish off with some wild hair.



Hopefully your drawing is obviously Albert Einstein whom you may recognise from the opening chapter of the It's A Wonderful Life Book!

This exercise not only demonstrated the power of a positive can do attitude but also demonstrated that in most cases if you follow a proven step by step process you can achieve anything. This is known as modelling and can be used for all manner of activity or behaviour.

We all adopt limiting beliefs every day of our life but you should now know that they are only beliefs and as we have demonstrated any limiting belief can be changed into a positive belief with a 'can do attitude' and a willingness to learn something new.