



*Design Your Life  
through doodles & drawings!*



THE DESIGN SALON

Funded by



BRITISH  
COUNCIL

# Welcome!



the\_design\_salon & kylielai

# The workshop

- A little bit about us
- About Design Your Life
- Creating your own zine about: The Past, The Present, The Future & The Actions
- Sharing your work (optional)
- Q&A

# About us



Christine



Kylie



Karishma



Colouring book



Self-published book and show in art book fair



Kylie's first zine

“Stability means figuring out how to prioritise what serves you, not feeling like a failure if you don't do everything perfectly”

ELLEN FORNEY

Dig Deep



The Big Draw In



Grow Your Own Way

Small Town Big Dreams Podcasts

SMALL TOWN BIG DREAMS presents

# THE WORLD TURNED UPSIDE DOWN

A 4-PART AUDIO DOCUMENTARY SERIES ON CREATIVES DURING CORONAVIRUS

supported by  
FUTURE SCREENS  
NI



Zine Workshop with VICE Magazine's Nick Gazin

Design Your Life

# design your life

設計理想生活



- The British Council's SPARK 2024 Programme
- **Reflect** upon your life + lifestyle
- Use **design** principles
- Get hands-on with **creativity**
- Imagine + explore **new beliefs and habits**



# Design thinking for your day-to-day life

- **DISCOVERY / EMPATHY** – Spending time to understand yourself better
- **IDEATION** – Using creativity to come up with your own ideas for small actions
- **DEFINING** – Selecting which new habits you can start with
- **PROTOTYPING** – Creating a physical zine
- **TESTING** – Adding to the zine over time, or creating new ones or journals, changing them as you change too.

**Success comes from the  
accumulation of many small  
actions that you take every day.**

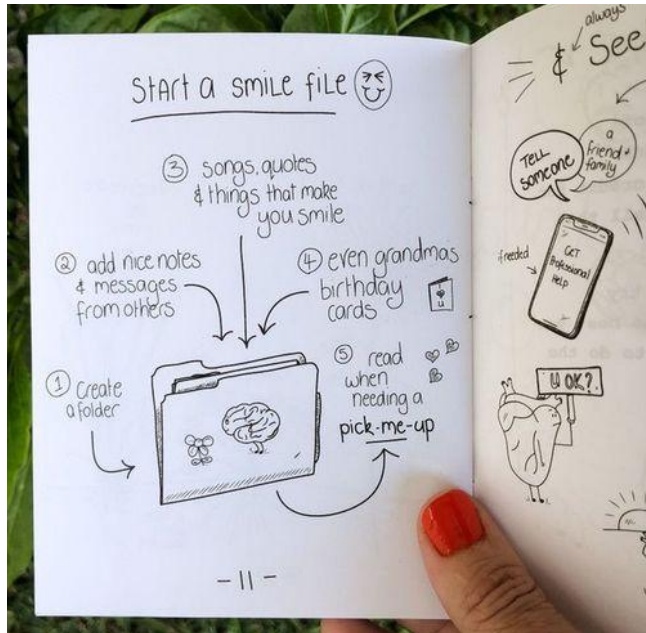
Podcaster and Author Rob Dial Jr. in *Level Up*

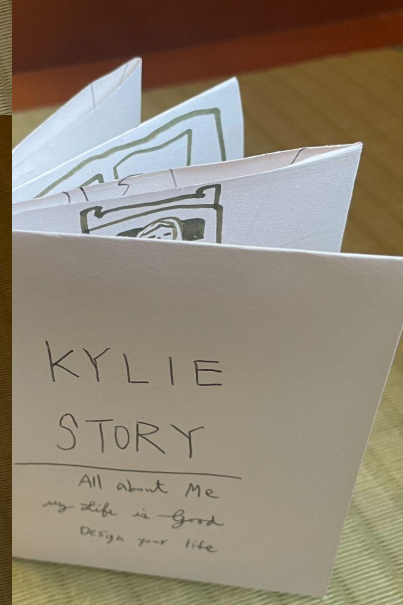
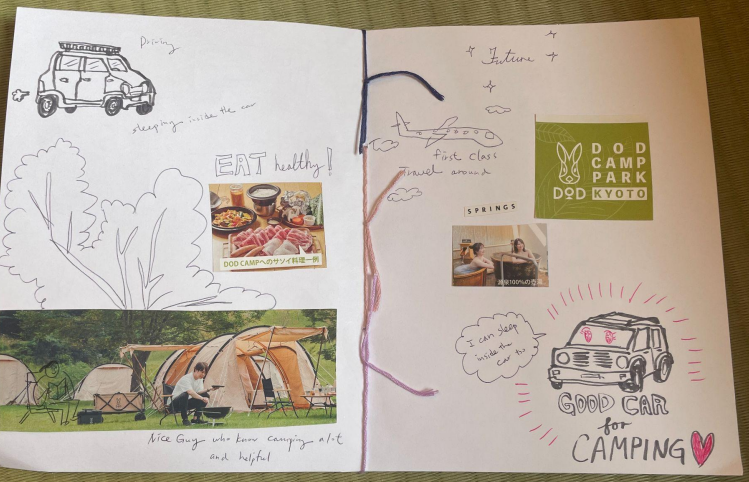
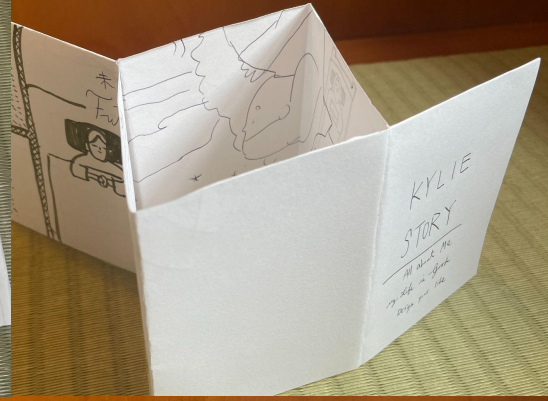
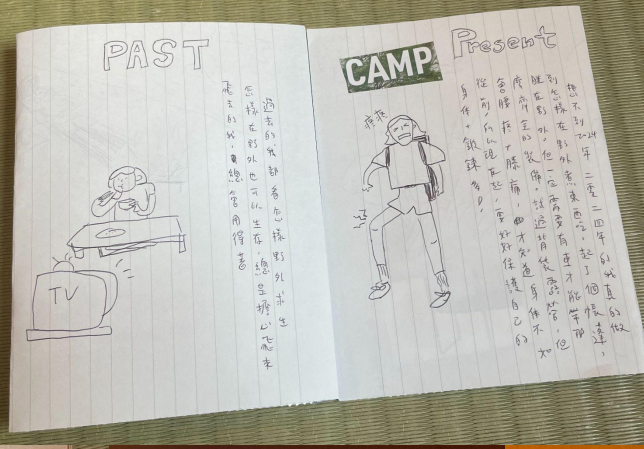
Let's make!

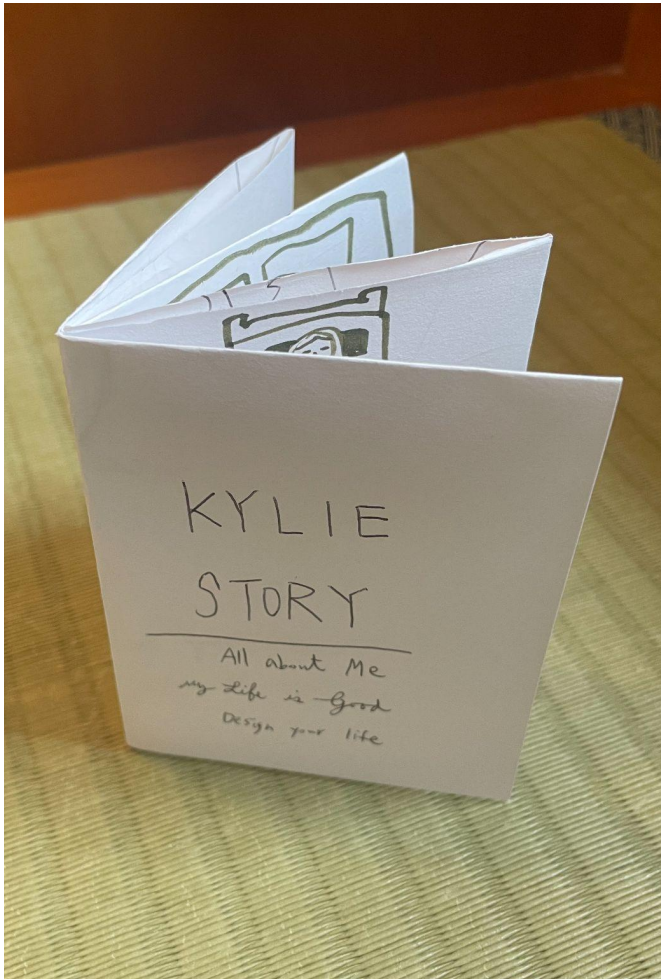
# To make the most of the workshop

- Don't hold back, get stuck in!
- Drawing doesn't have to mean *professional* drawing
- You can sketch, paint, collage, scribble, doodle, write
- Let your imagination run wild, this is for you, not to impress someone else!

# Sketch, Paint, Collage, Scribble, Doodle, Write







You'll need

- Pen / pencils / crayons etc.
- A4 paper

Optional: masking tape or washi tape, scissors, glue and magazine images

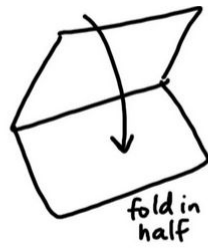
If you don't have all these things on hand, grab packaging, cardboard, whatever you have on hand!

# Making your zine



# Instructable by Jillian Tamaki

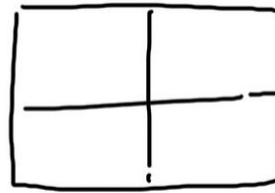
[jilliantamaki.com/  
how-to-make-a-zine](http://jilliantamaki.com/how-to-make-a-zine)



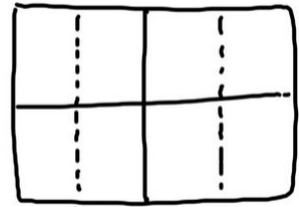
fold in half



fold in half the other way



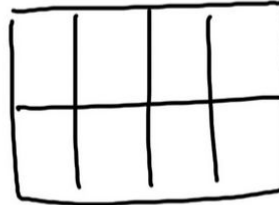
UNFOLD



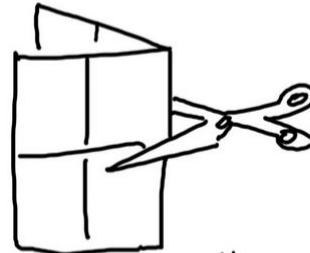
fold along



(it looks like this)



UNFOLD

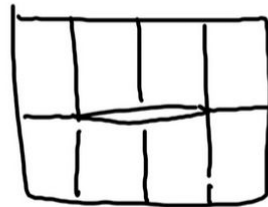


fold in half...

then cut...



BUT only halfway!  
To this middle point



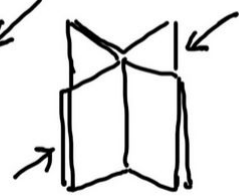
UNFOLD. Ok, this is the tricky part...



fold in half the other way...



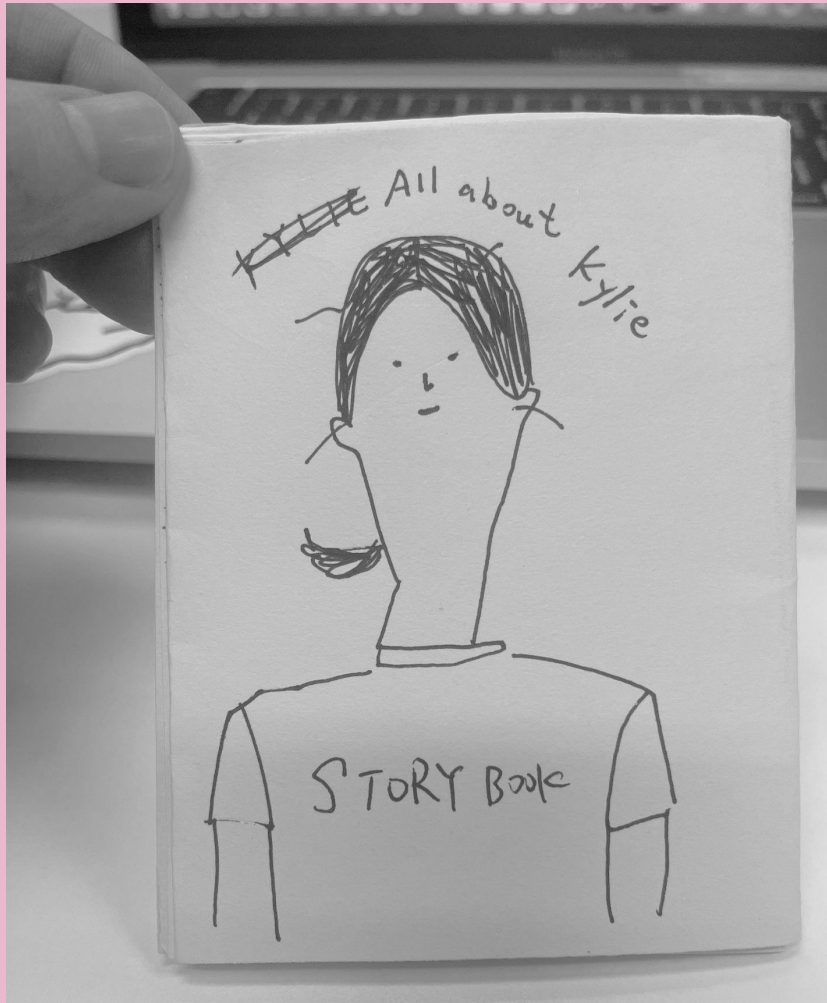
Push ends together. The slit will form a diamond...



Keep pushing til you have an "X"...



Fold to form pages! Ready for drawing.



## Warm up

Front Cover

2 minutes

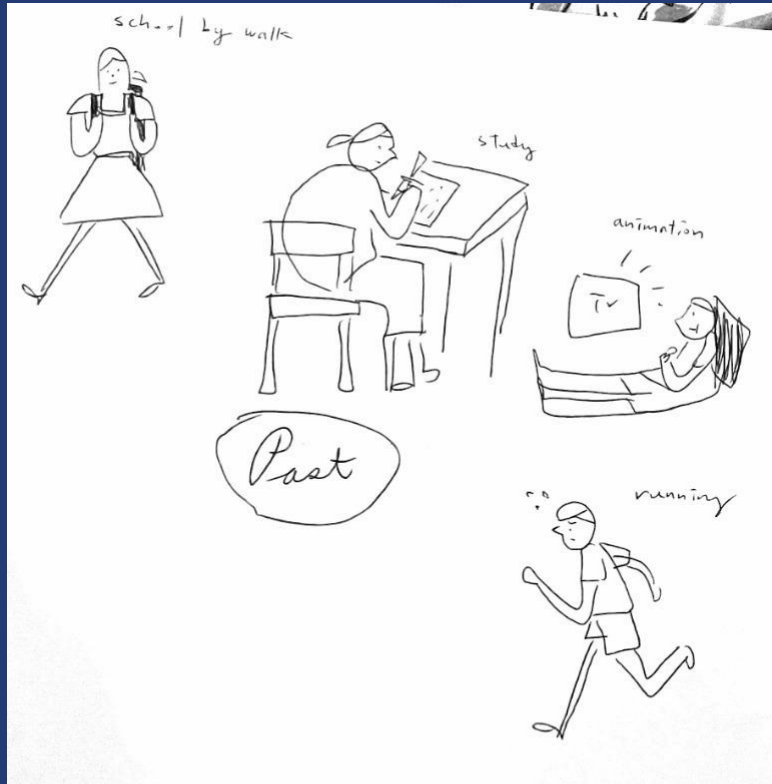
## Create your front cover

You can use lettering, draw yourself or anything else that represents **YOU** to create your front cover!

# The Past

What activity or hobby have you enjoyed doing in the past but that you no longer do?

*Share in the chat!*



# The Past

Page 1 & 2

## 3 minutes

**Visualise:** What activity or hobby have you enjoyed doing in the past but that you no longer do?

# The Present

What is a current belief you have about yourself that you would like to change or strengthen?

*Share in the chat!*



# The Present

Page 3 & 4

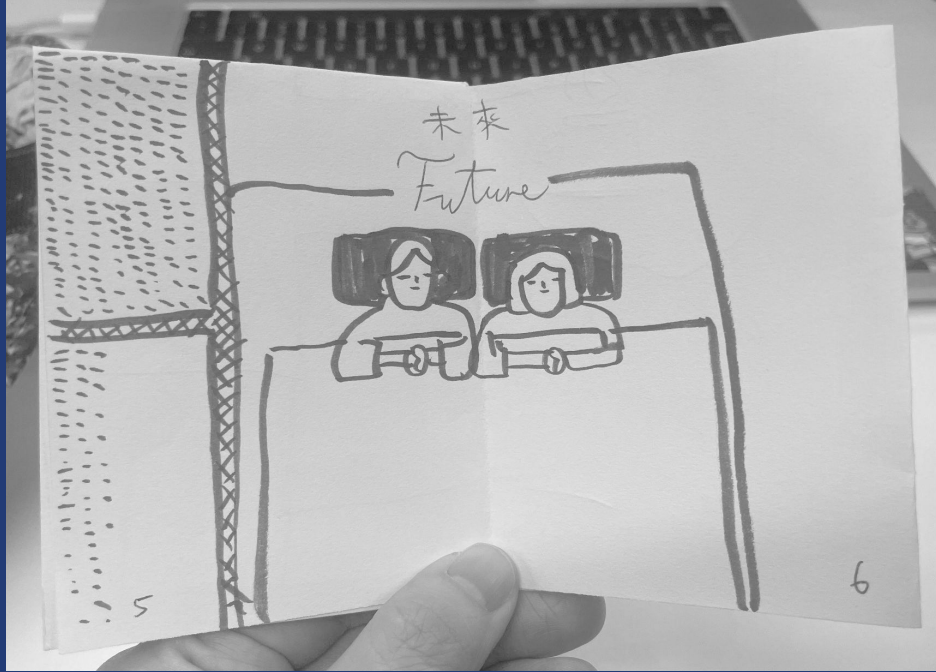
3 minutes

**Visualise:** What is a current belief you have about yourself that you would like to change or strengthen?

# The Future

What is a dream or aspiration that you would love to make happen?

*Share in the chat!*



## The Future

Page 5 & 6

**3 minutes**

### **Visualise:**

What is a dream or aspiration that you would love to make happen?



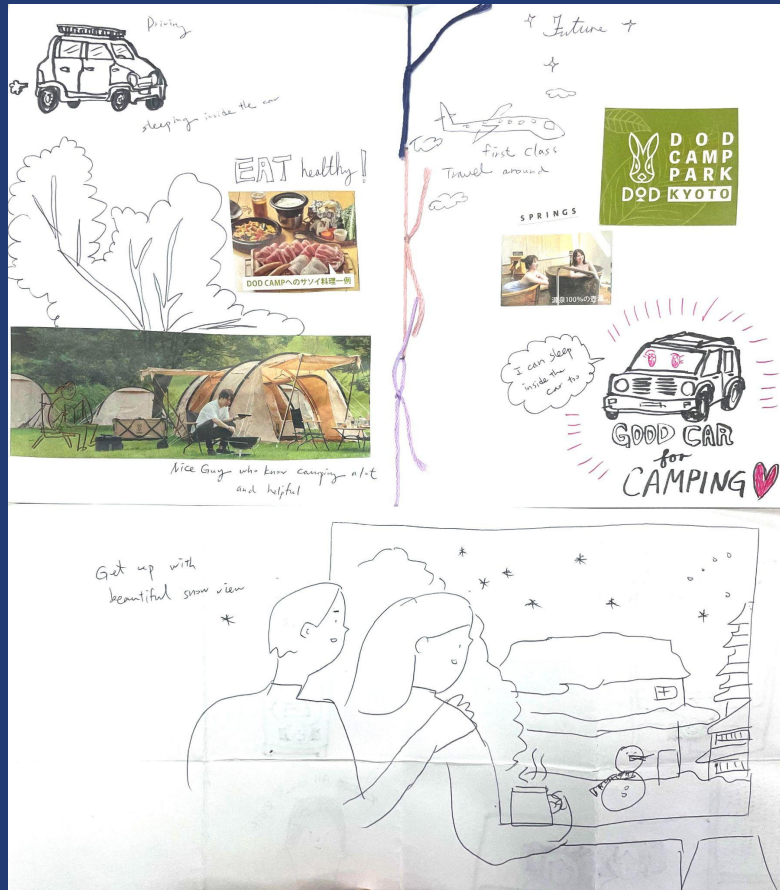
## The Actions

What habits or choices can you make in your day-to-day to get to your future self?

*Think about tapping into:*

- *the activities you love*
- *how you would like to feel*
- *taking steps towards your dreams*

*Share in the chat!*



## The Actions Backpage 3 minutes

**Visualise:** What habits or choices can you make in your day-to-day to get to your future self?

You've created your own zine...  
But also, your personal manifesto!

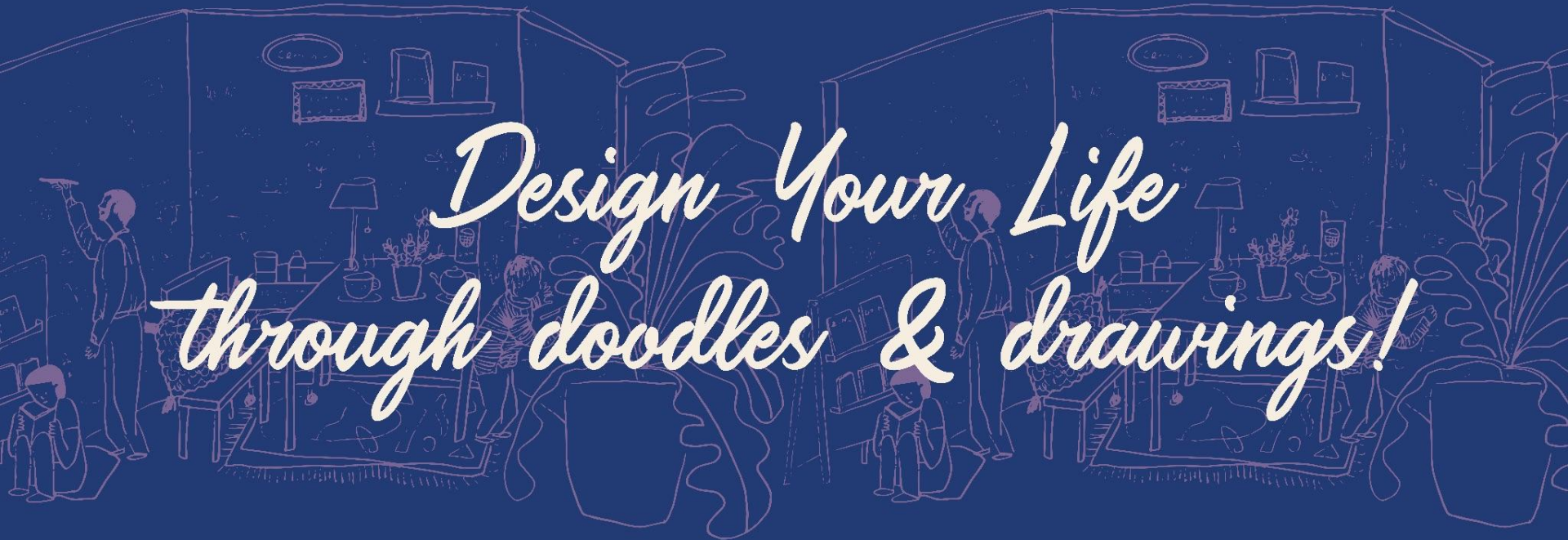
Feel free to share in the chat or use  
the raised hand reaction and we  
will pick a few folks!

Any questions?

Thanks & get in touch!



the\_design\_salon & kyliekai



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