



Paint Week Supply List & Schedule

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Welcome to Paint Week

Five days of color, creativity, and connection — no rules, just joy. You'll see my exact materials, my full process (mess and all), and how to loosen up, trust your brush, and paint with joy.

By the End of the Week...

You'll have a vibrant stack of new paintings, fresh techniques to explore, and the confidence to keep creating long after our week ends. Most importantly, you'll feel more connected to your art — and to the joy of making it.

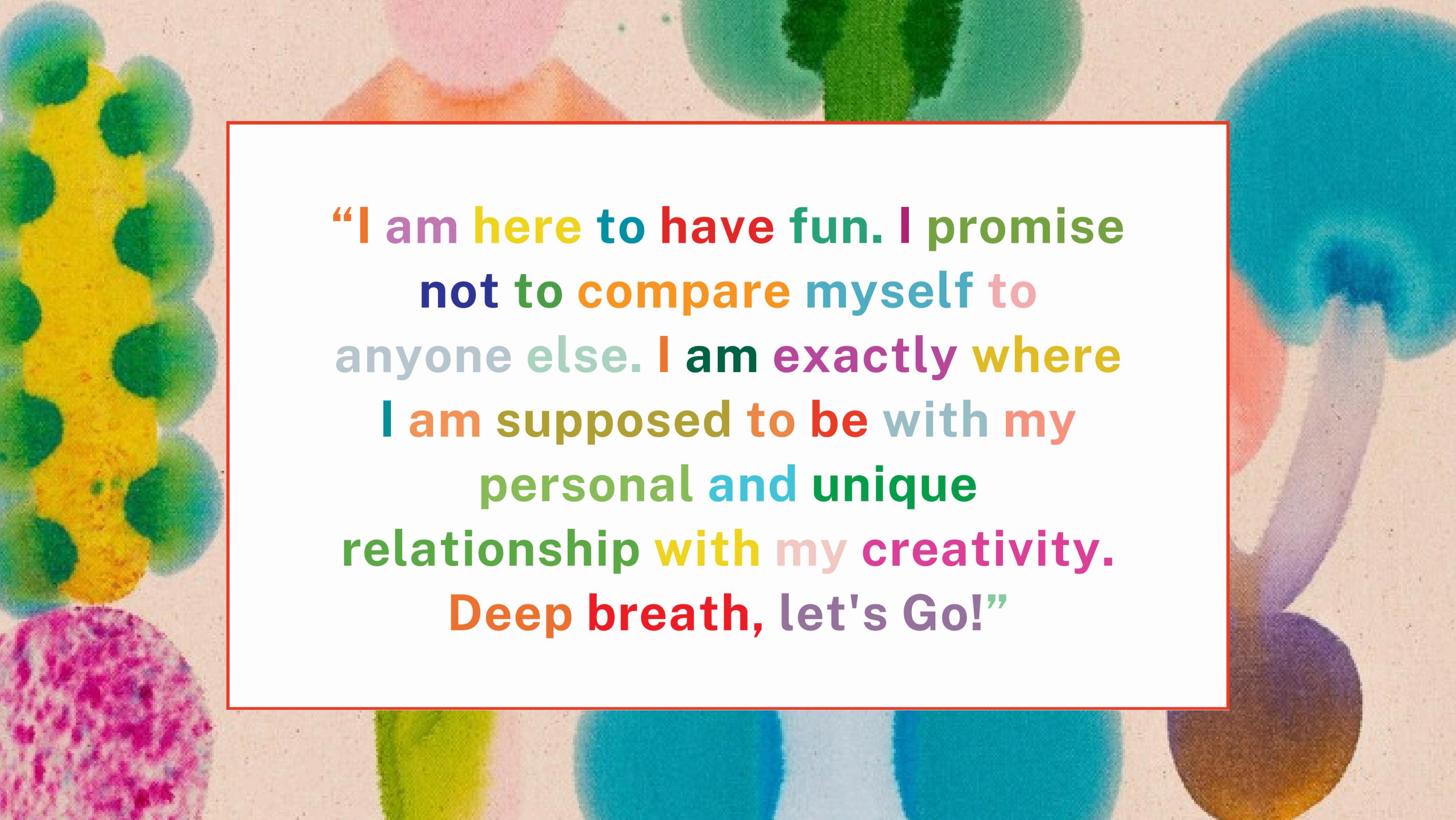
WHAT YOU'LL GET

Live daily classes at 1pm ET (replays available until October 17)

Step-by-step guidance for every project, using my favorite materials

A peek inside Catalyst Academy — my year-round creative membership





**“I am here to have fun. I promise
not to compare myself to
anyone else. I am exactly where
I am supposed to be with my
personal and unique
relationship with my creativity.
Deep breath, let's Go!”**

Full Supply List

Use what you have — these are suggestions, not requirements. Feel free to substitute with your favorite paints, brushes, or paper.

Surfaces

- [Affordable Unstretched Canvas Roll](#)
- [Michelle's Favorite Unstretched Canvas Roll](#)
- [Affordable Watercolor Paper](#)
- [High-Quality Watercolor Paper](#)

Paints / Inks

- [Baked Watercolor Paint Set](#)
- [Dr. Ph. Martin's Radiant Concentrated Watercolors](#)
(Ice Blue, Tahiti Red, Ice Green)
- [Bombay India Ink](#) (Green, Yellow)
- [Tim Holtz Alcohol Ink](#) (Citrus, Pink Sherbet, Cloudy Blue)

Brushes

- [Basic brush set](#) or [Gold Taklon Large Area Brush Set](#)
- [Princeton Select Round Blender](#)

Extras

- Cup of Water (*to clean brushes*)
- Pencil
- Rag or Paper Towels
- [Paper Cups](#) (*for mixing paint*)
- [Paper Palette](#)
- [Colored Pencils](#)
- [Artist's Tape](#)

Maximizing Your Paint Week Experience

- 1. Set Up Your Space**
 - Create a quiet, comfy zone
 - Materials within reach
 - Good lighting = better focus
- 2. Gather Your Supplies**
 - Have supplies ready, if possible
 - Missing something? Improvise!
 - Let your version be unique
- 3. Progress Over Perfection**
 - Perfection is not the goal
 - Each day is a chance to explore
 - Let the magic unfold
- 4. Engage with the Community**
 - Share your work in our [Facebook Group](#)
 - Cheer others on
 - Paint Week is better together
- 5. Make Time to Practice**
 - Paint a little after class (even 15 min!)
 - Reinforce what you learned
 - Build confidence through doing

Raw vs. Primed Canvas

Raw Canvas

Unprimed, untreated fabric with a soft, textured surface that absorbs paint beautifully. Used in Catalyst to create flowy, layered effects.

Primed Canvas

Coated (usually with gesso) for a smooth, sealed surface. Paint sits on top. Great for traditional styles — not what we use here.

How to Tell the Difference

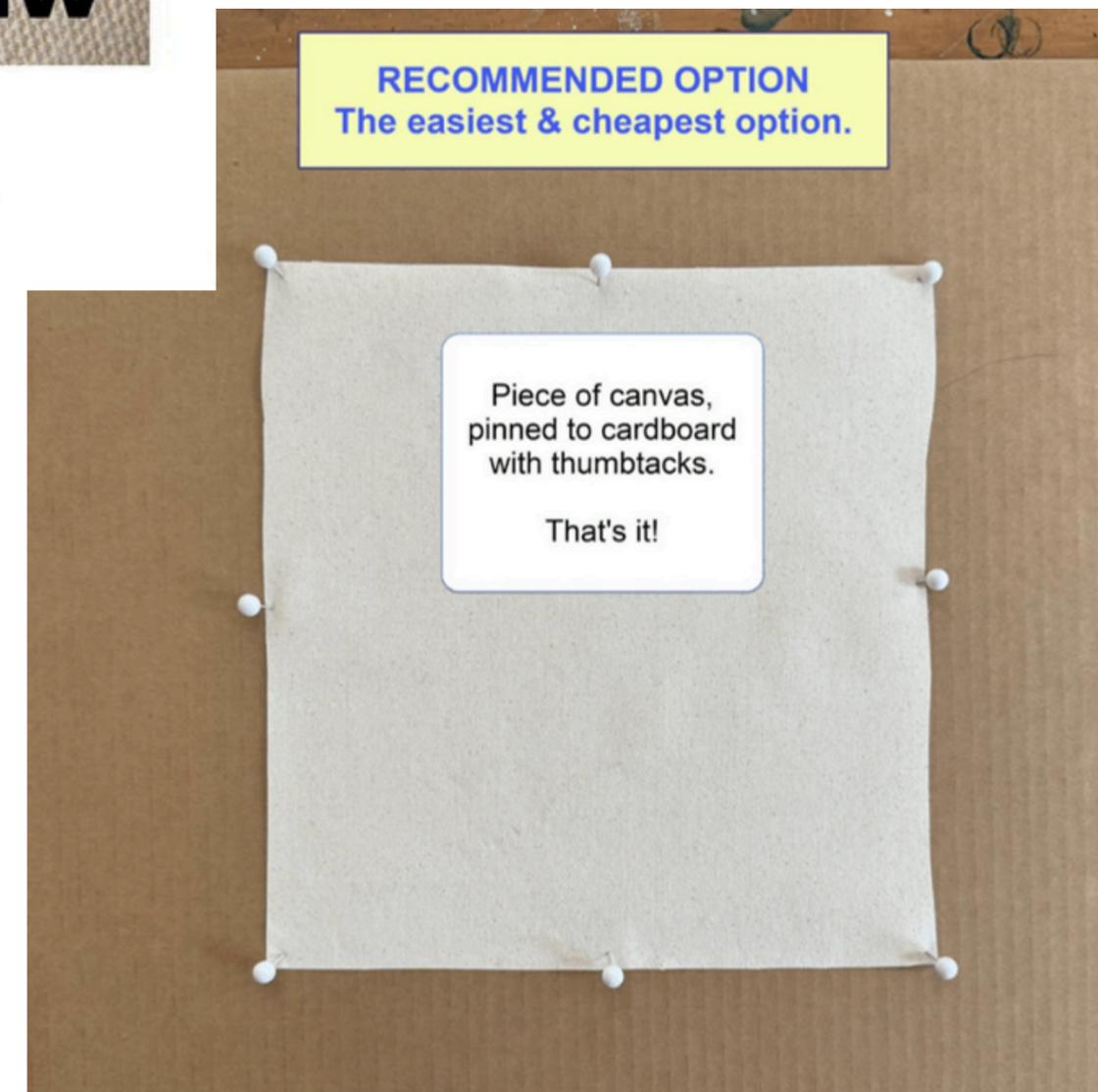
Raw side = dull, textured, more fabric-like

Primed side = smoother, bright white, slight sheen

Hold it up to the light — the primed side will reflect



Paint on this side!



Day 1: Intro to Materials

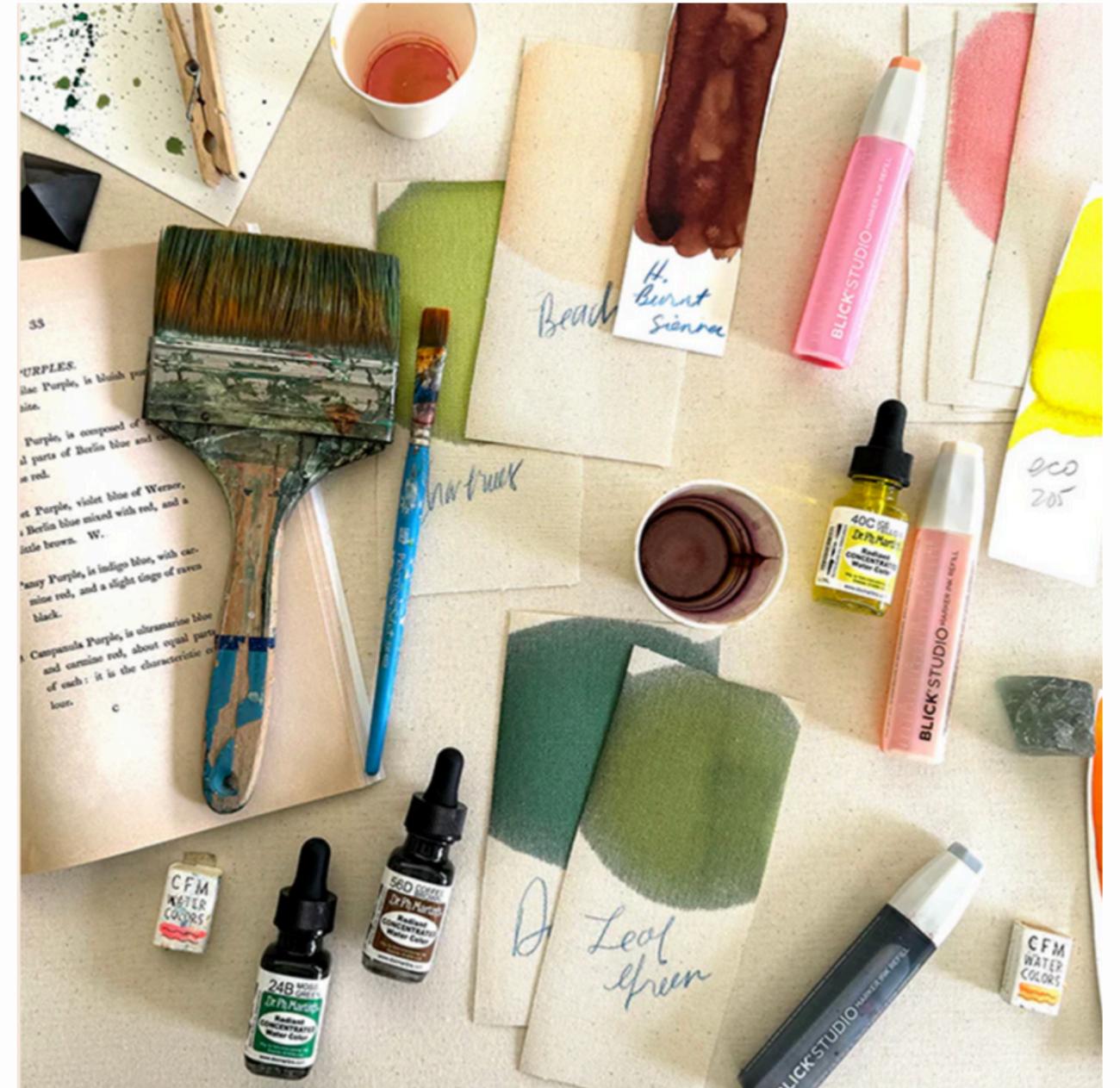
We're warming up with an art buffet — testing colors, brushes, and surfaces so you're ready for the creative feast ahead. Grab your tea, light a candle, bring your dog or cat — this one's all about getting cozy and curious.

Today's Supplies Checklist

- Mixed media or watercolor paper
- Paints: a few of your favorites
- Big brush, small brush
- Water, palette, rag/paper towel
- Pencil or pen for notes or marks

Tip: Have your materials set up within easy reach so you can stay in flow during class. If you're missing something, improvise — creativity loves constraints!

Optional Practice: After class, spend 15 minutes experimenting with different brush strokes and color combinations on scrap paper. This will help reinforce what you learned and build your confidence before Day 2.



✨ Find links to all supplies in the Full Supply List.

Day 2: Colorful Abstract on Paper

We're leaning into bold shapes, juicy color, and a playful spirit. Today is about letting your brush dance across the page without overthinking — just joyful marks, layered color, and the freedom to see where it goes.

Today's Supplies Checklist

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|--|--|
| <input type="checkbox"/> Mixed media or watercolor paper | <input type="checkbox"/> Big brush |
| <input type="checkbox"/> Baked Watercolor Paint Set | <input type="checkbox"/> Small round or detail brush |
| <input type="checkbox"/> Dr. Ph. Martin's Radiant Watercolor | <input type="checkbox"/> Water cup |
| <input type="checkbox"/> Bombay India Ink | <input type="checkbox"/> Rag or paper towel |
| <input type="checkbox"/> Mixing palette | <input type="checkbox"/> Salt |

Tip: Work quickly and don't fuss — the more you let go, the more energy will show up in your marks. If a color runs or blends unexpectedly, let it! Those happy accidents often make the piece.

Optional Practice: Create three mini abstracts in a row, each in under 10 minutes. Limit your palette to 3–4 colors for each. This helps you stay loose, experiment with shape, and discover surprising color pairings you might bring into future work.



✦ Find links to all supplies in the Full Supply List.

Day 3: Layered Landscape on Paper

Today we're blending dreamy skies, soft horizons, and flowing layers of color. Let the water and pigment work their magic — no two landscapes will ever be the same. Think of it as a little vacation for your brush.

Today's Supplies Checklist

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|--|--|
| <input type="checkbox"/> Mixed media or watercolor paper | <input type="checkbox"/> Big brush |
| <input type="checkbox"/> Baked Watercolor Paint Set | <input type="checkbox"/> Small round or detail brush |
| <input type="checkbox"/> Dr. Ph. Martin's Radiant Watercolor | <input type="checkbox"/> Water cup |
| <input type="checkbox"/> Bombay India Ink | <input type="checkbox"/> Rag or paper towel |
| <input type="checkbox"/> Mixing palette | <input type="checkbox"/> Salt |

Tip: Start with lighter washes and build up slowly. Let each layer dry just enough before adding the next so you can control (or embrace!) the amount of blending. Soft edges create atmosphere, while sharper shapes can define your landscape.

Optional Practice: Paint the same simple landscape three times — once with warm tones, once with cool tones, and once with an unexpected palette. This helps you see how color temperature changes the mood of your piece.



✦ Find links to all supplies in the Full Supply List.

Day 4: Totem on Raw Canvas

Today we're blending dreamy skies, soft horizons, and flowing layers of color. Let the water and pigment work their magic — no two landscapes will ever be the same. Think of it as a little vacation for your brush.

Today's Supplies Checklist

- Unstretched raw canvas (*cut in half if you purchased the kit*)
- Dr. Ph. Martin's Radiant Watercolor
- Bombay India Ink
- Tim Holtz Alcohol Ink
- Small round or detail brush
- Water cup
- Rag or paper towel
- Artist's Tape (*optional, to secure canvas*)

Tip: Work from the bottom up, letting each shape influence the next. Vary your scale, color, and opacity so the totem feels layered and alive. Don't be afraid to leave breathing space between elements.

Optional Practice: Create a small “totem study” on paper before working on canvas. Experiment with shape arrangements and unexpected color combinations, then choose your favorite to bring to the larger piece.



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Day 5: Abstract on Raw Canvas

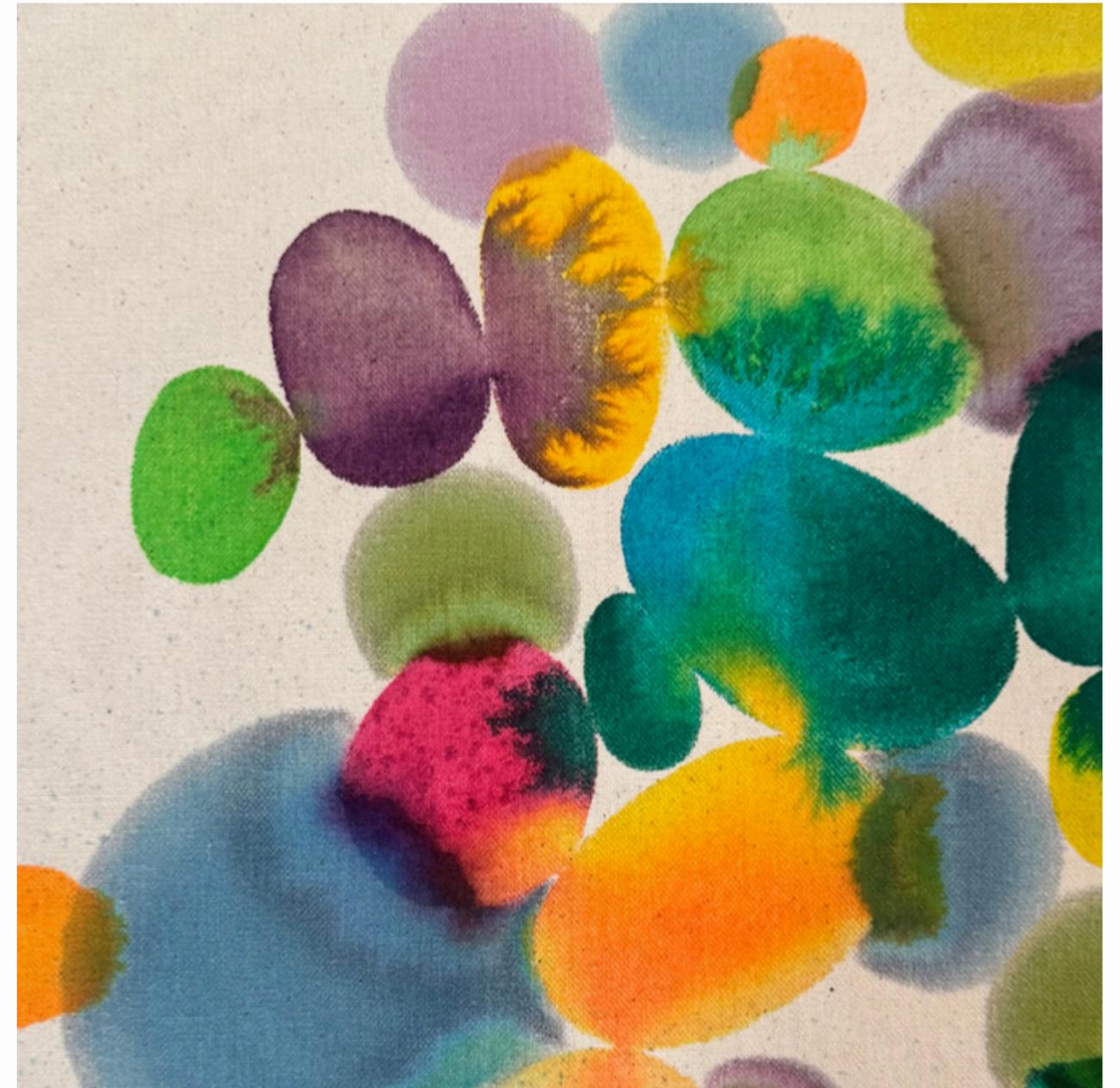
We're ending the week with fast, free pieces that capture your energy in the moment. Paint a few, paint a dozen — loose abstracts are the perfect excuse to play without pressure. Think of it as your creative victory lap.

Today's Supplies Checklist

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|---|--|
| <input type="checkbox"/> Unstretched raw canvas (<i>cut in half if you purchased the kit</i>) | <input type="checkbox"/> Small round or detail brush |
| <input type="checkbox"/> Dr. Ph. Martin's Radiant Watercolor | <input type="checkbox"/> Water cup |
| <input type="checkbox"/> Bombay India Ink | <input type="checkbox"/> Rag or paper towel |
| <input type="checkbox"/> Tim Holtz Alcohol Ink | <input type="checkbox"/> Artist's Tape (<i>optional, to secure canvas</i>) |

Tip: Work quickly and intuitively without overthinking. Let drips, blooms, and overlaps become part of the composition. Speed keeps you from getting precious.

Optional Practice: Set a timer for 5 minutes and complete one mini abstract within that time. Repeat several times, varying your color palette or brush size for each. This exercise sharpens your instincts and keeps your marks fresh.



✦ Find links to all supplies in the Full Supply List.

Thank You for Being Here!

I am so happy to have the opportunity to get to know you and introduce you to my teaching style. I focus on embracing your unique self into your creative expression, accepting “detours” and I’ll teach you to value the process over the product.

Paint Week is so much fun because in just five days I get to actually see and feel the transformation in you. It’s thrilling to watch your creativity blossom!

I have so much experience creating art (over 20 years working as a professional artist) and I live to share my insights, tips and strategies to get into flow and really make your creative time work for you!

I’ll sound like a broken record, but thank you so much for deciding to prioritize YOU and your creative expression. The world needs it!

